

2025 Iowa Youth Basketball State Championships

-Pacesetter Game Rules-

1. State tournament games will be two 16-minute running time halves with stopped time the last minute of the first half and the last two minutes of the second half. Any pool games will have special rules posted on the bracket near the pool play schedule.
2. Teams may call 3 timeouts per game.
3. Running time will begin after a timeout as soon as stopped time would normally begin, such as the first touch on an in-bounds pass or rebound of a free throw. The clock should stop for any unusual breaks in the game – injury, ball rolling to another court, official allowing a player to tie shoelaces, etc.
4. Pacesetter will use the 5-foul “player elimination” rule. The bonus will always be two shots and start on the 6th foul in a half. There will never be a 1-and-1.
5. All overtime periods will be two minutes, all stopped time. Only one timeout allowed.
6. The scoreboard is the official score. Any questions regarding the score must be raised by a coach at the moment of the disputed scoring. Fans disputing the score should talk to their coach. If necessary, the head coach may stand and raise both hands to ask for a “scoring timeout” to check the score. This timeout should not be counted as a team timeout. Any question on disputed scores should be settled by the officials, coaches, and scorekeeper or the tournament director at the request of one of the officials.
7. Teams in 4th and 5th grade may only press during stopped time: the last minute of the first half and the last two minutes of the game. Teams in grades 6-9 may press at any time, EXCEPT, pressing is not allowed for any team when leading by 10 or more points. When a change of possession occurs in the front court through a rebound or steal during a non-pressing situation, defensive players must retreat back past half court.
8. Teams at the 4th-5th grade level must play man-to-man defense. “Help” defense is allowed, but once recovery is made, the helping defender must retreat. Sustained double-teaming, trapping, or any type of zone defense as a press or in the half-court is not allowed for grades 4-5. One exception: Players may double or triple team whenever the ball is in the free throw lane.
9. Players in 4th and 5th grade shooting a free throw may go over the free throw line after the release. This will be ruled the same as the guideline regarding the 3-point shot – feet must be behind the line when the ball is released. Shooter must stay in landed position without advancing to the basket until the ball hits the rim.
10. The small ball (28.5) will be used for girls and 4th, 5th and 6th grade boys.
11. Good sportsmanship is expected of all players, coaches, parents, and fans. Please set a good example for our young people!

Play Hard, Be A Good Sport, and Have Fun!