

LAA Basketball Rules – Quick Reference

Last updated: October 27, 2025

Game Timing & Substitutions

- Games are 50 minutes (4 x 10 - minute quarters, running clock).
- Games start on the hour.
- Halftime: 2 minutes.
- Substitutions every 5 minutes; only at these marks (except for injuries).
- Clock stops for timeouts and all whistles in last 4 minutes (Ages 5 – 8 continuous).
- Overtime: 4 - minute running clock (stops for foul shots). Regular season – 1 OT max (ties allowed). Playoffs – continue until a winner. Subs required at 2 - minute mark of OT.

Timeouts

- 3 per game (max 2 per half). Each timeout is 60 seconds.

Playing Time

Players	Min Time	Max Time
10	20 min (4 shifts)	20 min (4 shifts)
8 – 9	20 min (4 shifts)	25 min (5 shifts)
7	20 min (4 shifts)	30 min (6 shifts)
6	20 min (4 shifts)	35 min (7 shifts)
5	20 min (4 shifts)	40 min (8 shifts)

Late arrivals before Q2 → still play 20 minutes. After Q2 start → minimum 10 minutes.

Defensive Rules

- Ages 5 – 8: 2 – 3 zone until shot; switch to man - to - man after rebound (no double - teaming).
- Grades 3 – 4: Man - to - man within 3 - point arc; no full - court press; last 2 minutes may extend beyond arc.
- Grades 5 – 6: No full - court press except in last 2 minutes; no double - teaming outside the paint.
- Grades 7 – 12: Any defense; full - court press allowed anytime.

Fouls & Free Throws

- 5 personal fouls per player (fouls out on 5th).
- 10 team fouls per half = 2 free throws.
- Team fouls reset at halftime; carry into OT.
- 3 - point shots count for Grades 5 – 12 only.
- Free throw line: 15 ft (Grades 3 – 4 closer).
- No stealing off the dribble (Ages 5 – 8 & Grades 3 – 4).

Note: For situations not covered here, coaches should consult the full rulebook or LAA director.