



Impact Winter Basketball League Rules 5th – 12th Grade Boys and 5th – 8th Grade Girls

About The PARC:

The PARC is a nonprofit, Christian-based recreation center that is part of the Sugar Land First United Methodist Church. Our leagues are focused on providing a fun, positive and faith-based environment. Here at The PARC, we are dedicated to providing leagues that allow you to enjoy the game you love, share our love of Christ and have fun!

Game Basics:

- Division will be organized by the following grades:
 - Boys in 5th – 6th Grade
 - Boys in 7th – 8th Grade
 - Boys in 9th – 12th Grade
 - Girls in 5th – 8th Grade
- Ball size is 29.5” (Official) for boys and 28.5” (Intermediate) for girls.
- Games played on full court with the basketball goal height at 10 feet for all divisions.

Team Uniforms:

- All players receive a reversible basketball uniform (jersey & shorts) for the season.
- Players are required to wear their basketball uniform for their games.
- The PARC will have temporary jerseys available for players to use if needed.

Playing Time for Each Player:

- All players must play as close as possible to two quarters or 18 minutes in a game.
- The only exception to this rule will be for a player who fouls out of the game, unable to play due to an injury or who has not arrived by the start of the second quarter.
- At the coach’s discretion, any player who has not arrived by the start of the second quarter will only play one quarter or 9 minutes. If a player arrives after the start of the second quarter, the Playing Time rule will not be applied for that player for the game.
- No one player shall appear in more than three quarters unless their team has 6 or fewer players available.

Game Rules:

- Teams will be allowed at least three minutes for pregame warm-ups.
- A volunteer from the home team will lead the pre-game prayer before every game. A volunteer from the away team will lead the post-game prayer after the game.
- Games will start with a jump ball. Thereafter, the possession arrow will be used.
- Each game will have four 9-minute quarters with a running clock. The clock will only stop for timeouts, injuries or the last two minutes of the second half on any dead balls or whistles.
- If a team is winning by 15 or more points with two minutes remaining then the clock will not stop. If the deficit falls below 15 points, the clock will stop on the next dead ball or whistle.
- Offensive three second, traveling, double dribble, backcourt and closely guarded five second violations will be called and result in a turnover.
- Teams are required to advance the ball over the half court line within ten seconds of gaining possession. If teams don't do so, then it will result in a turnover.
- There will be no shot clock in effect for any games.
- There will be a three minute halftime for each game.
- Dunking or hanging on the rim will not be allowed before, during or after games.
- For rules not mentioned, The PARC will follow standard UIL guidelines (NFHS).

Defense:

- Teams are allowed to double team players.
- Teams are allowed to play full court and zone defense.
- Full court defense is only allowed if a team is not leading by more than 15 points in a game. If a team is leading by more than 15 points, then all defensive players must go to the 3-point line and wait till the ball handler comes within arm's reach of a defender before they can guard the basketball.

Personal and Team Fouls:

- Players will foul out on their 5th personal foul.
- On the 7th team foul, teams will receive bonus shots and will shoot free throws one and one for each additional foul. On the 10th team foul, double bonus will be given and teams will shoot two free throws. Team fouls are carried over into overtime.
- During foul shots, all players except the shooter will play the release on a free throw. The shooter and all players outside of the three point lane must play the rim. If a player enters the lane before the ball is released, a lane violation will be called.

Overtime:

- The first overtime period will be three minutes.
The clock will only stop in the last minute for all dead balls and whistles during the first overtime period.
- The second overtime period will be one minute.
Clock will stop for all dead balls and whistles during the second overtime period.
- The third overtime period will be sudden death. The team that makes the first made basket (either a made basket or free throw) will win the game.
There will be no running clock during the third overtime period.

Substitutions:

- Substitutions may be made at the beginning of each quarter, dead balls, whistles and after timeouts called by coaches.
- Players must check-in with the scorekeeper to come into the game and must wait for the official to signal them into the game.

