



# ARAPAHOE YOUTH LEAGUE

## BASKETBALL

Rules/Guidelines	2nd & 3rd Grade	3rd & 4th Grade GIRLS (Hybrid)	4th - 8th Grade	Comments
<b>Length of Game</b>	2 - 20 minute halves (running clock)	2 - 20 minute halves (running clock)	2 - 20 minute halves (running clock)	
<b>Half Time Break</b>	5 mins.	5 mins.	5 mins.	
<b>Time Outs</b>	2 - per half (1 minute/no carryover)	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	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	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	27.5" or Size 5 (it is acceptable to use a 28.5 or Size 6 if both coaches confirm)	Boys 4th - 5th 28.5" or Size 6 Boys 6th - 8th Grade: 29.5" or Size 7 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	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	Zone Defense is Permitted	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	Permitted. No Violation	Not Allowed	
<b>Double Teaming</b>	Only in the key	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	5 seconds	3 seconds	
<b>Fouls</b>	5 per player	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	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. 3rd Grade - 12 ft.	2nd Grade - 10 ft. 3rd Grade - 12 ft.	Boys/Girls - 15 ft.	
<b>Out of Bounds - Player Distance</b>	Allow 3 feet	Allow 3 feet	Allow 3 feet	
<b>3-Point Shots</b>	Yes, if marked	Yes, if marked	Yes, if marked	
<b>Overtime</b>	2 Min OT then Sudden Death	2 Min OT then Sudden Death	3 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.
<b>Bench Coaches</b>	3 - 1 Standing	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 Double Bonus - 10 fouls	Bonus - 7 fouls Double Bonus - 10 fouls	Bonus - 7 fouls Double Bonus - 10 fouls	
<b>Technical Fouls/Ejections</b>	Coaches/Players: Ejected at 2nd technical foul	Coaches/Players: Ejected at 2nd technical foul	Coaches/Players: Ejected at 2nd technical foul	Coach: (1) remain seated for remainder fo 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. Refer to AYL Rules, Section 2.2.3 & 2.2.4

*\* HYPBRID 3rd/4th Grade Girls Rules are in place for the 2021 - 2022 5v5 Season*