



**ARAPAHOE YOUTH LEAGUE (AYL)
BASKETBALL LEAGUE RULES
AND GUIDELINES**

**PREPARED BY:
AYL BASKETBALL BOARD**

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1. GENERAL BASKETBALL LEAGUE INFORMATION

The Arapahoe Youth League (AYL) basketball league consists of teams from Creek, Raptors, Hawks, Spartans, Thunder and Warriors territories. The league has separate divisions for boys and girls in 2nd through 8th grades who would like to play basketball at a competitive level. All grades within the AYL basketball league will play on regulation 10-foot baskets. The court will be regulation size for 4th through 8th grade, but may vary for 2nd and 3rd grade.

The AYL Basketball rules are governed by the AYL By-Laws and General Principles of Operation which take precedence over these rules. These documents can be found on the AYL website located at www.aylsports.org under AYL Documents.

The current edition of the "National Federation of High School Associations Basketball Rule Book" shall govern all situations not addressed by the AYL General, Division & Age Specific Basketball Rules.

All references to the Board will mean the AYL Basketball Board and/or its Delegates. More detailed information regarding AYL and the basketball league can be found at the official web site: www.aylsports.org.

1.1. League structure

Beginning with the 2024-25 season, there will be one level (division) of play for all grades for both boys and girls.

The regular season consists of a minimum of ten games, with an additional minimum one post season game. At the conclusion of the regular season all teams will then be seeded (based on their winning percentage) and then all teams (depending on size of division, Board Discretion) will be entered into the single-elimination post-season championship tournament. In case of a tie, the Basketball Board will determine seeding order based on the following criteria in order:

- a) Head to Head results between the 2 tied teams
- b) Strength of schedule
- c) If 3 or more teams are tied then the computer will calculate the winning percentage of the tied teams when the tied teams played against any of the tied teams
- d) Points scored against
- e) Coin flip performed by the clubs delegate(s)

1.2. Rosters Requirements

Each participating club shall form teams/rosters in accordance with AYL General Principals of Operation Section 1 Rule 3 and 4.

The following roster mix and eligibility requirements are established:

- a) A team roster must be compliant to Table 1 listed below. For a definition of home and non-home area players refer to AYL General Principals of Operation Section 1 Rule 3 A.
- b) A player's eligibility is based on their current school grade level.
- c) Players may "play up" a grade level (e.g. 3rd graders playing in the 4th grade division), without prior Basketball Board approval. Players wishing to "play up" two (2) grade levels must get prior board approval before playing in a scheduled game.
- d) **Every team will be allowed one play-down without board approval. Additional play-downs will require majority board support. Factors that the Board will consider include, but will not be limited to, the size, skill, experience and birth date/chronological age of the player.**
- e) Players are eligible to play on only one AYL roster and shall not play on more than one team in the league during the same season, regardless of grade, age, gender, competition level (Division 1 / Division 2), etc.

Level of Play	In Territory	Out of Territory
1-7 players	5	2
8 & above players	5	3*
Table 1. *No team is allowed more than 3 OOT players.		

- f) Before a player is allowed to participate in league games, he/she must be on an official AYL roster.
- g) For a player to be eligible for the post-season championship/tournament, he/she must have played in at least three (3) AYL regular season games.
- h) Each participating club shall submit rosters to the basketball board by the deadline set by the board. Teams without the roster may face expulsion from the league.
- i) Changes to the team roster can be submitted up to the conclusion of the third week of the regular season game.
- j) Each club should verify their rosters before submitting them to the AYL. The AYL Basketball Board will review rosters submitted by each club to ensure compliance to the above rules. In some cases, teams/clubs may be asked to provide further documentation to verify that their roster(s) meets AYL requirements. The AYL Basketball Board will not hesitate to penalize teams that have been proven to not follow these rules. Teams found in violation of the roster rules as outlined above will face forfeiture of prior and post games and/or expulsion from the league.
- k) If a team has to forfeit their games then all teams shall be given 1 win. Any points scored by the team forfeiting wins will be removed from the team total for points allowed. If the division has an odd amount of teams and not all teams the offending team then the playoff record will be based on the same number of games. The basketball game will randomly remove one (1) game from all other teams to create an equal number of games played. This random selection may result in a win being removed instead of a loss.

