

Arapahoe Youth League Basketball 2018/19

Rules and Regulations Reference Sheet

Rules	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)	Playoffs: 1 timeout in overtime play (no carryover)
Clock Rules	Running clock	Running clock, clock stops last two minutes of 2nd half	All whistles, unless 15 or greater lead
Ball Rule	27.5" or Size 5	28.5" or Size 6 Boys 6th - 8th Grade: 29.5" or Size 7	
Back Court Defense	No back court defense; Violation - personal foul	Yes	Unless 15 or greater lead then winning team cannot press.
Man to Man Defense	Mandatory - within a reasonable distance to his man	Any Legal defense is allowed.	
Double Teaming	Only in the key	Yes	
Lane Violations	5 seconds	3 seconds	
Fouls	5 per player	5 per player	Player removed from game after 5 fouls.
Across Half Court	15 seconds	10 seconds	
Intentional Foul - Technical	Yes	Yes	Shoot free throws and ball awarded at half court
Free Throw Line	2nd Grade - 10 ft. 3rd Grade - 12 ft.	Boys - 15 ft. Girls - 12 ft.	
Out of Bounds Play	Allow 3 feet	Allow 3 feet	
3-Point Shots	Yes, if marked	Yes, if marked	
Overtime	Regular season - No Playoffs - Yes	Regular season - No Playoffs-Yes	Playoffs: first overtime is 2 minutes (clock stops on whistle), second overtime 1 min (with stop clock), third overtime is "sudden death", first team to score 2 points wins
Bench Coaches	3	3	
Bonus - Double Bonus	Bonus - 7 fouls Double Bonus - 10 fouls	Bonus - 7 fouls Double Bonus - 10 fouls	
Technical Fouls/Ejections	Coach: (1) remain seated for remainder fo game (2) ejection & suspension from next scheduled game / Player: (1) verbal warning (2) ejection	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