



Youth basketball rules

All basketball games hosted by AOSL will be conducted in accordance with the National federation of state high school associations' basketball rulebook. As the host, AOSL reserves the right to make addition and exceptions to these rules.

Coaching responsibilities:

Each volunteer coach is charged with the responsibility of keeping his/her team players informed of all matter relating to this league. Coaches must stay in the coach's box which is the length of the chairs (bench). Coaches will be given one warning and a technical foul if the problem persists. One coach is allowed to stand during the game. Maximum of two coaches on the bench. Coaches must be dressed appropriately.

Player and equipment:

No player shall play in a cast, earrings, bracelets, or jewelry during a game of practice. It shall be the referee and coach's duty to inspect players. All players must wear tennis shoes or gym shoes, no street shoes, black soled shoes, jeans, bare feet are allowed at games or practices. All players must be on a team roster. No player may change teams once league play starts unless the change is made by the AOSL staff. Players MUST be in their issued uniform (Top and Bottom). A player cannot play in games without his/her AOSL uniform unless approved by AOSL staff.

Divisions (Coed)

Any player wishing to “Play Down” in grade must be approved in writing by AOSL staff

Pee Wees: 0-1 st grade uses an 8’ rim and a 27.5 ball

Mighty Mites: 2nd – 3 rd grade uses a 10’ rim and a 27.5 ball

Jr. Bantams: 4th – 5 th grade uses a 10’ rim and a 28.5 ball Bantams:

6th – 8 th grade uses a 10’ rim and a 29.5 ball Seniors:

9th – 12th grade uses a 10’ rim and a 29.5 ball

Length of game – Time Outs

All divisions will use a running clock with (4) four 10 minute quarters that are broken down into (2) two 5 minute sub-quarters. “Top” is the first 5 minutes of the quarter. “Bottom” is the last 5 minutes of the quarter.

Two 30 second time outs per half

2 minute half times

Clock stops on dead balls during last (bottom) minute of the 1st half (this is the bottom of the second quarter)

Clock stops on dead balls during last minute of the game (this is the bottom of the fourth quarter) .

Overtime Rule

In the event of a tie at the end of regulation the following rules will be used

1. 2 minute over time. 1st minute is running clock, final minute is stop clock. Teams have 1 timeout
2. If the game is still tied at the end of overtime, sudden death will be used. No time on clock, first team to score is the winner.
3. Coach can play any 5 players during overtime and sudden death.
4. Timeouts do not carry over. Fouls do carry over

Game Play

Start of game: Pee wee: Visitor inbounds, Mighty Mites – Seniors: Jump ball

Sub Rule: There is a mandatory substitution at the end of each sub quarter. All players on the bench MUST sub into the game at the end of the sub quarter. This is the only time a player can enter the game unless a player has fouled out or is hurt. No player can sit out consecutive sub quarters. The sub rule resets at the second half. The sub quarter is not a time out. Coaches need to have the players who are on the bench, ready to go. Coaches will have 15 seconds to get their players in and inbound the ball.

Defense: Pee Wees can only play a 2/3 zone. Mighty Mites – Seniors play man to man only.

Scoring: 3 points for 3 point shots (on courts where available), 2 points for field goals, 2 points for free throws (see foul rule)

Fouls and foul shots: When a player reaches 5 fouls, they must go out of the game for one game minute. Once the player re-enters the game, for every subsequent foul for that player going forward, they must sit out an additional minute. 6 fouls = 2 game minutes out, 7 fouls = 3 game minutes out, etc. When a player is fouled and the basket is made (And 1) the player will not shoot a free throw. The player will automatically be awarded the extra 1 point. There are no 1 and 1's. A player will only shoot one free throw that will be worth 2 or 3 points depending on the foul. If a player is fouled during a 2 point attempt, they will shoot a free throw worth 2 points. If a player is fouled during a 3 point shot, they will shoot a free throw worth 3 points. **Pee wees do not shoot foul shots** See bonus rule below for Pee wees.

Bonus: A team is in the bonus when the other team has 10 fouls and they will shoot 1 free throw worth 2 points. Pee wees will shoot a free throw while the others back up to half court. Make or miss, this other team is awarded the ball.

Press Rule: No pressing in the Pee wee division. Mighty mites-Jr. Bantam cannot pick up the offensive player until they cross the press line. The press line in Clayton is the second green line closest to the basket. In Antioch it is the blue line. In Hercules it is the orange line.

Bantam-Seniors can pick up their player full court. Teams cannot press if they have a 15 point lead. If an offensive player crosses the press line but goes back behind they press line, that player cannot be defended. If the official feels the player is stalling they will start a 5 second count on that player.

Mighty mites – Jr. Bantams can press during the last minutes of each bottom half of the quarter.

Double dribble/Traveling: Pee wees will not be called for traveling or double dribble. However, the official will blow the whistle if the player runs with the ball, starts and stops continuously. On the 6th

blown whistle, the ball will be awarded to the other team. Mighty mites will be given one extra step during week 1 and 2. They will be live effective week 3. Jr. Bantams – Seniors are live from day one.

4 shot rule: Pee Wees have a maximum of 4 shot attempts on offense. If they do not make a basket by the fourth shot, the ball will be given to the other team.

3 seconds in the key: Not called in Pee Wees or Mighty mites.

Running Clock: The clock runs with a 15 point lead.

Technical fouls: If a coach or player receives a technical foul, the other team is awarded 2 points and they ball. There will not be a shot taken for the technical. Players or coaches who receive two technical fouls in a game are ejected from that game and cannot participate in the upcoming practice or game.

Sportsmanship: We expect that all coaches, players and parents be respectful of each other and our officials. Remember, it's not about you; it's about the players and their experience. We want the children in our league to learn basketball and have fun while playing. We do not allow swearing, disrespect, physical or verbal abuse in our program. Any coach, player or parent violating our sportsmanship rules will be given a warning and be removed from the league on the second offense without a refund.

Game site and days:

Antioch games are played at Cornerstone Christian School: 1745 E. 18th street Antioch.

Clayton games are played at the Clayton community gym: 700 gym court, Clayton.

Hercules games are played at the Hercules Rec. Center: 2001 Refugio Valley Rd, Hercules

Game stats, schedules, etc. can be found on the AOSL website: alloutsportsleague.com