1.3. Care, Use and Security of Facilities

AYL participating clubs are given the privilege of using gyms provided by local elementary and middle schools at a reduced rate and are required to provide adequate insurance in the event any facility is damaged. These facilities are very important to the success of the league and special care must be taken in how coaches, players and their parents/fans utilize the gyms at AYL events. AYL basketball coaches are ultimately responsible for players and fan conduct at game facilities. The AYL basketball league expects each participating club to enforce the following rules without any exceptions:

- a) Absolutely no snacks (drinks or food) are to be brought into the playing facilities, entry ways and/or hallways during games and practices. **The only beverage allowed into playing facilities will be water. No Gatorade or sports drinks are allowed.** Any treats must be handed out outside the facility.
- b) For practices and games, team coaches are responsible for monitoring activity in the gym and for ensuring that they turn the gym over to the next coach in the same condition as when they entered it. If the coaches notice damage to the facility that they were not previously aware of, they are encouraged to photograph the damage and provide it to their AYL basketball delegate. Coaches are also encouraged to wait until a responsible adult arrives prior to departing the facilities unless the doors to the facility are automatically locked upon their exit.
- c) Coaches should bring no more than three (3) basketballs to the games. Players are asked not to bring their own basketballs. **No running, dribbling, passing, or other drills are allowed anywhere but in the designated playing area/gyms.** Please be courteous of players and spectators and do not allow dribbling or playing with basketballs during the games inside the facility.

- d) A hallway monitor will be available for assistance and enforcement of the above rules for the Friday evening and Saturday games. Monitors will make sure the facilities are kept clean and safe for our families attending games. If we do not adhere to these rules, then the future availability of these school facilities may be compromised.

2. GENERAL AYL BASKETBALL GAME RULES

2.1. Governing Rules

The current edition of the National Federation of State High School Associations Basketball Rule Book (www.nfhs.org) shall govern all situations not addressed by the AYL General, Division & Age Specific Basketball Rules. Coaches shall read and familiarize with the information stated in the above referenced publication.

Changes made to the NFHS rules for the 2014/2015 season are as follows:

3-5-3: Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible:

- a. Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.
- b. The sleeves/tights shall be black, white, beige or the predominant color of the uniform and the same color sleeves/tights shall be worn by teammates.
- c. All sleeves/tights shall be the same solid color.
- d. Meet the logo requirements in 3-6. Note: In general, a brace is defined as anything that contains hinges and/or straps or an opening over the knee cap.

4-19-3d: Intentional fouls include but are not limited to: Excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor.

9-1-4g: A player occupying a marked lane space...may enter the lane on the release of the ball by the free throw shooter.

10-6-12 NEW: The following acts constitute a foul when committed against a ball handler/dribbler:

- a. Placing two hands on the player.
- b. Placing an extended arm bar on the player.
- c. Placing and keeping a hand on the player.
- d. Contacting the player more than once with the same hand or alternating hands.

Further information on these changes can be found at:

<http://www.nfhs.org/sports-resource-content/basketball-rules-changes-2014-15/>

2.2. AYL Specific Rules

Rules listed below are additions and exceptions for the advancement of youth basketball within the AYL and its member clubs:

