



Ridgedale Athletic Association Inc.
Basketball Rules and Regulations
2025-2026 Season

Ridgedale Athletic Association, Inc. (RAA) follows the National Federation of State High School (NFHS) Basketball Rules. RAA has made some rule modifications with the intent to get more youth involved, focus on fundamentals and maintain healthy competitiveness, while keeping the core of basketball intact. Officials are required to follow RAA modifications. All must abide by the Code of Conduct found on the website.

1. Divisions

- Co-ed divisions by grade level. Division will depend on number of participants.
- 1A – PreK
- 2A – K/1st
- 3A – 2nd/3rd
- 4A – 4th/5th
- 5A – Middle School (6th, 7th & 8th)

2. Player Eligibility

- Must be enrolled in an eligible school or homeschool.
- Do not have to attend Ridgedale Elementary to play in RAA league.
- Grade level is determined by current school year placement.
- Players may participate on only one Division team during the season.
- Players may play up a division, but not down.
- Players must have matching jerseys with unique numbers and wear gym shoes.
- Players who quit a team may not reenter the league to join another team.
- Players will be rostered before the first game of the season.

3. Season Format

- 5 v 5 full court.
- May adapt to 3 v 3 half court depending on number of participants in division and to develop fundamentals. For example, it may make sense for 1A (Pre-K) to play 3 v 3.
- Regular season games followed by a single-elimination playoff and Championship for 2A, 3A, 4A & 5A. No playoff games or Championship for 1A.
- Number of games per season determined by registration totals and gym availability.
- Team Size – Min: 7 players & Max: 10 players. Goal is to roster 8 players per team.

- All teams make playoffs regardless of standings.
- Playoff format determined according to standing.
- Ties in standings will be determined by most points scored or a flip of a coin.

4. Game Clock

- 30 second shot clock for each division.
- 1A (PreK) – 16 min. per half with running clock.
- 2A (K/1st) – 16 min. per half with running clock.
- 3A (2nd/3rd) – 20 min. per half with running clock. Clock stops last 30 sec. of 1st half and last 2 min. of 2nd half.
- 4A (4th/5th) – 20 min. per half with running clock. Clock stops last 30 sec. of 1st half and last 2 min. of 2nd half.
- 5A (6th, 7th & 8th) – 20 min. per half with running clock. Clock stops last 30 sec. of 1st half and last 2 min. of 2nd half.
- Halftime – 5 min. halftime. 1-2 min. Cheer shows & 3-4 min. player warmups.

5. Player Times

- Season games:
 - 1A & 2A – 16 min. per player.
 - 3A, 4A, & 5A – 10 min. per player.
- Coach needs to make sure players play required time.
- If required times are not met and complaints are filed against the coach, the board will meet with the complainant and coach to resolve the issue and/or determine if other actions are necessary. It is strongly encouraged for complainants and coaches to work out issues before any complaints are formally filed.
- Times may be reduced, for medical concerns, discipline, or other valid reasons a coach may see fit.
- Playing time for playoffs and championship games are reduced to 5 min. Games are designed to be more competitive than regular season games. Healthy competition is encouraged, but coaches are responsible for making sure every kid still plays.

6. Timeouts

- 2 times outs per half, 1 minute each.
- Permitted only when your team has clear possession of the ball or when the ball is considered “dead” meaning either team does not control the ball.

7. Overtime

- Jump ball to start
- 2 minutes, with stopped clock; 1 (30 sec.) timeout per team in overtime. Repeat 2X
- 3rd overtime – First shot made wins game.
- Pressing allowed in overtime for 3A, 4A & 5A.

8. Ball Size & Rim Height: *Rim heights can be adjusted as needed.

- 1A (PreK) - 27.5" (size 5) ball & 8' rim.
- 2A (K/1st) – 27.5" (size 5) ball & 8' rim.
- 3A (2nd/3rd) – 28.5" (size 6) ball & 9' rim.
- 4A (4th/5th) – 28.5" (size 6) ball & 10' rim.
- 5A (6th, 7th & 8th) – 29.5" (size 7) ball & 10' rim.

9. Free Throws

- 1A (PreK) – No Free throws.
- 2A (K/1st) – Min. 9' or where marked. Crossing is not strictly enforced.
- 3A (2nd/3rd): Min. 12' or where marked. Crossing is not strictly enforced.
- 4A (4th/5th) & 5A (6th, 7th & 8th): Min. 15' free-throw line. Enforced line crossing 5A.

10. Defense Boundaries

- **1A (PreK) & 2A (K/1st):**
 - Paint defense boundary.
 - Permitted outside paint to get rebounds.
 - Permitted to reach over with hands to block shots or steal ball.
 - No press.
- **3A (2nd/3rd):**
 - 3-point arc.
 - Half-court press permitted in last 3 minutes of game.
 - No press if leading by 15+ pts.
- **4A (4th/5th)**
 - Guard after offense crosses Half court.
 - No double team or traps at half court, unless pressing last 3 min. of game.
 - Full court press permitted in last 3 min. of game, unless leading by 15+ pts.
 - Defense boundary restricted inside 3 pt arc if leading by 15+ points.
- **5A (6th, 7th & 8th):**
 - No defense boundaries.
 - Full court press permitted for entirety of game.

