

Aledo Lions Club Basketball Rules

Updated 11/25/25

Texas UIL High School (NFHS) basketball rules apply to all age groups with the following exceptions:

Section 1 – Offense

Coaches are charged with the responsibility of teaching an offensive scheme that involves all five players. (1-2 Girls and 1 Boys play 4 on 4)

- A. A spread offense is not illegal if it develops the opportunity for all offensive players to be involved with the ball.
- B. An offense that isolates just one or two players is ILLEGAL.
- C. An offense that clears one portion of the floor for one player to play one on one is ILLEGAL.
- D. Penalties for violating offensive guidelines are:
 - 1. Can only be assessed by one of the referees
 - 2. First violation: warning
 - 3. Second and subsequent violations: technical foul (two shots and loss of possession)

Section 2- Defense

Coaches are charged with teaching and implementing the fundamentals of “man to man” defense. This includes one on one defense of the ball and the concepts of team defense. We realize some of these calls can be subjective and kids may unintentionally violate the rule. Please work within the spirit of teaching a man to man defensive concept.

- A. Zone defense is illegal except for 6th grade boys/girls and higher. Each defender must guard a specific offensive player, not an area of the floor. Example: the defender must move with the offensive player when he/she moves to set a screen. The referee must be able to easily identify which defender is guarding which offensive player.
- B. The referee must be able to easily identify which defender is guarding which offensive player.
- C. Any defensive player may leave his assignment to:
 - 1. Challenge and offensive player who has beaten his/her defender and who is attacking the basket.
 - 2. Stop an offensive player who has a “breakaway” opening to the basket or fast break.
 - 3. Double-team an offensive player who has possession of the ball with at least one foot in the paint or lane.
- D. “Chasing”, (one defender leaving his/her player to follow the ball), is prohibited.
- E. Subject to the exceptions set forth in rule section 2C-1, 2C-2, 2C-3, an “illegal defense” occurs when two or more defenders outnumber the offensive players in the close proximity of the ball.

- F. A “legal” double team occurs when the offensive activity (e.g., screens, loose balls, dribble/drives) causes two or more defenders to converge on the ball. When one offensive player leaves the proximity of the ball, one defender must recover to guard that player.
- G. An offensive player, standing in the remote part of the court, who does not present an offensive threat, does not need to be closely guarded. The defender may position themselves with one foot in the lane if their man is two passes away from the ball.

Technical fouls called due to this rule will not result in a coach or player being ejected. Our “zero tolerance” rule on technical fouls called due to behavioral issues will be enforced.

Section 3- General

- A. Quarters have an 8 minute running clock, except for shooting free throws, time outs, and the last 2 minutes of the 4th quarter (clock will stop on every whistle during the last 2 minutes of the 4th quarter).
- B. Four (4) time outs per game. The timeouts may be taken at any time. Coaches may call time outs.
- C. When games are tied at the end of the 4th quarter, overtime starts with a jump ball. Overtime will be 3 minutes, with the clock to stop on every whistle. Teams will have 1 timeout during the overtime period. If the teams are tied at the end of the OT Period, the game will be over.
*During the end of season tournament, if there is a tie after the OT Period, there will be sudden death overtime period. The first team to score a basket or make (1) free throw will be the winner.
- D. Timeouts not used during regulation do not carry over into the overtime period. The game is over after the overtime period, even if the score is still tied. (except during the tournament)
- E. All technical fouls are two shots.
- F. **Each player 5th grade and below must play 2 full quarters (this means they must start, play and finish the quarter).**
- G. Any shirt worn under the uniform must match color of jersey. White jersey will denote home team.

H.

