IOWA GYM RATS WINTER LEAGUE CLASSIC RULES

1. High School Rules

· IHSAA and IGHSAU will be used except as noted below

2. Hoop Height

· Kindergarten Boys, Kindergarten Girls and 1st Girls will use an 8 foot hoop

· 1st Boys, 2nd grade Boys, 2nd Girls and 3rd Girls will play on a 9 foot hoop.

· All other divisions will be 10 foot (3rd boys, 4th-8th Boys and Girls)

3. Game Times

· K-3rd Boys and Girls will be divided into two-18 minute halves.

· 4th-7th Boys and Girls will be divided into two-20 minute halves

· All games will be played with a running clock and have a 2 minute halftime.

· Clock will stop for each dead ball situation with 1 minute left in the 2nd half & only with a 10-point lead or less. Otherwise the clock will continue to run.

· Boys and girls games will start with a jump ball with alternate possessions following.

4. Overtime

· If the score is tied at the end of regulation

· 1st Overtime will be sudden death

· Each team will be allowed one timeout in overtime. No Carryover from the game.

5. Time-outs

· Each team will be allowed 3, one-minute timeouts per game. No carryover into overtime.

6. 3 point field goals

· 3-point field goals will be allowed in all grade divisions for both girls & boys.

7. Fouls and Free Throws

· After the 8th TEAM foul has been committed in a half, we will shoot TWO free throws. There is no one and one.

· Players foul out at 5 personal fouls.

· **Additional Rules**

· The free throw line for K-4th Boys and girls will be set at 12".

· All other divisions will shoot from the regular distance

8. Full court pressing and Zone defense

· **K-3rd Grade Boys & K-4th Grade Girls** will NOT be able to press or play any type of zone defense(See special rules)

· **In the K-3rd Grade Boys & K-4th Grade Girls divisions**, Man to man defense will be always enforced. A warning will be issued and then an illegal defense technical will be called. This will result in two free throws worth 1 point each and possession of the ball. (See Special Rules)

· 4th-8th Grade Boys and 5th-8th Girls may play any type of defense or press at any time during the game.

· Full court press is NOT allowed when a team is leading by 20 (or more) points.

9. Coaches

· Only Team Players and a maximum of 2 Coaches will be allowed to sit on the bench during games. All other individuals must sit in the stands.

· 1 coach will be allowed to stand only to motivate and coach the players in a positive manner!

· If an official asks you to sit down you must comply! **Failure to do so will result in an immediate technical foul.**

10. Technical Fouls

· The Gym Rats League has adopted the following on technical fouls for all Coaches and Players.

· First Technical = Warning.

· Second Technical = Immediate removal from the game.

· Third Technical = Individual will be banned from the league for the remainder of the season.

· This is not per game but rather each season.

11. Home Team

· Home team is listed first on Tourney Machine Schedule and will wear light colored uniform.

12. Basketball Size and Game Balls

· 28.5 size basketball for all ages, HOME Team provides game ball

13. Scorekeepers

· Gym Rats will be supplying the table help for games. Please enjoy the games

14. Site Director/League Director has final Call on any disputes