

"A" League Basketball Rules Modifications for Youth

	Description	Kinder - 2nd Grade	3rd & 4th Grade	5th & 6th Grade	Teen Core
BALL SIZE	Different ages will use a different sized ball to accommodate child's size and development.	Kinder - 22" circumference 1st & 2nd Grade - 27" circumference	28.5" circumference	28.5" circumference	29" Regulation Ball
BASKET HEIGHT	Baskets in Einstein Multi-Purpose gym adjust down to 8' to accommodate child size & development.	Hoop 8.5' - Kind Grade Coed Hoop 8.5 1st Grade Boys & Girls Hoop 8.5' -2nd Grade Boys & Girls	10'	10'	10'
GAME FLOW / CHANGE OF POSSESSION	Game play and allowing for teams to change sides of defense.	Kinder - Reset at top of key after completion of each possession.	Continuous	Continuous	Continuous
		1st & 2nd - Continuous - Reset at top of key on fouls / dead ball.			
BALLHANDLING VIOLATIONS					
Double Dribble	Resuming the dribble after having stopped (assuming no defensive contact of the ball), or dribbling with both hands at the same time.	Allow 1 violation per player, per possession, but gradually tighten that allowance as season goes on. (more flexibility at younger ages)	Make the call upon violation, with explanation and instruction.	Make the call upon violation.	Make the call upon violation.
Over-And-Back	The return of the ball to the backcourt when last touched by an offensive player in the frontcourt.	Don't Call	Give warnings early in the season. Begin to call later in the season.	Call	Call
Traveling	Taking more than one step without dribbling. Also called carrying the ball or palming the ball when a player turns the ball a complete rotation in the hand between dribbles	Give an extra step for starting and stopping, gradually tighten that allowance as season goes on. (more flexibility at younger ages)	Give an extra step for starting and stopping, gradually tighten that allowance as season goes on.	Make the call upon violation.	Make the call upon violation.
CLOCK VIOLATIONS					
Inbounds	On any inbounds play, the player throwing the ball in has 5 seconds to release the ball.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.	Make the call upon violation.
Lane	An offensive player cannot be in the lane for more than 3 seconds at a time.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.	Make the call upon violation.
Backcourt	A team must advance the ball into its frontcourt within 10 seconds after gaining possession in the backcourt.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.	Make the call upon violation.
Defense and Offense	Defense modifications to allow teams and players the opportunity for more success.	Defense must: set up behind the 3pt line, no stealing on dribble, should mirror offender, no block shots NO DEFENSE OUTSIDE OF 3-pt line	No zones allowed "Electric Fence" rule in effect start behind 3 pt line on defense. Offense has 10 seconds to engage defense. After 'fence' is down Defense can engage	No Zones. No Press until last 2 minutes of the second half and overtime	No Zones. No Press until last 2 minutes of the second half and overtime