

AYL Basketball League
Rules & Guidelines
2008/2009
(ver. 10.28.08)

The Arapahoe Youth League (AYL) basketball league consists of teams from the Creek, Dolphins, Hawks, Panthers, Patriots and Spartans territories. This league is structured for boys and girls in grades 2 - 5 who want to play at a competitive level. All grades within the AYL basketball league will play on regulation 10-foot baskets. The court size will be regulation size for grade 5 and may vary for grades 2, 3 and 4. Additional information regarding the league can be found at the official web site: www.aylsports.net

Season Structure

The level of competitiveness may be handled by separating specific grades into 0, 1 and 2 levels. Level 0 will have the most competitive teams; level 1 less competitive and level 2 least competitive. If not enough teams are available to form a specific level, and then teams will be placed together with another level at the discretion of the AYL Basketball Delegates. Second grade teams will be bracketed for playoffs according to wins and losses during the regular season.

Each participating club shall form teams with the understanding that 70% of their players listed on the official rosters must:

1. Reside within the territory boundaries established by AYL.
OR

2. Enroll in an elementary schools within the territory boundaries established by AYL.

AYL basketball board will review rosters submitted by each club to ensure compliance to this rule.

Facilities (Gyms) and Security

AYL participating clubs are given the privilege of using gym space 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. Therefore, special care must be taken in how coaches, players and their parents/fans utilize them during practices and games. The league is asking that teams enforce the following rules:

1. Absolutely no snacks (drinks or food) are to be brought into the playing facilities, entry ways and/or hallways for games and practices. The only beverage allowed into playing facilities will be water bottles filled with water only. PLEASE, No Gatorade or sports drinks. Treats can be handed out outside the facility as the players exit.
2. **For practice and game facilities, 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 locked upon their exit.**
3. Coaches should bring no more than three (3) basketballs to the games. Players are asked not to bring their basketballs. NOTE: PLEASE – No dribbling in the hallways.

At all games, hallway monitor will be available at each game for assistance and enforcement of these rules. They 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.

NOTE: AYL Coaches are ultimately responsible for player and fan conduct at game facilities.

League Rules

Rule 1 ----- Time or Length of Games

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 end of previous game and within the 5 minutes from the scheduled start time.

1.1 Grades 2,3 and 4 only:

1.1.1 Each game will consist of 4 quarters of 10 minutes running clock.

1.1.2 Each Quarter will be split into 5 minute halves for substitutions, not to be used as a timeout.

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- 1.1.3 Each game will have a 5 minute half time break.
- 1.2 Grade 5 only:
 - 1.2.1 Each game will consist of 4 quarters of 10 minutes running clock.
 - 1.2.2 Each game will have a five (5) minute half time break.
- 1.3 Grades 2-5: Coaches should confer prior to tip-off to identify the home team, visitor team, and a time keeper to manage the game clock and score. If there is no game clock available, then keeping time on a digital watch will be an option.
- 1.4 During the last 2 minutes of the game, the clock will stop on all whistles unless one team's score is 10 points or greater than the opponent.

Rule 2 ----- Timeouts

- 2.1 All Grades (2-5):
 - 2.1.1 Each team is limited to three (3) timeouts per game.
 - 2.1.2 Timeouts will be limited to one (1) minute.

Rule 3 ----- The Ball

Each coach shall supply an appropriate game ball to the officials prior to game time. Coaches are asked to only bring their basketballs to games and not have players bring their own. This will minimize dribbling in the school hallways and unauthorized areas.

- 3.1 Grades 2 and 3 only:
 - 3.1.1 A Junior 27 inch ball will be used.
- 3.2 Grades 4 and 5 only:
 - 3.2.1 An intermediate 28.5 inch ball will be used.
- 3.3 **Grade 5 only:**
 - 3.3.1 **Regular size basketball can be used for the game only if both teams agree.**

