

# 2023-24 AYL BASKETBALL RULES GUIDELINE SHEET



| Rules/Guidelines                       | 2nd & 3rd Grade                                     | 4th - 8th Grade   | Comments   |
|--|---|---|--|
| <b>Length of Game</b>                  | 2 - 20 minute halves (running clock)                | 2 - 20 minute halves (running clock)  |  |
| <b>Half Time Break</b>                 | 5 mins.   | 5 mins.   |  |
| <b>Time Outs</b>                       | 2 - per half (1 minute/no carryover)                | 2 - per half (1 minute/no carryover)  | One new timeout will be granted for first overtime with no carryover of regulation timeouts. No timeouts in sudden death.  |
| <b>Clock Rules</b>                     | Running clock, clock stops last 2 minutes 2nd half  | Running clock, clock stops last 2 minutes 2nd half  | All whistles, unless 15 pt spread or greater lead in last 2 minutes of game.   |
| <b>Number of Players</b>               | Team must have 4 players to start a game            | Team must have 4 players to start a game  | The opposing team can choose to play with 4 or 5 players (Coaches discretion)  |
| <b>Ball Size</b>                       | 27.5" or Size 5 (Boys & Girls)                      | 4th & 5th Boys - 28.5" or Size 6<br>6th - 8th Boys - 29.5" or Size 7<br>All Girls - 28.5" or Size 6 | Home team will provide the game ball.  |
| <b>Back Court Defense</b>              | No back court defense; Violation - personal foul    | Yes - Allowed   | If a team is ahead by 15+ points at any time during the game, the winning team cannot use full court pressure/half-court trap. Backcourt defense will result in a warning for the first infraction and a personal foul every faction going forward.  |
| <b>Man to Man Defense</b>              | Mandatory - within a reasonable distance to his man | Any Legal defense is allowed.   | The defense may switch coverage on a pick or screen as long as both players quickly return to a man.   |
| <b>Back Court Offense</b>              | Permitted. No Violation                             | Not Allowed   |  |
| <b>Double Teaming</b>                  | Only in the key                                     | Yes   | Double-teaming is illegal outside the lane but permitted inside the lane. A double-team is defined as two players aggressively guarding the same player. Double-teaming outside the lane will result in a warning for the first infraction and a personal foul for every infraction thereafter. The defense may switch coverage on a pick or screen as long as both players quickly return to a man. |
| <b>Lane Violations</b>                 | 5 seconds   | 3 seconds   |  |
| <b>Fouls</b>                           | 5 per player  | 5 per player  | Technical/Intentional Foul: Shoot free throws and ball awarded to shooting team at half court.   |
| <b>Back Court Allocated Time</b>       | 15 seconds  | 10 seconds  | Once the ball has been established across the half court line (both feet and the ball), it is a violation to cross back over into the back court. Penalty: Turnover.   |
| <b>Free Throw Line</b>                 | 2nd Grade - 10 ft.<br>3rd Grade - 12 ft.            | Boys/Girls - 15 ft.   |  |
| <b>Out of Bounds - Player Distance</b> | Allow 3 feet  | Allow 3 feet  |  |
| <b>3-Point Shots</b>                   | Yes, if marked                                      | Yes, if marked  |  |
| <b>Overtime</b>                        | 2 Min OT then Sudden Death                          | 2 Min OT then Sudden Death  | 2 min overtime (running clock) then sudden death (first team to score one free throw of field goal wins). 1 timeout in overtime, no timeouts in sudden death. Timeouts do not carry over. Possession for start of OT and sudden death is a coin flip. Start of OT is the same players as at end of regulation. Substitutions not permitted until there is a dead ball.                               |
| <b>Bench Coaches</b>                   | 3 - 1 Standing                                      | 3 - 1 Standing  | Home team does scorebook (official score) and Visiting team manages clock.   |
| <b>Bonus - Double Bonus</b>            | Bonus - 7 fouls<br>Double Bonus - 10 fouls          | Bonus - 7 fouls<br>Double Bonus - 10 fouls  |  |
| <b>Technical Fouls/Ejections</b>       | Coaches/Players: Ejected at 2nd technical foul      | Coaches/Players: Ejected at 2nd technical foul  | Coach: (1) remain seated for remainder of game (2) ejection & suspension from next scheduled game / Player: (1) verbal warning (2) ejection. All technical fouls will result in 2 free throws and possession at mid court for opposing team. If any coach receives a technical, ALL coaches must remain seated for the rest of the game. Refer to AYL Rules, Section 2.2.3 & 2.2.4                   |