



Club1 NC School Team League Rules-Game Play

I. Games

- a. IHSAA Rules with the following exceptions:
 - i. 3-5 minute Warm-up.
 - ii. 10 minute running clock quarters. Clock will stop the last minute of the 4th quarter unless the lead is more than 112 points.
 - iii. One minute between quarters and three minute halftime (may be shortened if agreed upon by coaches).
 - iv. Sudden Death overtime with a 2 minute running clock limit. After two minutes it will be a tie.
 - v. Free Throws will be shot as 1 shot for X amount of points depending upon whether it was a 2 pt or 3 pt shot attempt.
 - vi. Free throws will be shot in their entirety for actual points when the clock is stopped in the last minute of each half.
 - vii. Boys 3rd-4th grade and Girls 3rd-5th grade can shoot free throws from the 12 foot line and the rebounders will be moved to the old FT lineup (ie. Below the block). If the shooter is allowed to shoot from the 12 ft. line then they should not cross it before the ball hits the rim. If the shooter has to shoot from the 15 ft. line then they should not cross that line before the ball hits the rim.
 - viii. Personal and team fouls will be kept and the Bonus will be used at the 7th team foul in both the first and second halves , but will be 1 shot for 2 points unless the clock is stopped.
 - ix. Man-to-Man Defense will be played by all teams. These decisions are made by the high school coaches involved in our leagues and enforced by our officials.
 - x. In Man-to-Man defenses, help defense and help on screens is allowed but once the primary defender recovers then the help defender should get back to their man. This may create a temporary double team and the officials will only stop play if they feel the double team was intentional and has a negative affect on the play.
 - xi. In Man-to-Man Defense, defenders that are guarding someone on the weakside (side that the ball is not on) then they can play on the helpline in the paint provided they are 1-2 steps off the line from the ball to their man. If their man moves to the ball side or the ball moves to the side their man is on then the defense should shift to guard their man. This may not be a denial of their man as they can play in a gap to help on the drive but they should not remain in the paint unless their man is on the block.
 - xii. There will be no full court press in the 3rd and 4th grade league except in the last minute with less than a 10 point margin.
 - xiii. No full court press with 20 point lead. Once the lead gets to 20 points there will not be pressing allowed again until the lead is under 10 points.
 - xiv. Each team will have 1 full time out in the first half and 2 full timeouts in the 2nd half.
- b. Games are to be played at scheduled times not before. Allow 50 minutes per game. The game will be a forfeit if a team is not ready to play 5 minutes after the scheduled start time.
- c. Game Balls to be provided by the Home Team-4th, 5th, and 6th grades will use a women's size 28.5 ball. 7th-8th grade will use the Men's ball.
- d. Clock Operator to be supplied by VISITING TEAM. Scorekeeper by HOME TEAM.