Rule 4 ----- Playing Defense

- 4.1 **Grades 2, 3 and 4 (Division One only):**
 - 4.1.1 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).
 - 4.1.2 Man-to-man defensive coverage is mandatory:
 - 4.1.2.1 (Grade 2 and 3) The defensive player must be within 5 feet of his man and not playing a zone defense. Failure to be within five (5) feet will result in a personal foul after a 1st time team warning has been given.
 - 4.1.2.2 **4th Grade Division One only defensive players need not adhere to the 5 foot rule. Double teaming is allowed. No zone defense will be allowed.**
 - 4.1.2.3 Grades 2, 3 - 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.
 - 4.1.3 Grades 2, 3 - Double teaming is illegal outside the lane, however inside the lane it is allowed. Double teaming will result in a personal foul after a 1st time team warning has been given.
 - 4.1.4 Grades 2, 3 - A stationary defensive player may swat or steal the ball as an offensive player moves past him.
 - 4.1.5 Grades 2, 3 - The defense may switch coverage on a pick.
 - 4.1.6 **Grades 2, 3 and 4 (Division One only)-** Any one defensive player may pick-up an uncovered offensive player. When a team is ahead by a score of ten (10) or more points, their defense must fall back to defensive positions behind the top of the key or 3-point line extended. The coach that is behind may communicate to the opposing coach and referees that he/she does not wish to adhere to this rule and continue to allow the winning team to play ½ court defense

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- 4.2 **Grade 4 (Division Zero only) and 5:**
- 4.2.1 Any legal "full court" defense may be used including man to man and zone.
 - 4.2.2 **When a team is ahead by a score of fifteen (15) or more points, the winning team can not use a full court pressure and must fall back to their defensive positions behind the half court line.**

Rule 5 ----- Lane Violations

- 5.1 Grades 2,3 and 4 (Division One only):
 - 5.1.1 Five (5) second violations will be enforced.
- 5.2 Grade 4 (Division Zero Only) and 5:
 - 5.2.1 Three (3) second violations will be enforced.

Rule 6 ----- Over and Back

- 6.1 Grades 2 and 3 only:
 - 6.1.1 Over and back will not be enforced
- 6.2 Grades 4 and 5 only:
 - 6.2.1 Over and back will be enforced

Rule 7 ----- Fouls

- 7.1 All players in grades (2-5) shall be limited to five (5) fouls per game. After the 5th foul the player must be removed from the game.
- 7.2 Technical fouls:
 - 7.2.1 On a technical foul, an automatic two (2) points is awarded to the offended team.
 - 7.2.2 On a technical foul, the ball will be awarded to the offended team at the half court line.
 - 7.2.3 Any player being called for two technical fouls during the game will be removed.
 - 7.2.4 Each coach will be required to review/sign the AYL Basketball Code of Conduct.
(Coaches are responsible for their players, player's parents and spectators.)
If problems arise from coaches, players, parents, spectators:
 - 1st Infraction – Referees stop play, identifies coach, player, spectator out of line and give both teams a verbal warning.
 - 2nd Infraction – Head coach assessed a Technical Foul (infraction related to his/her team/spectators)
 - 3rd Infraction – Head coach assessed a Technical, ejected from game and suspended from next scheduled game subject to review of the AYL Basketball Delegates.
 - 4th Infraction – Referee Stops game – Team with infraction(s) forfeits game.

Rule 8 ----- Free Throw Line

- 8.1 Grades 2 and 3 only:
 - 8.1.1 Teams will use a ten (10) foot line to be determined by the referees.
- 8.2 Grades 4 and 5 only:
 - 8.2.1 Teams will use a regulation fifteen (15) foot regulation free throw line.
 - 8.2.2 4th Grade Division One players must stand behind the free-throw line. Players are permitted to jump and land over the line. Running starts are not permitted
 - 8.2.3 4th Grade (Division Zero only) and 5th Grade players must stay behind the free-throw line at all times.

Rule 9 ----- Three-Point Line and Scoring

- 9.1 All grades (2-5):
 - 9.1.1 For gyms that have a three-point line in place, a three-point basket will be counted if shot behind the line.

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Rule 10----- Free Throw Shooting

- 10.1 All grades (2-5):
 - 10.1.1 Player will shoot two (2) free throws if the foul occurs in the act of shooting.
 - 10.1.2 Player will shoot two (2) free throws if the foul is an intentional foul.
 - 10.1.3 Player fouled will shoot 1 and 1 bonus on the 7th team foul in each half.

