

BYAA GUIDELINES: 1ST & 2ND GRADE

Updated August 2023

EQUIPMENT & COURT SPECIFICATIONS

Size of Ball	Youth (27.5")
Height of Basket	8 Feet
Distance of 3 point arc	NA (No 3 pointers)
Distance of Free Throw Line	14' (jumping over line is not a violation)

GAME STRUCTURE

Game Length	Four 8-minute periods
Time Between Periods	1 minute
Extra Period(s)	2 minutes; if another OT then sudden death
Scoring	Free throw: 1 point, all fgs: 2 points, no 3 pointers
Timeouts	<ul style="list-style-type: none">• Two 60 second timeouts per game• One 60 second timeout granted for extra period• Unused timeouts do not carry over into extra periods
Start of Game Possession	Jump ball

GAME TACTICS

Playing Time	Coaches should attempt to get players as close to equal playing time as possible.
Set Defense	Man-to-man defense only throughout the game.
Pressing Defense	Full court pressing is not allowed throughout the game.
Double-Team/Trapping	Double-team/trapping is not allowed throughout the game.
Stealing from the Dribbler	Stealing from the dribbler and transitioning down the court (fast break) is allowed.
Defensive Guarding Distance	Defensive team should be no higher than the free throw line extended when the opposing offense is

	bringing down the ball.
Lane Violations	There are no lane violations throughout the game.
Wrist Bands	Colored wristbands will be given out to the players to help them guard their man. The coaches will be responsible for helping the players find their man and stay with their man.

HIGHLIGHTED GAME PLAY & RULES

Backcourt Timeline	Not applicable
5 Seconds Closely Guarded	Not applicable
Clock Stoppage	On free throws and the last minute of the quarter.
Length of Time for a Free-Throw	10 seconds
Number of Players Permitted on FT Lane	<ul style="list-style-type: none"> • Offense may have 3 players on the lane including the shooter • Defense may have 4 players on the lane
Substitutions	Subs can come in on dead ball situations on the referee's signal.
Advancement of Ball After a Timeout	Not applicable

DEFINITIONS

Man to Man Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. The defensive player will have a colored wrist band that matches one of the offensive players on the opposing team.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player with the ball (help defense).

Pressing Defense: Picking up defensively full court. On or off the ball.

***Pressing is not allowed ***

Double-Team/Trapping: Two or more defensive players guarding a single offensive player
Double-Team/Trapping is not allowed

RATIONALE

Distance of 3-Point Arc: For 1st-2nd graders, the 3-point arc may exist on the court. All baskets even beyond the 3 point arc will count as 2 points only. Eliminating the 3 point shot at this age encourages players to look for shots that are appropriate for their age. We want to encourage shooting shots that they are capable of shooting correctly or with form.

Double-Team/Crowding: Double teams are not allowed due to size discrepancies and skill discrepancies for players at this age.

Pressing Defense: Pressing defense is not allowed so that our players can develop spacing and movement principles with and without the ball in the half-court.

Transition (Fast Break): If a player steals the ball, that player and team is allowed to transition down the court and try and score via a fast break.

Backcourt Timeline: There is no violation for backcourt time. At this age this allows coaches to communicate with the players before they get across half-court. This allows the coaches to teach the players more effectively.

BYAA GUIDELINES: 3RD & 4TH GRADE

Updated August 2023

EQUIPMENT & COURT SPECIFICATIONS

Size of Ball	28.5"
Height of Basket	9 Feet
Distance of 3 point arc	3 pointers allowed (HS line)
Distance of Free Throw Line	15' (if line is crossed no violation)

GAME STRUCTURE

Game Length	Four 8-minute periods
Time Between Periods	1 minute
Extra Period(s)	2 minutes
Scoring	Free throw: 1 point, all fgs: 2 points, 3 pointers: 3 points
Timeouts	<ul style="list-style-type: none">• Two 60 second timeouts per game• One 60 second timeout granted for extra period• Unused timeouts do not carry over into extra periods
Start of Game Possession	Jump ball

GAME TACTICS

Playing Time	Coaches should attempt to get players as close to equal playing time as possible.
Set Defense	Man-to-man defense only throughout the game.
Pressing Defense	<ul style="list-style-type: none">• Man to man defense may be extended full court in the 4th period and extra periods. (no trapping, explanation below)• Leading team may not extend the defense over half court when leading by 15 points or more
Double-Team/Trapping	Double-team/trapping is not allowed throughout the game.
Stealing from the Dribbler	Stealing from the dribbler is allowed

HIGHLIGHTED GAME PLAY & RULES

Backcourt Timeline	10 seconds
5 Seconds Closely Guarded	Only when offensive player is holding the basketball (not dribbling)
Clock Stoppage	On free throws and last minute of quarters
Length of Time for a Free-Throw	10 seconds
Number of Players Permitted on FT Lane	<ul style="list-style-type: none">• Offense may have 3 players on the lane including the shooter• Defense may have 4 players on the lane
Substitutions	Subs will be brought in on dead ball situations on the referee's signal.
Advancement of Ball After a Timeout	Not applicable

DEFINITIONS

Man to Man Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player can be on the help side/help line if the ball is across the court from them.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player with the ball (help defense).

Pressing Defense: Picking up defensively full court. On or off the ball. Man to man pressing is guarding their man in the full court. There is still no doubling a player with the basketball or off the basketball at any time. This is just an extension of halfcourt man to man principles.

