

IOWA GYM RATS WINTER LEAGUE RULES

1. High School Rules

- IHSAA and IGHSAA will be used except as noted below

2. Basketball and Hoop Height

- The 28.5" Basketball will be used in ALL Divisions.
- K-1st Boys and Girls, 2nd grade Boys, 2nd Girls and 3rd Girls will play on 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-8th 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

Entire Game –Straight Rules

- After the 7th TEAM foul has been committed in both halves, we will shoot one and one.
- After the 10th team foul two bonus shots will be given worth 1 point each.

Additional Rules

- The free throw line for K-3rd 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 and Girls** will **NOT** be able to press or play any type of zone defense! (See Special Rules)
- **In the K-3rd Boys and Girls divisions**, Man to man defense will be enforced at all times. 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 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.
- Coaches 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. Have your team ready.

12. Game Balls

- Home team will provide game ball to be used for the scheduled games only.

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