

How To Start An AAU Basketball Team

Ready to start a new AAU basketball team? Follow these simple steps and review the information provided below.

****The Inland Empire AAU and Yakima Valley Sports Authority DO NOT place kids on teams****

AAU TEAMS' RESPONSIBILITIES:

- *forming team (including players and coaches)
- *getting practice times at local gyms
- *purchasing uniforms
- *deciding which events to participate in and how to pay for them (i.e. – split the cost or get a sponsor)

Once you have players and a coach, everyone needs to purchase an AAU membership card. Go to www.aausports.org and click JOIN AAU to get your membership cards. Youth athlete cards are \$20 and non-athlete (coach) cards are \$55 – for a 1 year membership. Two memberships are also available for \$75.

**AAU membership cards provide a secondary medical insurance coverage during AAU sanctioned practices and events.

**All AAU coaches (non-athletes) go thru a background screening before they are issued an AAU membership.

All teams need to be members of an AAU Club. The AAU Club membership provides your club members facility insurance for use during practices. AAU Clubs are \$30 and will provide you with a generic insurance certificate to give to the school district or church your team is practicing in. If they require their name on the insurance certificate, you will need to purchase the Third Party Insurance Certificate for an additional \$50.

Once your team is all registered, you are ready to participate in any AAU sanctioned event. Events held in Eastern Washington and Idaho (and a few in Oregon) are posted on our local AAU website at www.ieaaau.org. Each event director has the right to have different rules and regulations. For questions on specific events, be sure to contact that event director.

A few odds & ends:

1. ROSTER SIZE: The YVSA does not have any rules regarding how many players are on a roster. In order to avoid game forfeits for not having enough players, we suggest having at least 8 players committed to your team.
2. LEAGUE TRAVEL: The YVSA hosts leagues throughout the year in gyms from Ellensburg to Benton City. We try to place teams in appropriate divisions for not only good competition based on their skill level, but also geographically. If you are from the Tri Cities and you are scheduled to play a team from Yakima (or north of Yakima), we will try to at least have you meet halfway in Sunnyside or Grandview.
3. HOOP HEIGHT: Our gyms do not have hoops that can be lowered, so all divisions will play on regulation size 10 foot hoops.
4. UNIFORMS: All players need to have uniform tops that are the same color and have numbers on them. Reversible uniforms are not required, but do come in handy.

**Below you will find the Yakima Valley Sports Authority AAU Club's rules.
These rules only apply to events we are hosting.**

2024/2025 YAKIMA VALLEY SPORTS AUTHORITY LEAGUE AND TOURNAMENT RULES

League Rules:

1. Teams 9th grade and older must be made up of players from the same school. No exceptions for Early fall league and Spring League.
2. A player may play for only **ONE** team during league play.
3. Girls cannot play on boys teams and boys cannot play on girls teams.
4. Entry fees will not be refunded after the deadline if you drop from the league.
5. Players cannot wear jewelry of any kind during games, even if it is taped and/or covered up.
6. Players must be enrolled in Kindergarten or older. **NO PRE SCHOOLERS.**
7. Players cannot switch teams once games have started.
8. We reserve the right to refuse a team's entry into our events.
9. Scorekeepers – each team is to have one person to keep the individual score sheet that is provided at the score bench. One scorekeeper per team will be allowed into the game free of charge. Please leave scoresheets with the gym supervisor after your game.
10. Coaches – Only one coach per team is allowed into the game free, but more than one may coach, & must have a current AAU card.
11. Admission – The gyms are run by clubs – the proceeds from admissions goes back to their clubs for youth activities. ADULTS - \$5.00 STUDENTS - \$4.00 - PLEASE INFORM YOUR PARENTS!
12. **NO GAMES** will be rescheduled if your team cannot make your scheduled game time it, will be a forfeit **NO EXCEPTIONS**. You need to notify the AAU office 48 hours in advance so that we can find a replacement team.

Tournament Rules:

1. A player may play for only **ONE** team during tournament play.
2. Girls cannot play on boys teams and boys cannot play on girls teams.
3. Players cannot wear jewelry of any kind during games, even if it is taped and/or covered up.
4. Players must be enrolled in Kindergarten or older. **NO PRE SCHOOLERS.**
5. Players cannot switch teams once games have started.
6. We reserve the right to refuse a team's entry into our events.
7. Scorekeepers – each team is to have ONE person to keep the individual score sheet that is provided in your coaches' packet. One scorekeeper per team will be allowed into the game free of charge. Please leave scoresheets with the gym supervisor after your game.
8. Coaches – Only ONE coach per team is allowed into the game free, but more than one may coach & must have a current AAU card.
9. Admission – The gyms are run by clubs and the proceeds from admissions goes back to their clubs for youth activities. Adults \$5, Students \$4 PLEASE INFORM YOUR PARENTS!

