

IMPACT BASKETBALL RULES: BOYS GRADES 1&2

The below rules have been designed to develop age and stage appropriate gameplay. These rules will help young players develop their fundamentals of the game while having fun in a Christ centered environment.

EQUIPMENT & COURT SPECIFICATIONS

Size of Ball - Boys and Girls size 6 (28.5")

Height of Basket - 9ft rims

Size of Court - Half of High School Regulation Court - Sideline to Sideline Baskets

GAME STRUCTURE

Location

Games will be held on Saturday mornings in The Centre's main gym.

Game Length

Games will consist of four - 8 minute quarters, a running clock for the entirety of the game, and a 5 minute half time. The clock will only stop during an injury or a timeout.

Overtime

If the score is equal at the end of regulation, the game will end in a tie.

Players on the Court

5v5, minimum 4v4.

*If one of the competing teams does not have enough players in attendance to play a game with the **minimum** required number of players, the opposing team **must** share players in order for the game to proceed. Each team must have an equal number of players on the court at all times.*

Keeping Score

Score will be kept.

Timeouts

One 60-second timeout permitted to each team in each half of play. Unused timeouts may not carry over into the next half of play.

Start of Game Possession

- *The home team will have the first possession of the ball in the 1st & 4th quarter.*
- *The away team will have the first possession of the ball in the 2nd & 3rd quarter*

GAME TACTICS

Playing Time

Each player is expected to receive equal playing time on the court.

Set Defense

Only man-to-man defense is permitted throughout the competition.

Pressing Defense

Pressing is not allowed throughout the competition. Each team must play half court defense (inside the 3 pt line).

Double-Team/Crowding

Double-teaming/crowding is not allowed throughout the competition.

Stealing from the Dribbler

*Stealing from the dribbler is **not allowed** throughout the competition.*

RULES

The discretion of the rules is up to the referee assigned to the game in question. However, the implementation of penalty calls is as follows:

Double Dribble

Players are not allowed to dribble with both hands simultaneously or interrupt their dribble by holding the ball briefly in one or both hands

Penalty - Turnover

Traveling

Players are not allowed to move one or both of their feet illegally while holding the ball

Penalty - Turnover

Stealing from the dribbler

Players are not allowed to steal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball

Penalty - Turnover

Unsportsmanlike Conduct

Impact Sports strives to make a community that promotes a gaining of skills and knowledge about the game and an environment that is healthy supportive and Christ-like for everyone involved. Therefore, Impact Sports has a zero-tolerance policy for any unsportsmanlike conduct which includes but is not limited to:

- Harassment of players, coaches, referees or volunteers
- Foul Language
- Verbal abuse or taunting of an opponent
- Excessive celebration following a scoring play
- Feigning an injury

Penalty - Up to the discretion of the official based on the severity of offense.

DEFINITIONS

Man-to-Man Defense

- *Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball*
- *The defensive player must stay in their zone*
- *If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.*

Pressing Defense

Defensive guarding, either on or off the ball, within the backcourt

Double-Team/Crowding

Two or more defensive players guarding a single offensive player