



DAA BASKETBALL RULES
Current as of 11/05/2025

NORMAL HIGH SCHOOL BASKETBALL RULES APPLY

SPECIFIC DAA RULES – APPLIES TO ALL AGE GROUPS EXCEPT AS NOTED

1. A team must have 5 players to start the game. A forfeit occurs 10 minutes after the scheduled start.
2. Quarters are 8 minutes. Games may not end in a tie (except for 1st/2nd see below), each overtime is 3 minutes. For overtime periods, substitutions are optional.
3. Only 1 minute break between quarters. Only 3 minutes between halves.
4. Each team gets 2 full (1 minute) and 2 short (20 second) timeouts per game. In each overtime, each team gets only 1 full timeout (with no carry-over of unused timeouts).
5. A player is disqualified for the rest of the game on his 5th foul. All fouls are team fouls. Team fouls do NOT carry-over into 2nd half but they DO carry-over into overtime. All bonus free throws are one and one: if they make the first basket they can attempt a second foul shot, and do not start until the 10th team foul of each half., **Grade specific rules override**
6. Offensive fouls are non-shooting fouls even when the team is in the bonus. Technical fouls are team fouls and the penalty is 2 shots and possession. **Grade specific rules override**
7. The 4 Minute Substitution Rule: *This break is NOT a timeout; don't let it become one.*
 - a. The referee will blow the whistle to stop the clock at or near 4 minutes left in the period where there is a natural break in the action. *The referee should use discretion to stop the game for 4-minute substitutions at a point where an active play, such as a drive to the basket or a scramble for a loose ball, is not interrupted. The scoring table should NOT sound the horn to mark the 4-minute substitutions. It is helpful if the scoring table verbally or visually reminds the referees that the quarter is about to reach the 4-minute mark.*
 - b. All players on the bench during the first 4 minutes of a quarter must play the remaining 4 minutes of that quarter (except for injury, foul-out or ejection).
 - c. All players will receive as much equal playing time as possible for each game, and no player may play two or more half/quarters more than any other player with the exception of injuries, foul-outs, or ejections. *The intent of this rule is to balance playing time as much as possible, with the realization that in certain situations (such as 9 players) it is impossible for every player to have exactly the same playing time in one game. In addition, players should be rotated in different positions throughout the game and season. During the playoffs, it is allowable to position players at their best position, but the equal playing time rule will still prevail. Violation of this rule is subject to forfeiting the game- please don't let this be your team!*
 - d. The 4 minute Rule does not apply even in multiple overtimes- substitutions are optional.
8. All decisions made by the league directors are final.

CODE of CONDUCT: *For grades 1-12, hostility towards the referees from players and coaches will not be tolerated. If a technical foul is called, a warning is issued. A second technical foul comes with an automatic 1 game suspension. This could be longer at my discretion depending on the severity of the incident. A third technical issued in a season leads*

to the player/coach being disqualified from participating the rest of the season. All technical fouls issued during the season are reported directly back to me after each game.

9/10, 11/12 Grade League

1. Period Length - 20-minute half
2. Stop Clock - Last minute of each half
3. Playing Time - Equal playing time with subs after 5 minutes.
4. Overtime - One 3-minute overtime period. If tied after that, the game ends in a tie.
5. Timeouts - 3 full timeouts during the game. 1 full timeout during overtime.
6. Penalty - Teams will be in the penalty with the 10th foul per half. Player shoots 2 shots.
7. Fouls
 - a. 5 player fouls per game. Player is out of the game with the 5th foul.
 - b. Player/Coach Technical Fouls during the season
 - i. First Technical Foul is a warning.
 - ii. Second Technical Foul is a minimum of a 1-game suspension.
 - iii. Third Technical Foul and the player/coach is removed from the league.
8. Follow the league's code of conduct policy.
 - a. Clean up and leave the gym after the game.
 - b. Bullying/harassment during/after the game or on social media will not be tolerated and could result in a suspension/removal from the league.
9. No half court shots until 5 seconds left in 1st or 2nd half. Automatic foul
10. No profanity

