

# **IMPACT BASKETBALL LEAGUE**

## **GAME RULES AND MODIFICATIONS**

For 12/14 League

1. **CLOCK:** Clock shall be a running clock which stops only during time-outs, and all dead balls during the last two (2) minutes of the first half and the last two (2) minutes of the second half, and during the last minute of all overtime periods. Playing periods are: eight (8) minute quarters. If the lead is 20 or more points in the last two minutes of the first half and/or the second half, the clock will continue to run except during a time-out.
2. **OVERTIME:** If the score of the game is tied at the end of regulation play, there shall be a three (3) minute overtime period. If the score is still tied at the end of the first overtime period, another three (3) minute overtime period will be played. If the game is still tied at the end of the second overtime, the game will end in a tie.
3. **TIME OUTS** – Each team will be allowed two (2) time-outs per half. Time-outs will not carry over to the next half or overtime. Teams will be allowed one (1) time-out for each overtime period. Time outs will not carry over from the first half to the second half but will carry over from the second half to overtime and from first overtime to second overtime. One additional time out of 30 seconds will be given for the last minute of the fourth quarter. This time out can only be used then and will not carry over to overtime.

Time outs will be sixty seconds each with the exception being the thirty second time out. When the referee notifies the timer of which team has called time-out then the timer will keep the time on his/her watch. At the forty-five second mark, the timer will sound the horn to indicate that the time-out is nearing completion. At the sixty seconds time mark the timer will sound the horn twice to indicate time is up and the teams should immediately take the court.

4. **FREE THROWS:** Bonus rule will be in effect on the seventh foul of each half for youth and high school leagues. Two (2) shots will be shot on the tenth foul for all leagues. Players may enter the lane when the shot hits the rim.
5. **DEFENSE:** A team can play man to man or a zone defense.
6. **BACKCOURT PRESSING:** Backcourt pressing can be used during the **last two minutes of the first half** and the **last two minutes of the second half** along with the **last minute** of an overtime period. Backcourt pressing is not allowed for a team that has a twenty or more points lead. . **Please note that if the team that is losing by twenty or more tries to press in the backcourt then the offensive team has the right to run a fast break no matter what the score is at the time.**
7. **HALF-TIME FREE THROWS:** In the 12/14 league, there are no half-time free throws.

8. **FAST-BREAKS** No fast breaks are allowed with a 20 or more point lead. If the lead drops down below 20 then the team with the lead can start to fast break again until the 20 point lead is achieved. The exception to this rule is that the losing team attempts a back-court press in the final two minutes of the first half or the second half then the winning team that is ahead by 20 more will be allowed to fast break.

**1<sup>st</sup> offense** – Referee stop the action after the play is completed and gives a warning to the head coach. The points are allowed.

**2<sup>nd</sup> offense** – Referee gives the head coach a second warning; lose of possession and loss of points if a score was made off the fast break.

**3<sup>rd</sup> offense** – Technical foul, one shot for opposing team, lost of possession and lost of points for offense

9 **BALL SIZES-GOALS:**

10ft. Goals; Ball Size – 28.5” for girls and 29.5 for boys.

10. **SUBSTITUTION:** At the first dead ball at approximately the 4:00 minute mark the coach must put in all his/her players who did not start the quarter. Except for injuries, including player fatigue, the new players must complete the remaining time in that quarter. This rule applies only to the first three quarters of the game. In the last quarter, the head coach can put the players in that he deems necessary, but at the same time, the **head coach is strongly encouraged to continue to give fair and equal time to all players.**

**Please note the following:** Teams with nine or fewer players may ONLY sub for players who started the quarter and were not substituted for at the four (4) minute mark. Teams with eleven or more must substitute such that all players have reasonable equal time during the game and all players must play during the fourth quarter. If there is a team with eleven or more players, each team will have free substitutions for the entire game.

11. **COACHES’ TRAINING:** Until the head coach has completed the coaches’ training session provided by the league, his/her games will be in the status of a forfeit.
12. **ASSISTANT COACHES:** A team may have only one assistant coach on the bench. No other parent or other individual will be allowed to be on the bench. The assistant coach must have filled out a coaches’ application with the league **before** he/she will be allowed to coach from the bench.

The role of the assistant coach is a follows:

- 1) Encourage players who are about to enter the game and/or who just left the game.
- 2) To make sure that all the players know their positions and discuss any strategy before the players go into the game.
- 3) To get the substitutes ready to immediately go into the game when a time-out is called.
- 4) To stay on the bench unless the assistant coach is talking to the players or the bench and/or the head coach and/or the game staff at the score table. The assistant coach will not attempt to communicate with game staff unless there is a time-out or in between quarters.

At no time, will the assistant coach question or make comments to a referee especially as it relates to a call or the referee's abilities to manage the game. Only the head coach can talk directly to the referee in regard to calls or game management by the referee. If the assistant coach makes a comment directly or indirectly to the referee then the referee will give the coach a warning. A second warning will subject the coach to a technical foul and a technical shot for the other team. A third warning will subject the coach to another technical, two technical shots for the other team and the coach will be asked to leave the gym.

**MISC RULES:** A team must have a **minimum of 4 players** to start a game and a minimum of 2 players to continue. A **10-minute** grace period from the published starting time will be allowed for a team to meet the minimum player starting requirement. Otherwise, that team will forfeit the game.

3-point shots are always allowed regardless of age group at gyms with a 3-point line.

30 Point Difference: At the beginning of the fourth quarter or if any time during the fourth quarter, the point difference is thirty points then gym manager will meet with the head coach of the losing team and offer that coach the following options:

- A) To continue to keep score on the scoreboard until the game is over. Running clock for the rest of the game.
- B) To stop keeping score on the scoreboard but to "freeze" the thirty point difference on the scoreboard until the game is over. Running clock for the rest of the game
- C) To turn off the score on the scoreboard but continue to play until the running clock gets to zero.

The scorekeeper will continue to keep the score and the fouls for each team.

Coaching Boxes: All coaches must stay within the coaching box as defined by the particular gym. If there is not a marked coaching box then the coaching box will be considered from the mid-court line to the closet base line near the team's bench. At no time, will a coach move past the base-line toward the goal or across the court or into the opposing coaches' area. If so, the coach will be given a warning. A second warning will subject the coach to a technical foul and a free throw for the other team. A third warning will subject the coach to another technical foul, two free throws for the other team and the coach will be asked to leave the gym.

**Note: Unless otherwise stated above, all remaining rules will follow Georgia High School rules.**