

ADAL Basketball Rules (UPDATED As of Nov 2025)

All ADAL basketball games shall be governed by the current National Federation High School Basketball Rules. Any exception to these rules is covered below.

ADAL ALL SPORTS MASTER RULES are included as an addendum to these rules.

TIME & EQUIPMENT

1. Clock: **6A** - 4 quarters of 6 minute stop clock. **7A/8A** - 4 quarters of 7 minute stop clock.
B teams - 4 quarters of 10 minute running clock, stop clock the final 2 minutes 4th quarter.
2. Half time is 3 minutes.
3. 2 timeouts per half. All timeouts will be 1 minute. No carryover timeouts.
4. Girls and 6th grade boys play with a 28.5 inch ball and 7th and 8th grade boys play with a 29.5 inch ball.
5. If no visible electronic device for keeping score and time is available, the scorekeeper shall notify both teams at reasonable time intervals of time left in each quarter and score.

GAME RULES

1. For “A” games 2 officials should be present however the game shall be played if only one referee is present.
2. “B” teams will be allowed a backcourt count of 15 seconds.
3. If a team has a 20 point lead or more in the second half of a game, there will be a running clock except for time-outs. If the lead falls below 15 points, a stop clock will resume. If both coaches agree, a running clock can be used in the first half as well.
4. No full court press by a team that has a 20 point lead or more. If the lead falls below 15 points, the leading team may resume the press. For “B” teams, no full court press is allowed until the 4th quarter. Teams in violation of this rule will be issued one warning and then a technical foul.
5. Teams relegated to playing half court press defense are allowed to defend all the way up to the half court line. No “buffer space” will be enforced.
6. Mercy Rule: A team with a 25 point lead or more must play defense within their 3 point shot line. If the lead falls below 15 points, the leading team may resume playing defense

outside the 3 point line. A team with a 30 point lead or more must play defense within their free throw lane (3 second area). If the lead falls below 25 points, the leading team may resume playing defense inside the 3 point line.

7. Overtime Rule: The first overtime lasts 3 minutes: 2 minutes running clock and 1 minute stop clock, with each team getting one timeout. If still tied, a 1-minute timeout follows, then play continues without timeouts until a team scores 2 points and wins the game. This sudden-death rule does not apply in playoffs; instead, 3-minute overtime periods repeat as needed to decide the winner.

ADAL All Sports Master Rules apply.