

IMPACT BASKETBALL LEAGUE

GAME RULES AND MODIFICATIONS HIGH SCHOOL LEAGUES

1. **CLOCK:** Clock shall be a running clock which stops only during timeouts, 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 will be two twenty (20) minutes halves.
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 - FOR HIGH SCHOOL GAMES:** Each team will be allowed three (3) time-outs per game. Each one will be of one (1) minute in length. At that time, teams must return to the floor. Failure to do so will result in a technical foul on the coach. If the game goes into overtime, each team will receive an additional timeout. All timeouts left from regulation can be used in the overtime.

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 ball hits the rim.
5. **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. **Please note that if the losing/defensive team tries to press in the backcourt then the winning/offensive team has the right to run a fast break no matter what the score is at the time.**

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, lost of possession and lost of points for offense

6. **BACKCOURT PRESSING:** Is allowed but coaches should show good sportsmanship and not press if their team has a sizeable lead and/or the game is outreach for the other team.
7. **Ball Sizes/ Goal Heights** are

High School Girls	10' Goals; Ball Size – 28.
High School Boys	10' Goals; Ball Size – 29.5”
8. **SUBSTITUTION:** Free substitutions
9. **AMOUNT OF PLAYERS** 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.
10. **PLAY TIME:** For high school games, each player must play a minimum of eight minutes in each half, but coaches' are strongly encouraged to give fair and equal playing time.
11. **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 ask to leave the gym.

12. **COACHES' TRAINING:** Until a coach has completed the coaches' training session provided by the league, his/her games will be in the status of a forfeit.