7/8 Grade League

1. Back-Court press only allowed if the defense is down by 10 points or more at any time during the game.
2. Back-Court press is only allowed if the defense is down by any amount in the last 4 minutes of the game. Once the game is tied, no more back court defense. The team that is losing is allowed to press until game is tied again.
3. 5 fouls per quarter automatic two foul shots
4. No participant can sit more than two times for substitutions. No participant can play more than two shifts more than the next
5. 2-minute overtime, only man defense. Referee discretion for running clock. Any participant can play. One 30 second time out in overtime

5/6 Grade League

1. **Man-to-man defense only. The purpose of the rule is to match similarly-skilled players with each other and allow lesser skilled players the ability to participate in plays and handle the ball more confidently. Additionally, it also teaches overall better basketball skills. This rule was instituted in 2018 and was voted by the coaches at the 2018 draft.**

The basic rule for man-to-man defense is that each defender must be guarding another player, **not** a zone on the floor, by remaining within 7 feet of the player he is guarding. The first violation of the man-to-man requirement is a warning. Any subsequent violation by a team that has been warned is a technical foul

(two free throws and possession). This rule requires discretion in its application as indicated below.

- a. *It would ordinarily not be a violation if a quick offensive player was able to get more than 7 feet away from his defender where the defender is continuing to chase the offensive player in an effort to guard him. Indeed, the basic pick play is designed to free the offensive player to have room to shoot or drive and we do not want to call illegal defense when the play works as intended.*
 - b. *However, a defense which has its best defender(s) chasing the ball or its best rebounder(s) camped under the basket can and should be called for violation of the man to man rule when those defenders get more than 7 feet away from the offensive player (s) they were supposed to be guarding.*
 - c. *Switching by the defenders, whether on a pick or to pick up an offensive player who has beaten his defender and is driving the lane, is ordinarily an appropriate defensive response and is not an automatic violation of the man-to-man requirement. As long as each defensive player is within 7 feet of their temporary assignment, and then returns to their assignment when the play is over, then it is not a violation of the rule.*
 - d. *NOTE: The offensive team should not be running plays designed to clear one area of the court to create a one-on-one match up. Thus, a traditional spread or high post offense is OK but one which artificially takes the other players to the corners or to one side of the court is a violation of the spirit of the rule. A first violation is a warning, and each subsequent violation is a technical foul (two free throws and possession).*
2. In the last minute of each half, a stopped clock is not re-started until the ball is touched across the half-court line. *This rule is to prevent the offensive team with the current lead from running off time in their backcourt on purpose (because backcourt defense is not allowed). However, a clock which is properly running is NOT stopped in the last minute of play just because the offense is still in its own backcourt.*
 3. Back-Court press only allowed if the defense is down by 10 points or more at any time during the game.
 4. Back-Court press is only allowed if the defense is down by any amount in the last 4 minutes of the game. Once the game is tied, no more back court defense. The team that is losing is allowed to press until game is tied again.
 5. 5 fouls per quarter automatic two foul shots
 6. No participant can sit more than two times for substitutions. No participant can play more than two shifts more than the next
 7. 2-minute overtime, only man defense. Referee discretion for running clock. Any participant can play. One 30 second time out in overtime
 8. There is a 3 point shot. This is new as of the 2018 season.

1/2 & 3/4 Grade Leagues

1. **Man to man defense only for the entire season and playoffs (note: there are no playoffs for 1/2).** **The purpose of the rule is to match similarly-skilled players with each other and allow lesser skilled players the ability to participate in plays and handle the ball more confidently.** The basic rule is that each defender must be guarding another player, not a zone on the floor, by remaining within 7 feet of the player he is guarding. The first violation of the man-to-man requirement is a warning. Any subsequent violation by a team that has been warned is a technical foul (two free throws and possession). This rule requires discretion in its application as indicated below.
 - a. *It would ordinarily not be a violation if a quick offensive player was able to get more than 7 feet away from his defender where the defender is continuing to chase the offensive player in an effort to guard him. Indeed, the basic pick play is designed to free the offensive player to have room to shoot or drive and we do not want to call illegal defense when the play works as intended.*
 - b. *However, a defense which has its best defender(s) chasing the ball or its best rebounder(s) camped*

under the basket can and should be called for violation of the man to man rule when those defenders get more than 7 feet away from the offensive player (s) they were supposed to be guarding.

