



AAO NWA LEAGUE
Powered by Academy Sports + Outdoors
LEAGUE RULES

1. **Player Eligibility Rules:** The NWA League is a youth development program to serve as a feeder system to the local Middle school and Junior High programs. Eligible Players must attend participating schools or live in the participating town. It is designed to provide a regional competitive league for local community and school based teams. A reminder to all participants, this is not an "AAU" or All Star team league.
2. **Exceptions to this Rule:**
 - If a player is playing up a grade they must play for a team that will be a feeder school for the junior/senior high school they will attend or attend the same feeder middle school as the team he/she is playing for.
 - If a player is home schooled or attends a private school not participating in the League, he/she may play for a participating school in the town in which they live.
 - If a player lives in a town but attends school in a different school district, than which they live, they play for the school they attend or for the participating team in their school district.
 - Neighboring School Districts:
Players who live in a neighboring school district that doesn't offer a basketball team in the NWAL, may request to participate on a NWAL team. Approval must be obtained by the AAO/League Director. Whenever their community school district provides a NWAL Basketball team option, the player must return to their home school district team. Note: this rule is generally granted for smaller communities or for teams who struggle to fill a roster.
 - All Exception players, to be eligible, (**must be granted permission**) by AAO, the local youth basketball governing club & League Director.
3. **One Player - One Roster- One League Rule + Penalty:** By the second playing date, teams are required to submit to AAO and the league director final rosters changes. If coaches suspect a violation due to a roster infraction, they should report this by filing a complaint to the League Director.
 - Change:** When you Register teams are required to submit to AAO and the league director final rosters changes. If coaches suspect a violation due to a roster infraction, they should report this by filing out the incident report.
 - **Penalty:** If a violation has occurred on the 1 player - 1 roster - 1 league rule > violating teams will forfeit all games and victories, up to that point by **both teams involved** - and the player (s) will become **ineligible** for the remainder of the season and postseason.
 - It is a \$100 refundable charge to protest the age of entrance. Must be in an email to AAO prior to or after gameday. We can take the protest on site - but may not be able to get a ruling that day. In which case the game will be played under protest.

4. Team Rosters: AAO recommends that teams have no more than 10 players on its rosters. If schools are limited on # of players - they may combine with another feeder school to establish a team roster - however - no other teams may be developed from these two schools.

Rosters are final as of November 3rd.

Change: All changes must be approved before gameday by AAO Staff

5. The AAO League will be conducted under National Federation of High School Rules, unless otherwise noted.
6. Uniforms: It is recommended that uniform numbers be on both the front and back of the uniform. It is required that teams have both a dark and light colored jersey. The home team is the light colored jersey.
7. **Home/Visitor:** The home team wears white. The **home bench** will be to the left side of the clock keeper (seated at the score table) or right side, if you are facing the score table from center court. Each team's basket for the pre-game warm-up will be the basket furthest from its bench. In Tournament play, the Higher Seeded team will be the home team.

8. Clock Operator / Score book:

3RD Grade

-The home team will be responsible for keeping the official score book.

-The visiting team will be responsible for operating the clock.

-Volunteer score bookkeepers and clock operators must refrain from cheering or making derogatory remarks about officiating or opposing coaches / players.

-The score bookkeepers and clock operators must be an adult.

-The official score book keeper and clock operator may be removed or replaced at any time by the game officials or League Director whenever they deem it necessary.

-We must have the following information recorded & updated throughout the game:

Final Score (circled), team & individual fouls, and timeouts.

9. Official Game Regulations for ALL divisions:

3-4th Grade: Two 15 Minute Running Clock Halves

5-6th Grade: Two 16 Minute Running Clock Halves

-The clock will stop the last minute of the game - (second half only). The last minute of the game will be played under HS Federation rules - meaning the clock stops on all whistles and all free throw shots will be awarded. Prior to the last minute of the game the clock will be stopped only for time-outs, injuries or on officials' discretion.

- Halftime will be 2 minutes.

10. Overtime Rules

- Set time for 2 minutes
- Overtime is sudden death, first team to score 1 point
- If no team has scored at the end of 2 minutes, game is sent to a free throw shootout

- Like a hockey shootout, coaches send a player to shoot a free throw from each team on the same goal. If one team makes and the other team misses in a round, the team that made wins. If both teams miss or make, a different shooter is chosen and repeat until you find a winner.

11. Free Throws: Prior to the last minute of the contest (second half), free throws on **shooting** fouls will be **ONE** shot for **Two points**, on regular field goal attempts, and **ONE** shot for **Three points**, on three point field goal attempts.

-If fouled in the act of shooting and the field goal attempt is successful - field goal will be counted + **ONE** shot for **One point** will be awarded.

-**Non-Shooting** fouls will be awarded free throws **beginning with the 10th team foul** (which automatically places that team in the **Double Bonus**, meaning **ONE** shot for **Two points**).

-Beginning with the **LAST MINUTE** of play, **the clock will be stopped** on all whistles and **ALL FREE THROW** attempts will be awarded.

-NOTE: B&G 3rd Grade Division - free throw line will be marked at 12' (optional for players) - players may still shoot from the normal 15' distance.

-NOTE: It is a violation for a shooter to step on or over the free throw line, until the ball makes contact with the rim. As well as, no defender should make contact with the shooter until the ball makes contact with the rim.

12. Basketballs: Size: All divisions 3rd, 4TH, 5TH & 6TH Grade will use the **28.5** size ball.

13. Basketball Goal is 10' high for all divisions.

14. Pre Game Warm-up:

-Teams will be allotted a 3-5min warm-up prior to game.

- It is **MANDATORY** that team coaches only bring 2 basketballs for their team to warm up. For each game, one team must provide a quality basketball to be used for play.

