

# **ADAL Basketball Rules** (As of Nov 2024)

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 4<sup>th</sup> quarter.
2. Half time is 3 minutes.
3. 2 timeouts per half. All timeouts will be 1 minute. No carryover timeouts.
4. All overtime periods are 3 minutes in length, 2 minutes running and 1 minute stop clock, with as many periods played as necessary to determine the winner of the game. There is a 1 minute timeout for each overtime period.
5. Girls and 6<sup>th</sup> grade boys play with a 28.5 inch ball and 7<sup>th</sup> and 8<sup>th</sup> grade boys play with a 29.5 inch ball.
6. 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 4<sup>th</sup> 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. 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 shot line.

ADAL All Sports Master Rules apply.