- c. *Switching by the defenders, whether on a pick or to pick up an offensive player who has beaten his defender and is driving the lane, is ordinarily an appropriate defensive response and is not an automatic violation of the man-to-man requirement. As long as each defensive player is within 7 feet of their temporary assignment, and then returns to their assignment when the play is over, then it is not a violation of the rule.*
 - d. *NOTE: The offensive team should not be running plays designed to clear one area of the court to create a one-on-one match up. Thus, a traditional spread or high post offense is OK but one which artificially takes the other players to the corners or to one side of the court is a violation of the spirit of the rule. A first violation is a warning, and each subsequent violation is a technical foul (two free throws and possession).*
2. An offensive player gets 6 seconds in the lane (rather than 3) before a lane violation is called.
 3. No 3 point shot.
 4. At the referee's discretion, a player may be permitted to cross the line when shooting a free throw. *That discretion is only intended to accommodate size and strength. The violation should not be overlooked when a physically competent shooter errs by toeing the line or when a shooter would gain an unfair advantage by using the (excused) violation as a running first step toward crashing the boards for a rebound.*
 5. No backcourt defense at any time throughout the season and playoffs. *This rule prevents any defensive pressure on the ball, or on any offensive player, while either is in the backcourt. Thus, after a made basket, or in the situation where the defense recovers the ball by a rebound or a steal, the other team must retreat to its defensive side of the half court line.*
 6. At the referee's discretion, a player may be permitted an additional step, dribble, etc. and the play is allowed to continue, when it is clear the player in question does not handle the ball frequently and/or is bumped or makes contact with other players. *The intent of the rule is to allow all players at this age play the game at their level and allow lesser experienced players the opportunity to handle the ball where the intent is not to take advantage of this rule. Obvious double dribbles, multiple steps (3+), or pivot-stepping while holding the ball will still be called, an explanation given, and the ball turned over to the other team.*
 7. 3rd/4th only - In the last minute of each half, a stopped clock is not re-started until the ball is touched across the half-court line. *This rule is to prevent the offensive team with the current lead from running off time in their backcourt on purpose (because backcourt defense is not allowed). However, a clock which is properly running is NOT stopped in the last minute of play just because the offense is still in its own backcourt.*
 8. *No man to man defense outside of the three point line. Rule does not apply with two minutes left in the 4th quarter. At the discretion of the coaches and referees, this rule can be changed to the start of the 4th quarter to allow guarding of players once players cross the 4 half court line.*
 9. *Girls 3/4 - No man to man defense outside of the three point line. Rule does not apply in the 4th quarter. During the 4th quarter, stealing will be permitted on the offensive half of the court.*
 10. 3/4 Grade Leagues Only :5 fouls per quarter automatic two foul shots
 11. No participant can sit more than two consecutive shifts in a row. No participant can play more than two shifts more than the next
 12. 3/4 Grade Leagues 2-minute overtime, only man defense. Referee discretion for running clock. Any participant can play. One 30 second time out in overtime

1/2 Special Rules and Guidelines

1. **The purpose of the DAA 1/2 Basketball League is to introduce players to the sport of basketball emphasizing fun, building skills, and encouraging good teamwork and sportsmanship. While we do keep score, winning a game is only a byproduct of the boys having fun. As a result, coaches and parents should focus on developing the players and ensure they have an enjoyable experience. Please remember there are no playoffs and no prizes for first, second, etc.**
2. If the score is still tied after regulation, one 3 minute, “Sudden Death” period may be played and starts with a jump ball. The next basket wins the game. **The clock is a running clock and is not stopped for any reason.** If the score is tied after overtime, the game ends and remains tied.
3. In the last minute of the game, if one team is up by 10 or more points, the referee may ‘reset’ the score to be tied. For example, if the score is 38-28, the referee can call timeout, ‘awards’ the winning team the game, but then announces a special play off will start for the rest of the game and resets the score to 38-38. This builds excitement and is more fun for the boys. If the game ends in a tie, it can go to one overtime as outlined above.