

IMCOMING

GIRLS GRASSROOTS TOURNAMENT RULES

5th-8th Grade Girls Basketball | Applies to THE TEST and HOLIDAY HAVOC

Game Format	Defense	Signature Rules
4 x 6-minute quarters Stop clock 3-minute halftime	No half-court zone until Q4 5th-6th press: Q1 & Q4 only	30-sec shot clock (7th-8th) 1-on-1 Challenge Target-Score OT

1. GAME FORMAT

- **Four 6-minute quarters.** Stop clock throughout regulation unless the mercy-clock rule is active.
- **Quarter breaks:** 1 minute. **Halftime:** 3 minutes.
- **Mercy clock:** If a team leads by 20 or more points during the 4th quarter, the clock becomes a running clock. If the lead drops below 15 points, return to stop clock.
- **Standard basketball rules apply** unless specifically modified by an IMCOMING rule below.

2. TEAM FOULS & BONUS

- **Team fouls reset at the start of every quarter.**
- The opponent enters the bonus on the **5th team foul of that quarter.**
- There is **no traditional 1-and-1** under the IMCOMING modified free-throw format.

3. FAST FREE-THROW FORMAT

Situation	IMCOMING Result
Fouled on missed 2-point attempt	Shoot 1 free throw worth 2 points
Fouled on missed 3-point attempt	Shoot 1 free throw worth 3 points
Made basket + foul (and-one)	Automatic +1 point; no free throw
Non-shooting foul while in bonus	Shoot 1 free throw worth 2 points

Technical, intentional, or flagrant fouls are administered under standard basketball rules unless tournament administration announces otherwise.

4. DEFENSIVE RULES

- **No half-court zone defense during Quarters 1-3.** Zone defense becomes legal in the 4th quarter for all divisions.
- Teams may trap and help within man-to-man principles, but may not sit in a designated half-court zone before the 4th quarter.
- **Zone violation enforcement:** first violation is a warning; repeated violations may result in 1 point plus possession to the opponent.
- **5th-6th Grade Press Rule:** full-court pressing is allowed only in the 1st and 4th quarters. Teams must retreat behind half court during the 2nd and 3rd quarters.
- **20-point sportsmanship rule:** a team leading by 20 or more points may not full-court press.

IMCOMING SIGNATURE RULES

Designed to reward skill, decision-making, coaching and late-game execution.

5. THE PRESSURE CLOCK - 7th & 8th ONLY

- **30-second shot clock** for all 7th and 8th grade games.
- The shot clock remains active during Target-Score overtime.

6. TIMEOUTS

- **1 Coach-Up Timeout:** 2 minutes. This is a teaching timeout designed to give coaches time to coach their team.
- **2 Regular Timeouts:** 30 seconds each.
- **Three total timeouts per team in regulation.**
- Unused timeouts do **not** carry into overtime.

7. ADVANCE-THE-BALL RULE

- During the **final 2:00 of the 4th quarter**, a team controlling the ball in the backcourt may call a timeout and advance the ball to the frontcourt for the inbound.
- The ball will be inbounded from the designated frontcourt sideline spot.

8. IMCOMING 1-ON-1 CHALLENGE

- **Each team receives one 1-on-1 Challenge per game.**
- The challenge may be called during a dead ball and must be used **before the final 2:00 of the 4th quarter**.
- The offensive coach selects one offensive player. The defensive coach selects one defender.
- The possession begins at the top of the floor with a **7-second limit**.
- **If the offensive player scores:** her team earns possession.
- **If the defender gets the stop:** the defender's team earns possession.
- The 1-on-1 Challenge itself does **not** add points to the game score.

9. TARGET-SCORE OVERTIME - "FINISH THE TEST"

- If regulation ends tied, overtime is played to a **target score** instead of a timed period.
- Target score = **tied score + 4 points**. Example: 48-48 becomes first team to 52.
- There is **no game clock** in overtime.
- 7th-8th grade games continue to use the 30-second shot clock.
- First team to reach the target score wins.

10. TECHNICAL FOULS & EJECTIONS

- **Two technical fouls** assessed to the same player or coach in one game results in immediate ejection from that game.
- Fighting, threatening officials, or other flagrant conduct may result in immediate ejection without requiring two technical fouls.
- Tournament administration reserves the right to issue additional suspension or removal for serious conduct violations.

THE STANDARD: COMPETE. DEVELOP. EXECUTE.

Tournament officials and administration have final authority on rule interpretation, safety issues, eligibility disputes and situations not specifically covered above.