Division	Ball Size	Goal Height
1st & 2nd Grade Boys & girls	27.5”	8 ‘ 6” ft
3 rd & 4 th Girls + 3 rd Boys	28.5	9 ft
5 th & 6 th Girls + 4 th & 5 th Boys	28.5”	10 ft
6 th Boys	29.5”	10 ft

1st Grade Boys & Girls

- Basketball size is 27.5”
- Teams will play 4 on 4 (not 5 on 5 like other grade levels)
- Goal height is 8’6”
- Free throw line will be 13’6” from the basket.
- Lane violation will occur after 5 seconds.
- May defend the ball at the half court line only in the 4th quarter, and only if ahead by less than 10 points or trailing.
- Each player is allowed five (5) personal fouls per game.
- Team fouls are not kept (no “1 and 1” free throws)

- May not defend the ball until it crosses the top of the key extended except during the 4th quarter as described above. Once the ball passes this point the ball may then be defended anywhere in the front court.
- No stealing the ball off of the dribble by defense unless dribble is lost by the offense through their own actions. Defense may steal the ball off of passes and may hold hands straight up to block shots (may not reach over and block an offensive shot).
- All teams will play a mandatory “man-to-man” defense using colored wrist bands.
- Coaches are in charge of placing wrist bands on players- referees may offer assistance if asked for by the coach.
- 3 point baskets are not allowed.

2nd Grade Girls- 2nd Grade Boys

- Goal height is 8’6”
- Free throw line will be 13’6” from the basket.
- Lane violation will occur after 5 seconds.
- May defend the ball at the half court line only in the 4th quarter, and only if ahead by less than 10 points or trailing.
- Each player is allowed five (5) personal fouls per game.
- Team fouls are not kept (no “1 and 1” free throws)
- May not defend the ball until it crosses the top of the key extended except during the 4th quarter as described above. Once the ball passes this point the ball may then be defended anywhere in the front court.
- No stealing the ball off of the dribble by defense unless dribble is lost by the offense through their own actions. (Applies to the 1st – 3rd Periods only) Defense may steal the ball off of passes and may hold hands straight up to block shots (may not reach over and block an offensive shot).
- Players may steal the ball once the dribble is picked up - offensive player must keep the ball away from the defender.
- Stealing the ball off the dribble is allowed in the 4th Quarter – defense must continue to play man to man with no double teaming allowed. Players are allowed to steal the ball once the ball crosses the half court line.
- All teams will play a mandatory “man-to-man” defense – wrist bands are not required.
- Coaches are in charge of matching players up for man-to-man defense -referees may offer assistance if asked for by the coach.
- 3 point baskets are not allowed.

3rd Grade- Boys and Girls

- Lane violation will occur after 5 seconds.
- May not defend the ball until it crosses the top of the key during the 1st, 2nd, and 3rd quarters. Once the ball passes this point, the ball may then be defended anywhere in the front court.
- May defend the ball in the half court only in the 4th quarter.
- Free throw line will be 13’6” from the basket.
- Team fouls will be kept by half, with two free throws awarded per foul once a team reaches 8 fouls in the half.
- Players can enter the lane on free throw once the shooter releases the ball. The player shooting the free throw cannot cross the free throw line until the ball hits the rim (we will use judgement in enforcing this based on size / strength of each shooter. Players behind the three point line can't enter past this line until the ball hits the rim.

4th Grade -Boys and Girls

- Lane violation will occur after 5 seconds.
- May not defend the ball until it crosses the top of the key during the 1st, 2nd, and 3rd quarters. Once the ball passes this point, the ball may then be defended anywhere in the front court.
- May defend the ball in the backcourt (press) in the 4th Quarter, but only if ahead by less than 10 points or trailing. (Has to be man to man, no zone presses)
- Free throw line will be 13'6" feet from the basket.

5th Grade -Boys and Girls and 5th/6th girls

- May defend the ball in the backcourt (press) at any time during the game, but only if ahead by less than 10 points or trailing. (has to be man to man, no zone presses)
- Free throw line will be standard distance, 15 ft.
- The rules described in Section 1, Section 2 and Section 3 apply.

6th Grade -Boys and 7th/8th co-ed –

- May defend the ball in the backcourt (press) at any time during the game, but only if ahead by less than 10 points or trailing. (zone press is allowed / double teaming is allowed)
- Zone defense is allowed for 6th, 7th and 8th grade.
- If 5th & 6th Girls are combined zone defense is not allowed.
- Open substitution; each player must play equivalent to one full quarter with no requirement to play any one quarter uninterrupted.
- The rules described in Section 1, Section 2 and Section 3 apply.

Technical Foul Notes

*If a technical foul is issued to a coach, that coach will be required to sit out the following game (1).
If a player is ejected from a game, that individual player will be required to sit out the following game.