

**GYM RATS CAP CITY MELTDOWN –
EVENT RULES**
“ALL NFHS Rules Apply except for the following”

LENGTH OF GAME:

- Games will be played in (2) 20-minute halves. The clock will run in the 1st half and 2nd half except last 2 minutes of 2nd half, Clock continues to run if there is a 15-pt. lead in 2nd half at the 2 minute mark
- Halftime will last 2 minutes and Warm Up will last 3-5 minutes.
- **IF A TEAM IS UP 20 or MORE POINTS WITH 2 MINUTES OR LESS THE GAME WILL BE CALLED.**

FREE THROWS:

- At the 7th team foul in a half, the opposing team shoots 1&1. NO Double Bonus

MISCELLANEOUS:

- One Coach may stand unless they receive a technical foul.
- If player or coach is ejected, they will NOT play or coach in next game.
- Fighting will NOT be tolerated.
- Players, Coaches or Fans involved in fighting will be disqualified from the event.
- 5 personal fouls for all ages
- 7th-11th grade will use Men's Basketball (29.5).
- All other divisions will use 28.5 basketball.
- No warm-up basketballs will be provided. Home team provides the game ball.
- 1st team listed in pool play or top of bracket is Home team and will wear light jersey.
- Iowa Gym Rats will supply the table staff.
- **Tournament Director has Authority to override any rules.**

OVERTIME:

- 1st overtime will be 1 minute (Stop clock). 2nd overtime will be sudden death.

TIMEOUTS:

- 3 (full) timeouts per game. One full timeout per overtime period, no carry over.

TIE BREAKER:

1. Head to Head 2. Point Diff (+,-20 max) 3. Points Scored 4. Points Allowed

SPORTSMANSHIP:

We should all take pride in teaching the youth about proper sportsmanship.

We will have no problem removing fans, coaches, players if necessary. Have fun and remember that it is all about the kids!