1. Coaches and referees will confer prior to tip-off to designate the home and visiting team. For every regular season and play-off game, each team will provide an adult (at least 18 years old) to either operate the scoreboard or keep the official game score sheet. At the end of each half the score sheet keeper and the scoreboard operator shall verify the score, team foul count, number of time-outs used/remaining, and possession. If there is a discrepancy, the score sheet will be the official, final record.
2. No more than **3** bench coaches will be allowed to occupy the bench or scoring area (official game scorekeeper included) during the game. Only one coach may be standing at any given time. A violation of this rule will result in a technical foul being assessed on the head coach of the offending team in accordance with General Rule IV-4 below.
3. Each coach will be required to review and sign the AYL Basketball Code of Conduct. Coaches are ultimately responsible for their players, players' parents and spectators. If problems arise from coaches, players, parents, spectators:
 - a) 1st Infraction – Referees will stop play, identify coach, player, spectator out of line and give both teams a verbal warning.
 - b) 2nd Infraction – Head Coach will be assessed a Technical Foul (infraction related to their team/spectators)
 - c) 3rd Infraction – Head Coach assessed a second Technical, ejected from game and suspended for the next scheduled game subject to review of the AYL Basketball Board. In the event of suspension, any coach suspended will not be allowed to be attend any game(s) suspension has been enforced.
 - d) 4th Infraction – Stops game – The team with the infraction(s) forfeits game.
 - e) All players shall be limited to five (5) fouls per game. After the 5th foul the player must be removed from the game. Technical fouls are counted toward individual player total fouls. Any player called for two technical fouls in the same game will be ejected.
 - f) Any ejection of a player or parent from game, will be suspended for the next scheduled game subject to review of the AYL Basketball Board. When suspended, both parent and/or player are not allowed to be present at any game(s) suspension has been enforced.
4. Technical fouls are penalized the same way, regardless of the type of foul. The opposing team is awarded two free throws, which can be shot by anyone on the court. The opposing team is also awarded the ball out of bounds at mid-court, opposite the scorer's table. If a team receives a technical foul while in possession of the ball, they lose possession. A coach who is charged a direct or indirect technical foul loses the ability for ALL coaches to stand in the coach's box. All coaches must remain seated for the remainder of the game. (Exceptions: requesting timeouts, conferring at the scorer's table or reacting spontaneously to an outstanding play by their team.)
 - a) **Technical fouls do not apply to 2nd and 3rd grade players for both boys and girls.**
 - b) **Technical fouls are enforced to all teams and coaches for all grade levels.**
5. Start time for games should be within five (5) minutes of the league scheduled start time. Pre-game warm-ups must take place on the game court only between the completion of the previous game and within the 5 minutes from the scheduled start time.
 - a) Teams will have 5 minutes or less, due to time limitations, to warm-up before each game.
 - b) **Teams must have 4 players to start a game.** If the 5 minute window has passed and one team does not have enough players to start a game, the game will then be subject to forfeiture, at the discretion of the Head Referee. **The opposing team can choose to play with 4 or 5 players at the coach's discretion.**
 - c) The half-time break will last no more than 5 minutes, at the discretion of the Head Referee.
 - d) Each team will have two (2), one-minute timeouts per half. Timeouts cannot carry over from one half to the other. **One new timeout will be granted for first overtime with no carryover of regulation timeouts. No timeouts in sudden death.**

