

IMPACT BASKETBALL LEAGUE

GAME RULES AND MODIFICATIONS

For 7/8 Year Old 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.
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**. 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 thirty 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 not enter the lane until free throw has hit the rim.
5. **DEFENSE:** For 7-8 year olds, when the ball is outside of the key, **no more than two (2)** defensive players can defend an offensive player with the ball.
 - **1st offense** – Referee tells players to back off and no game interference
 - **2nd offense** – Referee gives defensive coach a team warning, game stopped, offensive team keeps possession of the ball.
 - **3rd offense** – Referee give defensive coach a team warning and a technical foul shot is awarded to the offensive team and offensive team maintains position.

After the defensive team arrives in the front court, the defense is not allowed to set up beyond the top of the key. When the ball gets into the front court by the way of a pass or dribble then the defense may move away from top of the key and toward the mid-court. A team can play man to man or a zone defense. If the team plays man to man, then the coach has the following option to use:

Requested Man-Man Defense Match-up

During substitution at the beginning or half way mark of the first three quarters and the start of the fourth quarter, one or both coaches can ask for a thirty second time out so each of the coaches can take their five players that are currently playing to mid court. At mid-court, each coach can point out or “match up” his/her players from the opposite team that they want their players to guard. This “match-up” timeout will not be considered a regular timeout that is allocated to each team, each half. All players besides the five that are currently on the court must remain on the bench.

6. **BACKCOURT PRESSING:** There is not any backcourt pressing.
7. **HALF-TIME FREE THROWS:** One-and-one free throws will be shot at half-time, however if there is a difference in the numbers of players on each team, the follow rule would apply: The scorekeeper will write down numbers of the players (from the team with the lesser amount of players) on separate pieces of paper such as “post-it” notes. The Scorekeeper will then fold the numbers and have the referee to pick the appropriate amount of folded numbers to determine which youth will shoot twice during the one-and-one free throw period.

For example, if there were ten players on one team and eight players on another team, the scorekeeper would write down the numbers on eight players team and the referee would select two of the folded pieces of paper to determine which two members of the eight player team would shoot twice. Under no circumstances does the coach with the lesser amount of players get to select the players to shoot free throws more than one time.

8. **FAST-BREAKS** No fast breaks are allowed with a 10 or more point lead. If the lead drops down below 10 then the team with the lead can start to fast break again until the 10 point lead is achieved.

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

2nd offense – Referee gives the head coach a second warning, lose of possession and loss of points.

3rd offense – Technical foul, one shot for opposing team, loss of possession and loss of points for offense

9. **BALL SIZES-GOALS:**
7-8 Coed 8’ Goals; Ball Size – 28.5”

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 as 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 enter the game.
- 3) To get the substitutes ready to go immediately into the game when a time-out is called.
- 4) To sit on the bench unless the assistant coach is talking to the players on 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.

13. **MISC RULES:**

For 7-8 year olds, the 3-second lane rule will be extended to **5 seconds**.

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.

20 point difference: At the beginning of the fourth quarter or if any time during the fourth quarter, the point difference is twenty 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 until the game is over.
- B) To stop keeping score on the scoreboard but to “freeze” the twenty- point difference on the scoreboard until the running clock reaches zero
- C) To turn off the score on the scoreboard but continue to play until the running clock reaches zero.

No matter what option the losing coach selects, the scorekeeper will continue to keep the score and fouls in the scorebook.

Coaching Box: 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 base-line near the team 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. A third warning will subject the coach to another technical and the coach will be ask to leave the gym.

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