

# **AHYBA Summer League Rules**

## **AHYBA Summer League Rules—updated 6/10/2026**

1. Four 10 minute running clock quarters. Clock stops during the last two minutes of second half unless one team is up 15 points or more. Officials can stop the clock to allow substitutions.
2. Two 30 second timeouts per game which can be used anytime
3. Each player must play 16 minutes which is 40 % of the game but equal playing time is preferred.
4. All girls leagues will use a 28.5 ball; 4<sup>th</sup> and 5<sup>th</sup> grade boys will use a 28.5 ball, all other grades will use a regulation 29.5" ball. All games are played at 10 foot basket height.
5. Only One free throw will be shot on shooting fouls, a made FT will result in two points (or three points if fouled on a three point attempt)
6. Bonus on 5th team foul in each quarter, which will result in one FT for 2 points
7. Technical fouls will result in 2 points plus the ball
8. Overtime will be 2 min stop clock, each team will be awarded one time out. The second overtime will be the first to score 2 FT's, or a basket
9. Defense shall be man to man however a team down 15 points or more may play a zone. No triple teaming
10. Press Rules: No press at any level
11. Free Throw distance 12 feet for 4<sup>th</sup> & 5<sup>th</sup> boys & girls; regulation 15 feet for all other leagues.
12. Three pointers will be allowed
13. Lane violation shall be 3 seconds
14. 4<sup>th</sup> grade girls & 4<sup>th</sup> grade boys: no defense outside the 3 point arc. (added June 2019)  
During the last minute, either team can play defense up to the mid court line. (added June 2023)
15. A player or coach that receives a second technical foul will be suspended for the next game, any player or coach that receives three technicals will be suspended for the remainder of the season.

**NOTE: If team attendance is less than 7 players, team may borrow players from other teams in the same grade level or grade level below. Optionally, teams can agree to play 4 on 4. Games will not be rescheduled for missing players.**