Rule 11 ----- Tie Games

- 11.1 All grades (2-5):
 - 11.1.1 Due to time limitations with the gyms, games that end in a tie will be recorded as a tie during the regular season. Overtime rules will apply only during tournament play. The length of overtime will be 2:00 minutes until a winner is determined.

Rule 12 ----- Alternate Possession/Jump Ball

- 12.1 All grades (2-5):
 - 12.1.1 The game will begin with a jump ball then the alternate possession rule will apply for the remainder of the game (including the start of the 2nd half).

Rule 13 ----- Out of Bounds Play

- All grades (2-5):
 - 13.1.1 The defensive player must give the offensive player three (3) feet to pass the ball into play.
 - 13.1.2 For the last minute of the game only: players responsible for bringing the ball across half-court, must make an effort to cross half-court within ten (10) seconds. Failure to do so will result in a turnover.

Rule 14 ----- Substitution

- 14.1 Grades 2, 3 and 4 only:
 - 14.1.1 The referee shall stop the clock momentarily at or near the five (5) minute mark of each quarter for substitutions. The only exception will be for replacing an injured player.
 - 14.1.2 Substitution is not meant to be a time out, only a quick player change.
- 14.2 Grade 5 only:
 - 14.2.1 Similar to high school substitution except that the clock will not stop.
 - 14.2.2 Players will move to the half court scorer area prior to any substitutions.
 - 14.2.3 When their team controls the ball out-of-bounds, then the coach will call for a substitution.
 - 14.2.4 The referee(s) will wave the player/players into the game.

Rule 15 ----- Equal Play Rule

- 15.1 Grades 2, 3 and 4 only:
 - 15.1.1 This rule is implemented for the grades to have players on the court for an equal amount of time. Each team **MUST** have 5 rostered players to begin play.
 - 15.1.2 Each team can have an adult keep track of equal play on the backside of the Score sheet (see chart below).
 - 15.1.3 If a team does not adhere to equal play then they will forfeit the game.

EQUAL PLAY CHART

Number Players Present	Minimum Number of playing Periods per player per game	Extra Periods *
7	5	5
8	5	0
9	4	4
10	4	0
11	3	7
12	3	4

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* Example: If the team has 11 players, then every player will play 3 periods and 7 players will play an extra period. The four players who only played 3 periods should play the extra periods the next game so that playing time is divided equally over the season.

15.2 Grade 5 only:

15.1.4 The coach is responsible for the amount of time their players are in the game. Players who attend practice and work hard have an expectation that they will play in games. Coaches are reminded that this is designed to be a fun program and required to play each player at least one quarter as a minimum. Each team **MUST** have 5 rostered players to begin play.

Rule 16 ----- Score Keeping

16.1 Grades 2-5:

16.1.1 Prior to tip-off, Head Coaches should meet to determine which team will be Home and Visitor. Both teams will supply an adult (older than 18 years old) score keeper for every regular and playoff game. At the end of each quarter, half and/or timeout, both teams should verify scoring. The Home team will be the official score book if any discrepancy occurs.

Rule 17 ----- Playing Offense

17.1 Grades 2 and 3 only:

17.1.1 When the defensive team controls the rebound or the offensive team takes the ball out of bounds after a made basket, the offense must get the ball across half court line within 15 seconds. Failure to do so will result in a turnover.

17.2 Grade 4 and 5 only:

17.2.1 When the defensive team controls the rebound or the offensive team takes the ball out of bounds after a made basket, the offense must get the ball across half court line within 10 seconds. Failure to do so will result in a turnover.

Rule 18 ----- Bench Coaches

18.1 Grades 2 through 5 (all grades):

18.1.1 No more than 3 bench coaches will be allowed to occupy bench or scoring area (score-keeper included) during the game. Only one coach may be standing at any given time.

Rule 19 ----- Score Sheet

19.1 Each coach (home & visitor) **MUST** sign and submit one completed Score Sheet to the Head Referee after each game. Repeated violations may result in disciplinary action as determined by the AYL Basketball Board/Delegates.