

# Central Iowa Basketball League - RULES

**ALL Iowa High School Rules Apply except for the following**

## **Length of Game:**

- Four 10 minute running time Quarters
- Clock stops in 2nd and 4th quarters when the clock reaches the 2 minute mark.
- If the lead is 15 points or more the clock will continue to run until it falls under 15 pts

## **Free Throws:**

- At the 5th team foul in a quarter, the opposing team shoots 1&1. This will be to reflect the new NFHS rule changes. We will keep the 1&1 to keep the importance of free throw shooting.

## **Miscellaneous:**

- One Coach may stand unless they receive a technical foul.
- If ejected, that player or coach will NOT be allowed to coach in next game.
- No warm-up basketballs provided. Home team provides game ball.
- Free throws are played on the release
- Players get 6 personal fouls
- SCOREBOOK PERSONNEL IS SUPPLIED BY GYM RATS
- HOME TEAM is listed 1st. They will wear light colored uniform
- A 35 second shot clock will be used for VARSITY games only. Shot clock will reset to 35 seconds each possession change, foul, OR offensive rebound.

## **Overtime:**

- 1st overtime will be a 2 minute stop clock. 2nd overtime will be sudden death.
- Each team will be provided 1, 30 second timeout per overtime period. No carry over from previous halves.

## **Timeouts:**

- 3 full timeouts per game.
- One full timeout per overtime period, no carry over from previous halves.

FOR ANY QUESTIONS ON RULES, SITE SUPERVISOR WILL HAVE FINAL SAY!