

2024-25 AYL BASKETBALL RULES GUIDELINE SHEET



Rules/Guidelines	2nd & 3rd Grade	4th - 8th Grade	Comments
Length of Game	2 - 20 minute halves (running clock)	2 - 20 minute halves (running clock)	
Half Time Break	5 mins.	5 mins.	
Time Outs	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.
Clock Rules	Running clock, clock stops last 2 minutes 2nd half	Running clock, clock stops last 2 minutes 2nd half	Clock stops for all whistles, unless 15 pt spread or greater lead in last 2 minutes of game.
Number of Players	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)
Ball Size	27.5" or Size 5 (Boys & Girls)	4th & 5th Boys - 28.5" or Size 6 6th - 8th Boys - 29.5" or Size 7 All Girls - 28.5" or Size 6	Home team will provide the game ball.
Back Court Defense	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.
Man to Man Defense	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.
Back Court Offense	Permitted. No Violation	Not Allowed	
Double Teaming	Only in the key	N/A; Double Team Permitted	Double-teaming is illegal outside the lane but permitted inside the lane. 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.
Lane Violations	5 seconds	3 seconds	
Fouls	5 per player	5 per player	Technical/Intentional Foul: Shoot free throws and ball awarded to shooting team at half court. No technical player fouls for 2nd & 3rd grade.
Back Court Allocated Time	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.
Free Throw Line	2nd Grade - 10 ft. 3rd Grade - 12 ft.	15 ft.	
Out of Bounds - Player Distance	Allow 3 feet	Allow 3 feet	
3-Point Shots	Yes, if marked	Yes, if marked	
Overtime	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 will be determined by jump ball. OT must begin with same players as at the end of regulation. Substitutions not permitted until there is a dead ball.
Bench Coaches	3 - 1 Standing	3 - 1 Standing	Home team does scorebook (official score) and Visiting team manages clock.
Bonus - Double Bonus	Bonus - 7 fouls Double Bonus - 10 fouls	Bonus - 7 fouls Double Bonus - 10 fouls	
Technical Fouls/Ejections	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 No technical player fouls for 2nd & 3rd grade.