



#### PLAYING RULES:

Playing Rules not specifically covered herein shall follow the National Federation of State High School Associations. The League Coordinator also has the authority to administer rules as deemed appropriate for experience level at any time.

#### TEAM COMPOSITION

- Rosters can have a maximum of 12 players and a minimum of 6.
- All player information and memberships must be complete on the team's online portal. Teams will not be allowed to play until the roster is submitted.

#### AGE DESIGNATION

- Participant's "League Age" is determined by their current grade level
- Players may play up grade level(s) but are not permitted to play down grade level(s)

#### GAME CLOCK

- All games will have two 18 minute halves.
- All games will have a running clock until the final two minutes of the second half. In the event of a 20+ point lead, the clock will run the final two minutes in grades 4-8. For the K-3 divisions, the clock will run when there is a 15+ point lead.
- The clock will only stop during technical free throws or any official time outs.

## DEFENSE/PRESSING

- **K-2:** NO Pressing
- **K-3rd grade:** Must guard half court only, cannot engage until the ball has passed half court line.
- **4th-8th grade:** May press except when 20 point lead.

## FOULS

- **K-1:** No individual fouls will be kept. However, if a player is excessively fouling, they will be asked to substitute, but will not foul out.
- **2nd grade & up:** Individual fouls will be kept.

## OVERTIME RULES

- No overtime in K-1.
- First OT is 2 minutes (stops the last 30 seconds).
- Second OT is 2 minutes (stops the last 30 seconds).
- Third is free throws (First team to make while other team misses wins).

## TIMEOUTS

- Each team is allowed (3) 30 second timeouts that will not carry over into overtime.
- In the event of overtime, each team will be given 1 timeout total.

## FORFEIT TIME

- Game time is forfeit time.
- A team must have 4 players to start the game.
- A team may not “pick up” players not on their team to have enough to play unless the opposing coach approves. If the opposing coach protests, the game may be played with the understanding that the team using the “pick up” players will officially forfeit the game, no matter the score.
- In the interest of sportsmanship, if one team has only 4 players, we encourage the opposing team to use 4 players as well. This is not required, but is encouraged.

## GOAL HEIGHT

- **K-1st grade boys and girls:** 8ft goal
- **2nd grade boys and girls:** 9ft goal

- 2nd grade may request a 8ft goal if players are having difficulties with the 9ft goal.
- **3rd-12th grade boys and girls:** 10ft goal
  - 3rd grade may request a 9ft goal if players are having difficulties with the 10ft goal.

#### BALL SIZE

- **K-6th grade boys and girls:** 28.5", regulation girls ball
- **7th-12th grade girls:** 28.5", regulation girls ball
- **7th-12th grade boys:** 29.5", regulation boys ball

#### FREE THROWS

- **NOTE:** K-3rd grade players may stand on line, but not cross it.
- **K-1st grade:** Shoot from 9 feet
- **2nd & 3rd grade:** Shoot from 12 feet
- **4th-12th grade:** Shoot from regulation  
Players outside the perimeter are not allowed to run in until the ball hits the rim and must stand above the free throw line.

#### UNIFORMS

- All players must have uniforms of matching colors and numbers on the back.
- Teams are encouraged to have reversible uniforms in the event both teams have the same colors.

#### GAME AND WARMUP BALLS

- AST will not supply warm-up basketballs.
- AST will provide a game ball.

#### LANE VIOLATION

- **K-2nd grade** – no rule. Taller players will be encouraged to not “camp out” in the lane.
- **3rd-4th grade** – 3 seconds, loosely enforced, verbally assisted
- **5th-12th grade** – 3 seconds enforced

#### BENCH RULES

- Each team may have no more than 2 coaches and only one may stand and/or address officials.
- Coaches must stay in his/her coaching box at all times.
- Water and sport drinks only on the bench and only in bottles or closed cups.

#### TECHNICALS

- If a coach receives a technical foul, he or she is required to sit the remainder of the game. This restriction applies to all bench personnel including the assistant coach.
- If a spectator is ejected and refuses to leave when directed to, the team coach will be asked to assist and could be assessed a technical if the fan will not leave, or the team could be forced to forfeit the game.
- If a coach is ejected and refuses to leave the court area when directed, the team may be forced to forfeit.