-Basketballs are the sole responsibility of each team's head coach and should be kept in their possession at all times when not being used for pre-game warm up.

NO PERSONAL BASKETBALLS ALLOWED!

-Teams will be allotted a **2 min** warm-up prior to game.

- It is **MANDATORY** that team coaches only bring 2 basketballs for their team to warm up. For each game, one team must provide a quality basketball to be used for play.

-Basketballs are the sole responsibility of each team's head coach and should be kept in their possession at all times when not being used for pre-game warm up.

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15. Timeouts:

-One time-out **each half**: first half time-out not used **can be** carried over to the second half.

-One time-out in **overtime**: >no carry-over from regulation play. No time-outs during double overtime / sudden death.

CHANGE 11/21: OVERTIME TIMEOUT RULE: Rule change. Overtime will now be Sudden Death

style. We will not be adding any timeouts, however if a team has timeouts leftover they will carry over into the overtime period.

-All time-outs will be 60 seconds. **-Championship Tournament: 1 additional .30 second timeout per half will be added**

16. Pressing/Mercy Rule: Teams are **NOT** allowed to press over half court with a **15 point** or more lead. First violation will be a warning from the official - (this will be recorded in the official scorebook); on subsequent violations a technical foul will be assessed against the bench. **When a team leads by 15 points or more inside the last minute of the second half - the running clock will stay in effect.**

17. Forfeit Games: Any team who is not present and ready to play - **5** minutes past the scheduled starting time will forfeit the game. Teams who forfeit a game will be assessed a **15** point loss. The score will be recorded as a 0-15 game.

Update: FORFEITED GAMES WITHOUT NOTICE (before schedule release) YOU WILL get a \$50 fine to be on the schedule again. We can not have forfeits

18. Tie Break Procedure / Postseason Seeding:

- Head to Head
- Points
 - Teams will receive a maximum of 15 (tie breaker) points for each victory
 - 3 way tie > team with lowest tie breaker points is dropped
 - 4 way tie > two lowest teams with tie breaker points are dropped
- Coin Toss > (If Needed)

19. MAN-DEFENSE RULE:

5th and 6th Grade are free to play defense how they choose.

3rd and 4th Grade follows below:

We have a mandatory "Man Defense" rule. This rule requires 3-4th grade teams to play true man to man defense for the **first half** (only) of every game. The **second half** is optional for coaches to play any defense they wish to execute.

-It is **mandatory** that all teams (Grades 3 & 4) run a true Man-Man defense in the first half

-Half court ONLY. No back court/full court man defense in the first half.

-No half court zone traps or run & jump rotations in the 1st half. Just solid man defense.

-Denying passing lanes, being gap centered, pack-line, switching on screens are all forms of man defenses that can be used to better prepare your players for the higher levels of basketball.

-As a development league, this rule is implemented for the sole purpose of teaching young players the sound **fundamental principles of man defense**. This rule will also require all coaches to **teach offenses that require spacing, movement, cutting and ball reversal** to be effective against a man defense.

Violation of Man-Defense Rule:

1st Offense - Warning - referee records the warning in the official scorebook.

2nd Offense - Technical Foul - assessed to team bench

20. NWA League Conduct Code and Consequences for Violation: AAO and The NWA League seeks to foster a safe, positive and enjoyable sports experience in which players, coaches, officials and fans respect and appreciate each other. Guests will be treated in a professional and courteous manner by all NWA League Staff. We expect that same courtesy to be reciprocated.

21. Fans / Coaches: who engage in fighting, throwing objects or making a personal threat to harm another person or use foul or abusive language, personal verbal attacks, and obscene gestures targeted toward officials, opposing fans, opposing coaches, opposing players, or AAO staff - this includes coming out onto the court during or following a game and confronting or threatening an official, coach or player in an aggressive - negative manner - may be subject to any or all of the following consequences:

- **Immediate ejection from the facility**
- **Technical foul or multiple technical fouls being assessed to the violating team**
- **Violators will be banned from both AAO complexes for the season & post season -**
- **Player Flagrant Foul: (unacceptable behavior / conduct)**... violent in nature, fighting is a flagrant foul...
- Immediate player ejection is mandatory for player flagrant foul. Can be either personal or technical in nature...

• **Coaches / Teams / Players:** Technical foul (s) that are assessed *immediately after a contest is finished* will be carried out by the following procedures:

-Implementation of the technical foul (s) will take effect in that team's next league contest. For instance, in the next league contest - the opposing team would execute 1 for 2 free throws for each technical foul assessed and receive possession of the ball at mid-court.
-The technical foul(s) will count as one of the two technical fouls toward the head coach or player ejection rule.

THE HEAD COACH IS RESPONSIBLE FOR THE ACTIONS AND BEHAVIORS OF THEIR FANS AS WELL AS THEIR ASSISTANT COACHES AND PLAYERS. HEAD COACHES CAN AND WILL BE PENALIZED FOR THEIR FANS NEGATIVE ACTIONS. HEAD COACHES ARE EXPECTED TO ADDRESS THEIR FANS IN TIMELY FASHION IF AND WHEN THEIR FANS MAY BE IN VIOLATION OF NWA BASKETBALL RULES DURING A CONTEST.

The **League Director** may modify the League Rules when the League Director deems it in the best interest of the league/tournament to do so and all teams will be bound by any such change.

22. Livebarn / Protest of Game:

- **AAO Game Review Policy**
- All game results are considered final once play has concluded and the score is reported. AAO does not use camera footage, video review, or post-game recordings to overturn, change, or adjust the outcome of a game. Referee decisions made during live play will stand as the official ruling.

23) Changing Leagues After Play

- Can't change a week of play

Questions, contact: nwaleague@aaoteam.org