

IMPACT BASKETBALL RULES: GIRLS GRADES 4-6

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 - 28.5”

Height of Basket - 10ft 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 LCS High School gym.

Game Length

Games will consist of four- 10 minute quarters, a running clock for the entirety of the game, and a 5 minute half time. The clock will only stop during the final 2 minutes of the fourth quarter, during an injury, or a timeout.

Overtime

If the score is equal at the end of regulation, the game will go to overtime.

Players on the Court

4v4, minimum 3v3 (but would play half court)

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

Overtime

3 minutes in length. Winner of rock-paper-scissors get first possession. Each team gets one 30 second timeout. If the game is still tied at the end of 3 minutes, the game ends in a tie.

GAME TACTICS

Playing Time

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

Set Defense

Zone or man-to-man defense is permitted throughout the competition

Pressing Defense

Pressing is not allowed until the final 2 minutes of the fourth quarter and all of overtime. Each team must play half court defense (inside the 3 pt line) until the last 2 minutes of the fourth quarter.

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 the offense.

DEFINITIONS

Zone Defense

- Each player is responsible for guarding a particular area on the court when their team is on defense as opposed to guarding an individual person.

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.