- e) **Overtime is permitted during regular season and tournament play. The length of the first overtime will be 2 minutes running clock for regular season only. Overtime for playoffs will be 2 minutes stop clock with the clock stopping on every whistle. The second overtime is “sudden death” where the first team to score in any way (one free throw or field goal) will be declared the winner. Each team will have only one (1) timeout in overtime play and zero timeouts in sudden death. Regulation play timeouts do not carry over to overtime. There is no clock in sudden death. There is no break/timeout between overtime and sudden death. Teams must begin overtime and sudden death with players who concluded regulation and overtime play. Substitutions can be made on dead ball only during overtime and sudden death. Possession for the start of overtime and sudden death will be determined by jump ball.**
6. For gyms that have a three-point line in place, a three-point basket will be counted if shot from behind the line.
 7. In grade levels and divisions in which full-court pressure is allowed, if a team is ahead by fifteen (15) points or more at any point in the game, the winning team cannot use full court pressure or half-court trap. The winning team must fall back to their defensive positions behind the half-court line.
 8. A player(s)/team uniform must be pre-approved by the member club and should bear the members club name and/or logo.
 - a) A player may not play in a game unless he/she is in full uniform and matches all of his teammates. This includes jersey and shorts must be identical. Numbers will not be allowed to be taped on jerseys.
 - b) Beginning in 2014/2015: Jersey numbers are required on the front and back of the jerseys and should be a minimum of 3” in height.
 - c) Numbers between 0 and 99 are legal.
 9. No duplication of numbers is permitted and numbers must match the official AYL roster.
 10. The home team color shall be white (or lighter of two required color option) and a contrasting dark color shall be worn by the visiting team.
 11. Coaches are responsible for bringing a copy of the opposing team’s roster to the game. If a coach asks for verification, he can check the roster of the other team by verifying the name and numbers of the players. Clarification: rosters are not exchanged, however must be presented upon demand. Teams violating this rule may be subject to game forfeiture(s) at the Board discretion.
 12. Protests will follow the AYL General Principles “RULE 6 PROTEST” guidelines:

RULE 6 PROTEST (Copied from AYL General Principles)

- A. Should an alleged violation occur the protesting Member Club representative must notify the official of the alleged violation and document the alleged violation using the AYL Protest Form. The protesting Member Club delegate will notify the sport VP or sport secretary of the protest for review at the next regularly scheduled sport board meeting.

The official and opposing coaches will sign the AYL Protest Form and submit the AYL Protest Form to their respective Member Club delegates immediately following the conclusion of the game.

The protesting Member Club delegate will contact the sport VP within 24 hours of the alleged violation. The sport VP will contact the alleged offending Member Club delegate within 24 hours to notify them that the formal protest has been submitted according to the AYL General Principles of Operation.

The protesting Member Club representative must be a coach (head coach or assistant), member club sport delegate, or Member Club officer (President, Vice

President, Treasurer or Secretary). No other individuals may initiate a protest. Protests can be filed only by individuals identified on the Member Club Information Sheet or Notice of Participation.

A protest can only be raised during the game playing period. A protest cannot occur after the conclusion of the game for any reason.

- B. **ONLY RULE VIOLATIONS ARE PROTESTABLE!** Judgment decisions by officials are not protest-able.
- C. At the next regularly scheduled sport board meeting, the protesting Member Club delegate will submit the \$100 protest fee in cash, money order or certified check to the sport VP. Both Member Club delegates will present their argument to the sport board. After both arguments have been presented, the Member Club delegates involved in the protest will be excused while the remaining sport board Member Club delegates deliberate and decide upon the protest.

The non-refundable \$100 protest fee is placed in the sport board general fund.

- D. The sport board has the right to alter the timing and filing requirements of any protest when it deems necessary (i.e. where the protest may affect play-off or Championship games or any other unusual circumstances).

