



iHoop Nation

The League

Coach and Spectator Overview

STATE HIGH SCHOOL BENCH DECORUM & RULES STRICTLY ENFORCED

Below are our guidelines and requirements for competing in ANY iHoop Nation events. Teams, Coaches, Players, and Spectators will always be required to adhere to these guidelines while attending the competition.

EQUIPMENT & COURT SPECIFICATIONS

TOPIC	iHOOP NATION RULE
Size of Ball	Boys 3 rd -5 th & Girls Size 6 (28.5") Boys 6 th & up Size 7 (29.5")
Height of Basket	10 Feet
Size of Court	84' x 50' or Larger
Distance of 3-Point Arc	19' 9"
Distance of Free Throw Line	15 Feet
Uniforms	<ul style="list-style-type: none">➤ Teams must have matching color uniforms with Numbers.➤ Home & Away colors are recommended.➤ Home team wears lighter color.➤ Hard or dangerous materials will NOT be allowed at any time.➤ Jewelry of all types are NOT allowed during game play.➤ No Casts or splints with metal or hard objects are allowed.
Filming & Photography	Allowed from Spectator seating areas only
Team Supplies	<ul style="list-style-type: none">➤ Must supply own basketball.➤ Must supply own medical supplies.➤ RECOMMENDED for teams to supply their own ice packs.➤ Medical Staff can be called as needed or requested.



COACHES REQUIREMENTS

TOPIC	iHOOP NATION RULE
Roster	<ul style="list-style-type: none"> ➤ All players must be submitted on our online roster prior to competition. ➤ Rosters are good for the current season only, unless you have personnel changes, (players, numbers, etc.), then coaches are required to submit a new roster. ➤ Players may only play on one team per division. ➤ Players may not play down unless otherwise approved by iHoop Nation prior to the start of the event. ➤ Have on hand a Picture ID & Proof of Grade Level
Check-in	Sign-in at least 30-minutes prior to your first competition
Game Time Requirements	<ul style="list-style-type: none"> ➤ Fill out your score sheet with players names and numbers prior to the game starting time for each game. Score sheets are provided for you. ➤ Providing a score-table operator to help with the clock, or book, unless otherwise noted prior to the event by iHoop Nation. Operator must be neutral. ➤ Control all Players, Assistant Coaches, and Spectators behavior at all times. ➤ Only the head coach can stand during the competition, speak with the officials, call timeouts.
Roster Protests	<ul style="list-style-type: none"> ➤ A fee of \$50.00 cash must accompany all protests. ➤ Only the Head Coach listed on the official roster can submit a written protest. ➤ All decisions of the Eligibility Committee shall be final. Protest on eligibility must be made with-in 15 min of the game finishing.

Coaches are responsible for all personnel attending the competition with their team not limited to, but including players, assistants, spectators.

- If a player or coach receives 2 technical fouls they are ejected from the current game and not allowed to play or coach the next game.
- Any spectators receiving a technical foul are ejected from the building and not allowed back for the rest of the event. Technical foul is given to the head coach and opponent is awarded 5 points. All coaches must sit for the remainder of the game when bench or fans receive 1 technical foul.
- Teams receiving 3 or more technical fouls could forfeit the rest of the games for that day, or event, or league depending on incident that occurs. Tourney/League Director has the discretion to eliminate a team based on the behavior of their team, players, coaches, and spectators.
- Any violent/threatening behavior will result in forfeiture and possible banning of a team, along with the proper authorities will be notified.



GAME STRUCTURE

TOPIC	IHOOP NATION RULE
Warm-Up Time Length	Minimum of 3 minutes
Game Length	Four 8-minute Periods
Forfeiture of Game	<ul style="list-style-type: none"> ➤ Game time is forfeit time ➤ Team must have at least 4 players to start the game, can continue with 3 players at coaches' discretion.
Time Between Periods	1 minute
Half-Time Length	2 minutes
Extra Periods	2 minutes
Timeouts	<ul style="list-style-type: none"> ➤ Two 30 Second Timeouts in the First Half ➤ Two 30 Second Timeouts in the Second Half ➤ One 30-second Timeout awarded for each extra period ➤ Unused timeouts do NOT carry over
Start of Game Possession	Jump Ball
Pressing Defense	<ul style="list-style-type: none"> ➤ Pressing allowed throughout the competition ➤ Leading team may NOT press when leading by 20 or more points. High school teams have NO press limit.
Back Court Timeline	10 Seconds
5 Second Closely Guarded	Anytime the offensive player has the ball in their control in the Front Court
Clock Stoppage	<ul style="list-style-type: none"> ➤ During the Last 1-Minute of the 1st & 3rd periods. ➤ During the Last 2-Minutes of the 2nd & 4th periods. ➤ Only on a whistle & stays stopped until the ball is live. ➤ If a team is leading by 10 or more points, then the clock runs during this time. ➤ During all extra periods
Advancement of the Ball	During the last 2-minutes of the 4 th period only the offensive team may advance the ball to the front court on the sideline with the use of a timeout, only following a made basket (FG or Free throw) or immediately following a defensive rebound.
Technical Fouls	2 points awarded to opposite team, possession at Mid-Court
Flagrant & Intentional Fouls	2 points awarded to opposite team, possession at spot of ball
Bonus Free Throws	2 free throw shots awarded on the 5th team foul each quarter
Tie-Breaker info	Free Throws will be shot at end of regulation with lead under 15pts.



TIE BREAKER INFORMATION

TOPIC	iHOOP NATION RULE
Two Teams Tied	In any situation where two (2) teams are tied, head-to-head competition between the teams will determine the winner.
Three or More Teams Tied	<ul style="list-style-type: none">➤ If more than two (2) teams tie, a point differential tiebreaker will be applied. The point differentials of the teams involved in the tie are totaled. Teams are then ranked according to the sum of the point differential - with the highest number placing above the second highest point total and the third highest point total next. (The maximum that you can beat a team and still gain an advantage is 15 points.)➤ If there are more than two (2) teams still tied after points are added, defensive points will be added, and lowest total ranks a team higher. If two teams are still tied after defensive points are added, rule #1 will take effect.➤ If two (2) teams are still tied after the application of the formula, go back to rule #1 to break the tie.➤ If there are still more than two teams tied, a three-way flip of the coin will determine team placement
Forfeits	Score of all Forfeits will be 15-0