11. Defense Sets

- Man to man is strongly encouraged.
- Other defense sets are permitted.

12. Offense sets

- 5 out positionless offense is strongly encouraged.
- Other offensive sets are permitted.

13. Screens

- 1A(PreK), 2A(K/1st) – No screens.
- 3A(2nd/3rd) – Off ball screens only.
- 4A(4th/5th) & 5A (6th, 7th & 8th) - On and off ball screens permitted.

14. Mercy Rule

- No clock stops if a team leads by 15+ points in either half.
- 15+ pt. lead, follow defense boundaries per division mentioned hereinabove.

15. Personal & Team Fouls

- Player is disqualified after 5 personal fouls.
- No one -one free throws. Slows down games.
- Ten (10) team foul in a half awards 2 shots, unless it's a shooting foul.

16. Technical Fouls

- 1 technical foul on the coach, coach must remain seated for the rest of the game.
- Any player or coach receiving two (2) technical fouls will be suspended from the game and must leave site grounds. After (1) one technical foul is issued to a coach he/she must remain seated for the remainder of the game. If a player or coach must be physically removed from the gym they will be suspended for the next game and their continuance to coach will be up to that of the board.

17. Lane, Line & Time Violations

- 3-sec. rule - Offensive players may not remain in the paint for more than 3 seconds while their team has control of the ball.
 - 2A K/1st – not enforced
 - 3A – moderately enforced for instructional curve
 - 4A & 5A - Enforced
- 10 -sec. rule – Offensive players have 10 seconds to bring the ball across half court.

- Backcourt violation, but not strictly enforced for 1A(PreK), 2A(K/1st) & 3A (2nd/3rd).

18. Traveling, double dribbling, & other common rules

- Rules will be enforced, with flexibility for younger divisions.

19. Jump balls

- Alternating possession arrow will determine which team gets the ball.

20. Uniforms & Equipment

- League-provided jerseys must be worn during games.
- All game balls are supplied by the league.
- Players must wear non-marking athletic shoes.
- Jewelry and dangerous accessories are prohibited during play.

21. Safety & Injuries

- Injured players must be cleared by a coach or league official before re-entering.
- Concussion protocols will be followed per state law.
- No rough or dangerous play—flagrant fouls will result in ejection. For example, no excessive “swinging” elbows to protect the ball. Risk of head injury at this age.

22. Officials

- Certified referees will enforce all rules. Officials’ decisions are final.
- 1A (PreK) - May be officiated by the coaches or RAA board members and/or staff.
- 2A (K/1st) - Minimum of one (1) referee, officiated by coaches, or RAA board members/staff or certified officials.
- 3A (2nd/3rd), 4A(4th/5th) & 5A (6th, 7th & 8th) – Minimum of two (2) referees, of which one should be certified (if available).
- If only one (1) referee is available for 3A, 4A & 5A regular season/and or playoff games, the game will be played as scheduled and be an official game.

23. Coaching

- 1 Head coach and max 2 assistant coaches per team.
- 1A (PreK) & 2A (K/1st)- Two (2) coaches permitted to be on court to offer instruction. Must remain beyond game action and not interfere with action or player decisions.

24. Game Delays

- If a game is stopped for any reason beyond the control of RAA (e.g., power outage) for more than fifteen (15) minutes, it shall be deemed a complete game if a minimum of one half has been played. The final score is at the point of stoppage. If one half has not been reached, the game will continue at a later date with the score and time remaining from the point of stoppage. The scorekeeper will note the score and time at the point of stoppage, and this will serve as the official record.

25. Forfeits

- A three (3) minute grace period before the officially scheduled game time is awarded before a forfeit may occur.
- Coach has the option of playing the game at any time prior to the three (3) minute limit if his or her team has at least four (4) players.
- If at any time during the three (3) minute grace period a fifth player arrives, the game will begin immediately.
- Timekeeper will keep the official clock.
- Teams may borrow players from other league teams to prevent forfeiting the game.
- Coaches should make every attempt to borrow players of similar competitive abilities to the missing players.
- Players from upper divisions are not allowed to play down.

26. Coach Conduct

- Coaches must be registered and have participated in a league orientation.
- Only rostered coaches may be on the bench during games.
- Ejections will result in automatic 1-game suspension.

27. Rule discrepancy and/or complaints:

- If a rule discrepancy occurs during a game because a rule is not clearly defined, the Official's interpretation of said rule will be the final decision.
- If such rule in question needs to be amended, clarified and/or omitted it will be reviewed and such change voted on by the board in a timely manner.
- Complaints regarding officials and/or coaching may be sent via email within 24 hours of when such incident occurred. Please clearly describe the issue and when it occurred.

28. Amendments

- The Board reserves the right to amend rules at any time for safety, fairness, logistical, or other reasons. All teams will be notified of changes.