AAU Membership:

2025 AAU cards will be used for the league: Player \$20.00 Coach \$55.00

Memberships must be purchased online: www.aausports.org. All players and coaches must have an AAU Card. **REMEMBER: Membership cards don't get you into the game for free. Teams must be part of a club:** Club fee is \$30 this is your practice insurance, and insurance on the facilities you use for practices, unless your school district requires the facility to be named on the certificate then that will be an additional \$35.

The Lystedt Law

Washington State has passed a law requiring youth coaches, athletes and parents/guardians complete certain criteria regarding the recognition and treatment of head injuries during sporting events. ALL PARTICIPATING TEAMS must complete the attached form and return it to the Inland Empire AAU office with the tournament entry form. We only need 1 form per team per year!

Rules of Play

2024-2025 High School Federation Rules will be used with the following exceptions:

1. **Warm Ups:** 10 minutes or until the next game time, whichever is longer. Gym will be open 30 minutes before the start of the first game. **Officials cannot** start games early! Fans who arrive on time would like to see the start of the first quarter, not the start of the second quarter!
2. **Forfeits:** Forfeit time is game time. No exceptions. If a team shows up late, the officials will work a short game with running clock in order to be ready for the next scheduled game.
3. **Basketballs:** 1st – 3rd Grade teams will use the 27.5" ball (junior size). 4th – 6th grade boys and 4th grade girls teams and up will use the 28.5" ball (women's size). Boys 7th grade and up will use the 30" (men's size) ball.
4. **Quarters:** 1st – 4th Grade: 6 min / 5th – 8th Grade: 7 min / all other divisions: 8 min
5. **No 30 second shot clock.** Over and back line in use with a 10 second backcourt count.
6. **Press Rule: NEW 1st and 3rd Grade, 8 points**
4th – 8th Grade: 15 points / all other divisions: 20 points. No full court press once your team is up by more than 8/15/20 points. Your team must retreat back inside the 3 point arc until opponent crosses the center line with the ball, then you are allowed to play defense. The offense has the option to cross the center line at any time, however the 10 second backcourt count only starts when the defensive team is behind the 3 point arc.
7. **Free Throw Violations:** 5th Grade Girls and below and 4th Grade Boys and below:
 - a. When shooting a free throw, the shooter must start from behind the free throw line. If the shooter steps on or over the line before the ball touches the rim, it is NOT a violation.
 - b. The shooter cannot rebound the ball at any time during a free throw.
 - c. A player other than the shooter must have control of the ball before the shooter can handle the ball. If the ball is in control of the shooter after the free throw, this is a violation and the opponents will receive the ball out of bounds.
8. **Technical Fouls:**
 - a. Each counts as 1 of 5 personal fouls on a player and 1 team foul.
 - b. Automatic 2 points and the ball awarded out of bounds. No free throws.
 - c. One sportsmanship technical on a coach or fan and they are ejected from the gym. One sportsmanship technical on a player and they are required to sit on the bench for the remainder of the game.
 - d. If a coach or fan that has been ejected from the game does not leave the gym (including standing in the doorway and watching the game) or continues to question the official after the foul has been called, he/she will receive a second technical foul and will not be allowed to coach or watch the next league game. The team will be subject to disqualification from the league with no refund of fees paid if the coach or fan returns.
9. **NEW 2023 foul shot rule:** On the fifth foul and any other foul in the quarter, for either team in any quarter, two foul shots will be shot. The fouls in the fourth quarter will be carried over into overtime if there is overtime.
10. **Intentional Fouls:** Two points and the ball awarded out of bounds.
11. **Half Time:** 5 minutes
12. **Overtime: NEW 2023** One - 2 minutes overtime. If no team wins during overtime, teams go into sudden death, first point scored is the winner.
13. **No running clock when a team is up by 40 or more points.**
14. No jewelry or hair clips are allowed during games, **No Exceptions.** Taping earrings or hair clips is **NOT OK.** Be sure to take out all earrings and hair clips and take off necklaces and bracelets.

Reminders

1. No jewelry or hair clips are allowed during games. Taping earrings or hair clips is not OK. Be sure to take out all earrings and hair clips and take off necklaces and bracelets. NO EXCEPTIONS & THEY CAN NOT BE TAPED
2. We reserve the right to refuse any team's entry into our events.
3. Scores and results will be posted on our website at www.ieaaau.org throughout the league. If you see mistakes in scores reported to us, please call to let us know – 509-453-2696.

If you have any questions regarding rules, please feel free to call 509-453-2696.