

2025 SPRING GAME FORMATS

Updated: 2/17/2025

Juniors/Seniors

- 10 minute running time quarters
- 2 minute break between the 1st/2nd quarters and 3rd/4th quarters
- 4 minute half time
- One 1 minute timeout per team per half, that does not carry over

Bantam/Lightning

- 15 minute running time halves
- 3 minute half time
- One 1 minute timeout per team per half, that does not carry over