3. SPECIFIC BASKETBALL GAME RULES FOR 2ND & 3RD GRADES

1. **Ball Size** - Only a Junior 27.5 inch ball—or size 5—will be used.
2. **Time/Length of Games** - Each game will consist of 2 halves of 20 minutes running clock. During the last two minutes of second half, the clock will stop on all whistles unless one team is leading by 15 points or more. If the point differential is 15 points or more the clock will not stop unless there is a time-out or injury. **Overtime will consist of 2 minute running clock while second overtime will be played as sudden death where the first team to score in any way (one free throw or field goal) with no clock. (See page 7 section 5e for more details).**
3. An isolation offense is prohibited. Teams must involve all of their players in the offensive patterns. An isolation offense refers to an offensive strategy where only one or two players are involved in the offense or an offensive team clears the floor to one side for a one-on-one or two-on-two offense.
4. **No Wrongful/Accidental Scoring** - Baskets scored on wrong goal against a team after inbound ball for 2nd and 3rd grade girls and boys does not count. Accidental scoring team would take out the ball again.
5. **Defense –**
 - a. No backcourt defense is allowed until the ball crosses half court. When the defensive team controls the rebound the opposing team must set up their defense behind the half court line. Once the ball crosses the half court line the defense can defend anywhere on the court (including the backcourt if the offense returns into the backcourt with or without the ball). If at any time a team possesses a lead of 15 points, the defenders on the leading team will drop back even with the free-throw line extended and allow an entry pass for the offense to go uncontested. **Backcourt defense will result in a warning for the first violation and a team foul for every infraction thereafter. Within 2 minutes remaining in second half, no warnings will be given for violation and team in violation will receive an automatic team technical foul for all backcourt defense violations. Technical foul will result in one free throw and possession at half court.**
 - b. Man-to-man defensive coverage is mandatory. Zone defense is not allowed. Failure to play man-to-man defense (as defined by the referee) will result in a warning for the first infraction and a team foul for every infraction thereafter.
 - c. When a shot is taken, all players can go for a rebound. However, the defensive player must return to man coverage if the offensive team controls the ball.
 - d. **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.**
 - e. A stationary defensive player may swat or steal the ball as an offensive player moves past him.
 - f. **The defense may switch coverage on a pick or screen as long as both players quickly return to a man.**
 - g. Any one defensive player may pick-up any uncovered offensive player.
6. **Lane Violations** - Five (5) second lane violations will be enforced.
7. **Backcourt** -Over and back will not be enforced.
8. **Free-Throws** – 2nd grade teams will use a ten (10) foot line to be determined by the referees. 3rd grade teams will use a twelve (12) foot line. The shooter may not rebound their own shot.
9. **Technical fouls** are penalized the same way, regardless of the type of foul. The opposing team is awarded two free throws, which can be shot by anyone on the court. The opposing team is also awarded the ball out of bounds at mid-court, opposite the scorer's table. If a team receives a technical foul while in possession of the ball, they lose possession. A coach who is charged a direct or indirect technical foul loses the ability for ALL coaches to stand in the coach's box. All coaches must remain seated for the remainder of the game. (Exceptions: requesting timeouts, conferring at the scorer's table or reacting spontaneously to an outstanding play by their team.)
 - a. **Technical fouls do not apply to 2nd and 3rd grade for both boys and girls.**
 - b. **Technical fouls are enforced to all Teams and coaches for all grade levels.**

4. SPECIFIC BASKETBALL GAME RULES FOR 4th GRADE & HIGHER

1. **Ball Size – Boys**

4th & 5th Grade -- Only an intermediate 28.5 inch ball -- or size 6 -- will be used.

6th Grade & Higher -- Only the official men's 29.5 inch ball—or size 7 -- will be used.

Ball Size – Girls

4th Grade & Higher -- Only an intermediate 28.5 inch ball -- or size 6 -- will be used.

2. **Free-Throws** – Teams will use regulation line.

3. **Lane Violations** - Three (3) second lane violations will be enforced.

4. **Defense –**

- a. **Press** - If a team is ahead by fifteen (15) points or more at any point in the game, the winning team cannot use full court pressure. The winning team must fall back to their defensive positions behind the half-court line.

5. **Minimum Playing Time Rule** – It is suggested that each player must play the equivalent of one quarter, or 10 minutes, as a minimum. The coach is responsible for the amount of time their players are in the game and the amount played is at the discretion of the coach.

6. **Time/Length of Games** - Each game will consist of 2 halves of 20 minutes running clock. During the last two minutes of second half, the clock will stop on all whistles unless one team is leading by 15 points or more. If the point differential is 15 points or more the clock will not stop unless there is a time-out or injury. If the point differential falls under 15 points within the last two minutes the clock will not stop. **Overtime will consist of 2 minute running clock while second overtime will be played as sudden death where the first to score in any way (one free throw or field goal) with no clock. (See page 7 section 5e for more details).**