Man to man pressing is allowed in 4th quarter and extra periods

Double-Team/Trapping: Two or more defensive players guarding a single offensive player

Double-Team/Trapping is not allowed

RATIONALE

3 point shooting: For 3rd-4th graders, the 3-point arc may exist on the court. We will count 3 pointers made. However we strongly encourage coaches to not focus on the 3 point line. We want the players to focus on getting good shots inside the 3 point line and moving the basketball.

Double-Team/Trapping: Double teams are not allowed due to size discrepancies and skill discrepancies for players at this age.

Pressing Defense: Pressing defense is not allowed for the first three quarters so that our players can develop spacing and movement principles with and without the ball in the half-court. This also helps them with man to man defense principles. If/when a team wants to extend their man to man defense to full court in the 4th quarter or extra periods; man to man rules still apply. We want our offensive players to have the opportunity to dribble the ball up and develop skills; instead of having to deal with double teams and trying to throw long passes down the court because they are trapped or double teamed.

Stealing from Dribbler: Players are allowed to steal the basketball from the ball handler (if they are guarding the ball)

BYAA GUIDELINES: 5th & 6TH GRADE

Updated August 2023

EQUIPMENT & COURT SPECIFICATIONS

Size of Ball	Womens (28.5")
Height of Basket	10 Feet
Distance of 3 point arc	HS 3 point line
Distance of Free Throw Line	15'

GAME STRUCTURE

Game Length	Four 8-minute periods
Time Between Periods	1 minute
Extra Period(s)	2 minutes
Scoring	Free throw: 1 point, all fgs: 2 points, 3 point fgs: 3 points
Timeouts	<ul style="list-style-type: none">• Three 60 second timeouts per game• One 60 second timeout granted for extra period• Unused timeouts do not carry over into extra periods
Start of Game Possession	Jump ball

GAME TACTICS

Playing Time	Equal playing time is recommended throughout the competition.
Set Defense	Man-to-man defense only in the first three quarters. Zone defense allowed in 4th quarter and extra periods.
Pressing Defense	<ul style="list-style-type: none">• Man to Man pressing is allowed throughout the competition.• First three quarters only man to man pressing/trapping is allowed• In the 4th quarter and extra periods, man to man presses and zone presses are allowed• Leading team may not extend the defense over half court when leading by 15 points or

	more
Double-Team/Trapping	Double-team/trapping is allowed throughout competition.
Stealing from the Dribbler	Stealing from the dribbler is allowed

HIGHLIGHTED GAME PLAY & RULES

Backcourt Timeline	10 seconds
5 Seconds Closely Guarded	Only when offensive player is holding the basketball (not dribbling)
Clock Stoppage	On free throws and the last minute of quarters
Length of Time for a Free-Throw	10 seconds
Number of Players Permitted on FT Lane	<ul style="list-style-type: none"> • Offense may have 3 players on the lane including the shooter • Defense may have 4 players on the lane
Substitutions	Subs will be brought in on dead ball situations on the referee's signal.
Advancement of Ball After a Timeout	There will be no advancement after a timeout.

DEFINITIONS

Man to Man Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. They are allowed to switch.
- "Help" defense is encouraged to be taught and executed. (rationale below)
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player with the ball (help defense).

Half-court Zone Defense Examples:

- 2-3 Zone
- 1-3-1 Zone
- 1-2-2 Zone

Pressing Defense: Picking up defensively full court. On or off the ball.

Man or Zone Pressing is allowed first 3 quarters* *Zone pressing is allowed in the 4th quarter and extra periods.

Zone Press Examples:

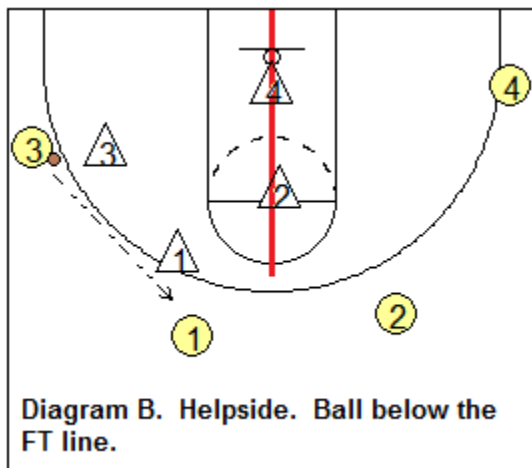
- 2-2-1 press
- 1-2-1-1 press (diamond)

Double-Team/Trapping: Two or more defensive players guarding a single offensive player

Double-Team/Trapping is allowed

RATIONALE

Help Defense: Help defense is when a defensive player is on the opposite side of the court of the basketball. If that defensive player is more than one pass away from the basketball then that player should be on the “help side”. This is a fundamental man to man defensive principle that we would like 5th-6th graders to be accustomed to at this level.



The ball is in offensive player 3's hands. Defensive players 2 and 4 are guarding offensive players 2 and 4 who are more than one pass away. Therefore defensive player's 2 and 4 are on what we call the “help line”. This allows them to help if defensive player 3 gets beat off the dribble.

Pressing: We want 5th-6th graders to be accustomed to full court pressing and trapping. This is why man to man pressing (includes trapping) is allowed for the entire game. However, once the 4th quarter starts, the defensive team can mix in some zone presses as well. At the junior

high level, players will start seeing zone presses. We'd like them to get accustomed to how to attack zone presses at this age.