



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"> ➤ A Roster must be turned in during the Check-in Process Prior to your teams first game. ➤ Must be provided by an adult member of the team. ➤ Along with Rosters, Proof of eligibility must be provided and shown for each player listed on the roster. Any player without proof of eligibility will not be able to play, until proof is provided. ➤ Eligibility is both Proof of Grade Level and Birth Certificate ➤ Rosters are good for the current Season of play. ➤ Any changes will require a new roster immediately. ➤ 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. ➤ Playing a player not checked-in can result in a forfeit. ➤ All decisions of the Eligibility Committee shall be final. |
| 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. Operators 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. |

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 | Two 16-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. |
| Half-Time Length | 2 minutes |
| Over Time Periods | 2 minutes or first to score 5 points |
| 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 |
| 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. |
| Clock Stoppage for 7 th Grade and Up | <ul style="list-style-type: none"> ➤ Clock Stops on all whistles ➤ Running clock at any time if a team is up by 10 pts or more, must get the lead below 10 pts again to have stopped clock ➤ Game over if at the 2-min mark of the 2nd period a team is up by 20 pts or more |
| Clock Stoppage for 6 th Grade and Below | <ul style="list-style-type: none"> ➤ During the Last 1-Minute of the 1st periods ➤ During the Last 2-Minutes of the 2nd periods ➤ Running clock at any time if a team is up by 10 pts or more, must get the lead below 10 pts again to have stopped clock ➤ During all extra periods |
| Advancement of the Ball | During the last 2-minutes of the 2 nd Half Only & OT periods, 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 after 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 the Foul |
| Bonus Free Throws | 2 free throw shots awarded on the 10 th team foul each quarter |
| Tie-Breaker info | Free Throws will be shot at end of regulation with lead under 15pts. |



TIE BREAKER INFORMATION

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|--------------------------|--|
| 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 |