Timeouts:

- Teams will be allowed two timeouts per half and each timeout is one minute in length.
- Timeouts don't carry over to the next half or overtime.
- For each overtime period, teams shall receive only one timeout.
- Timeouts are granted only by the officials, not by the score keeper.
- A team is not able to advance the ball to half court on timeouts.
- Timeouts can be called:
 - When there is a dead ball.
 - When a team has possession of the ball.
 - After a team has scored and is not inbounding the ball.
- If a timeout is called by a team that has no timeouts, a technical foul will be given.

Forfeits:

- The PARC will never forfeit games for the youth leagues. If a team doesn't have enough players to start the game, then the coaches are allowed to borrow players from other teams with the opposing team approving of the players selected.
- If a team can't start the game with 5 players, then they can play with 4 players.
- Teams that have a player that is not originally on their team roster play the entirety of the game will take a loss regardless of the outcome of the game.

Technical Fouls:

- Technical fouls will be given at the discretion of officials for:
 - Using profanity or abusive language.
 - Refusing to obey the official's decision.
 - Dunking the basketball after being warned by the official.
 - Acting disrespectfully towards officials, staff, directors and players.
 - Intentionally trying to hurt another player or displaying rough tactics.
 - Showing unsportsmanlike conduct such as trash talking or excessive taunting.
- If a technical foul is called, then the result is two free throws and the opposing team gaining possession of the ball.
- A technical foul results in a team foul, but no additional free throws will be granted to teams for bonus situations.
- If a player receives a technical foul, the player must remove themselves from the game for 2 minutes of the game clock (this can carry over to the 2nd half or overtime). The player may reenter the game on the next dead ball or whistle after the 2 minutes have expired. Another player may substitute during this time. If no substitutes are available, the team may play with 4 players.
- At any point during the game, the PARC staff or officials can stop the game due to sportsmanship issues. This will result in an automatic loss by sportsmanship default.

Zero Tolerance Policy:

- Being a faith-based recreation center, we strive to promote a Christ-like environment at all times. Therefore, The PARC has a ZERO TOLERANCE POLICY towards any of the following actions that may occur with players or spectators. These actions will result in the person(s) being suspended for the rest of the season and permanently banned from The PARC:
 - Any players and spectators who are involved or instigated a fight (whether the fight is verbal and/or physical).
 - Any players and spectators who verbally threaten or harass an individual.
 - Excessive unsportsmanlike behavior after they have been warned by the officials or league director to cease their activity and conduct.
- The league director reserves the right to suspend a player or players for any disrespectful or unsportsmanlike behavior towards any player, official or staff for a period of games to be determined by the seriousness of the action.
- The league director reserves the right to increase or decrease the severity of penalties based on previous history, unusual circumstances or to protect the integrity and mission of The PARC.

Gym Guidelines:

- All players must remove earrings, necklaces, bracelets and such items before game time. Players must have their jerseys tucked into their shorts at all times.
- Coaches and players should help and work with the officials when it comes to the conduct of their fans. We ask that teams do their best with the officials in helping with the behavior and actions of their fans.
- No one is allowed to dribble or shoot at the basketball goals during the games.
- Shooting at half time is only for the players participating in the games.
- Players, participants and children are not allowed on the basketball court or stage area underneath the goals. This is for everyone's safety, so please respect this rule.
- There is no smoking or food allowed in the gym. You are responsible for cleaning up after your team, friends and family in attendance.
- No alcoholic beverages or fire arms will be allowed on The PARC's property (including the parking lot).

Coach and Player Conduct:

- Coaches can walk along the sidelines and talk to their players without stepping in the playing area.
- Any dispute occurring during a game, such as rule or scoring, should be referred to the official. All disputes will be resolved by the officials.
- Coaches and players must exhibit proper conduct and sportsmanship before, during and after the game.

Spectator Conduct:

- Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
- Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
- Taunting, foul and abusive language, noisemakers, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
- All spectators will be expected to remain off the playing area until after the game.
- Any persons not following the code of conduct will result in being removed from the gym by a PARC staff.