

2024/2025 PAL Basketball GAME RULES

RULE	3/4th Grade	5/6th Grade	7/8th – HS Grade
BASKET HEIGHT – COURT	9 FEET GAMES PLAYED ON SIDE COURTS (GYM 1 OR GYM 2)	10 FEET GAMES PLAYED ON MAIN COURT (GYM 1 OR 2)	10 FEET GAMES PLAYED ON MAIN COURT (GYM 1 GYM 2)
BALL SIZE	28.5 (Girls) / 28.5 (Boys)	28.5 (Girls) / 28.5 (Boys)	28.5 (Girls) / 29.5 (Boys)
TIME KEEPING	4 – 10:00 Min Quarters / Running Time	4 – 10:00 Min Quarters / Running Time	4 – 8:00 Min Qtrs. / Stop and Go Time
	Stop/Go Last 2 Min of Game	Stop/Go Last 2 Min of Game	N/A
	Stopped Clock on Shooting Fouls	Stopped Clock on Shooting Fouls	N/A
TIME OUTS	4 Timeouts (2 PER HALF)	4 Timeouts (2 PER HALF)	4 Timeouts (2 PER HALF)
PLAYER CHANGES	<u>Every 5:00 minutes.</u>	<u>Every 5:00 minutes</u>	<u>Every 4:00 minutes (1st 3 Quarters)</u>
	Whistle Auto Blows	Whistle Auto Blows	Whistle Auto Blows
	Clock Stops for	Clock Stops for	Clock Stops for changes
	Changes	Changes	Changes
	Clear the bench – during substitution periods.	Clear the bench – during substitution periods.	4 th Quarter - OPEN and LIVE substitutions on any dead ball.
	official will blow a dead ball (or nearest a dead ball) All players must play in ALL Quarters	official will blow a dead ball (or nearest a dead ball) All players must play in ALL Quarters	official will blow a dead ball (or nearest a dead ball) All players must play in ALL Quarters
PLAYING TIME MINIMUM	EACH PLAYER MUST PLAY 1/2 OF EACH QUARTER.	EACH PLAYER MUST PLAY 1/2 OF EACH QUARTER.	EACH PLAYER MUST PLAY 1/2 OF EACH OF THE FIRST 3 QUARTERS.
FULL COURT PRESS	NONE	LAST 2:00 MINS OF GAME	4 th QUARTER ONLY
		UNLESS UP BY 15PTS OR MORE	UNLESS UP BY 15PTS OR MORE
		YES	YES
		UNLESS UP BY 15PTS OR MORE	UNLESS UP BY 15PTS OR MORE
FAST BREAKS	YES; OFF A STEAL OR A LOOSE BALL. NO; OFF A REBOUND.	UNLESS UP BY 15PTS OR MORE	UNLESS UP BY 15PTS OR MORE
FCP VIOLATION FB VIOLATION	N/A	1ST VIOLATION = WARNING. 2ND VIOLATION A TECHNICAL FOUL.	1ST VIOLATION = WARNING. 2ND VIOLATION A TECHNICAL FOUL.
3 POINT SHOTS	NO	YES	YES
DEFENSE	MAN v MAN RECCOMENDED / Zone allowed	MAN v MAN RECCOMENDED / Zone allowed	MAN v MAN RECCOMENDED / Zone allowed
DEFENSE PICKS UP	DEFENSE RULES: Defense must set-up at the DESIGNATED LINE - 5 feet above foul line. Defense must wait for the 1st pass or 5 seconds to come out beyond the LINE to defend There is NO Stealing ON or OFF the dribble. Change in possession could occur if player loses control of dribble or bad/intercepted pass. Once player picks up their dribble, they cannot be tied up for a jump ball. There is ONLY double-teaming allowed inside the 'KEY.' Half Court; Last 2 Minutes of the Game	HALF Court ** Youth basketball games tend to be lower scoring because young players lack consistency and are still learning basic shooting mechanics. It is recommended your players learn to play man-to-man defense instead of settling into zones.	HALF Court ** Youth basketball games tend to be lower scoring because young players lack consistency and are still learning basic shooting mechanics. It is recommended your players learn to play man-to-man defense instead of settling into zones.
	3 SEC VIOLATION	Yes (Beginning 2/1/25)	Yes
TRAVEL / DBL DRIBBLE	Yes (Beginning 2/1/25)	Yes	Yes
10 SEC BACK COURT	Yes (Beginning 2/1/25)	Yes	Yes
INBOUND PRESSURE	Minimum 2 feet	Minimum 2 feet	Minimum 2 feet
INBOUND TIME LIMIT	5 Seconds (Beginning 2/1/25)	5 Seconds	5 Seconds
FOULS	5 Individual	5 Individual	5 Individual
TEAM FOULS - PER HALF	10 Team Fouls = 2 Shots	5 Team Fouls = 2 Shots *Resets Each Quarter	5 Team Fouls = 2 Shots *Resets Each Quarter
FOULS SHOTS	On release except for shooter. No penalty for stepping over the line but shooter cannot be first touch off a missed FT. (Determine foul shot line prior to game with ref.)	On release except for shooter. No penalty for stepping over the line but shooter cannot be first touch off a missed FT.	On release. Shooter must wait for ball to contact the rim.
ALL TECHNICAL FOULS	2 shots plus possession	2 shots plus possession	2 shots plus possession
OVERTIME PLAYOFFS ONLY	2 Minutes Stop and Go	2 Minutes Stop and Go	2 Minutes Stop and Go
	Each team gets 1 Full Time Out	Each team gets 1 Full Time Out	Each team gets 1 Full Time Out
EJECTIONS	Any Coach/Player ejected from a game will be suspended for the next scheduled League games. Any physical altercation by a player or coach will result in disqualification from the league for the remainder of the season. No exceptions. Zero Tolerance!		
** Home Team is responsible for keeping the Official Game Book at the Scorer's Table **			
*** WINNING TEAM MUST REPORT SCORES TO PAL FRONT DESK in PAL Lobby***			
*** Home Team will wear BLACK, Visitors will wear RED ***			