

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 \$14 and non-athlete (coach) cards are \$16 – for a 1 year membership. Two and three year memberships are also available.

**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 \$35.

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.

Lystedt Law – Washington State House Bill

All coaches, parents and athletes must be educated in the signs, symptoms and treatment of head injuries in youth sports. Each team needs to review this information at least once a year. Necessary forms and an educational video are posted at www.ieaaau.org under "Lystedt Law".

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.

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

Yakima Valley Sports Authority League Rules

PO Box 9757, Yakima, WA 98909 / 509-453-2696 office / 509-457-0931 fax

www.ieaau.org website / paul@yvn.com email

Team Rosters

1. Athletes can play on 1 team only. No exceptions!
2. Girls cannot play on boys teams and boys cannot play on girls teams.
3. Players must be in Kindergarten or older – no preschoolers!
4. Athletes cannot switch teams after the league has started. New players can be added any time during the league by contacting our office. New players must have a current AAU card, completed head injury paperwork and cannot be on another league team roster.
5. All athletes and coaches are required to have a current AAU membership card. Any team found with players and/or coaches without a current AAU card will be subject to game forfeits and may be dropped from the league with no refund of fees paid.

Game Admission Fees

1. There are admission fees for all league days. Please see your league registration form and/or your registration confirmation letter for specific daily prices.
2. Athletes in uniform are allowed in free to league games.
3. Each team must have an adult keep score at the scorer's table with the scoresheets provided by the YVSA. Turn scoresheets in to the gym supervisor once the game is over.
4. One coach and one scorekeeper per team are allowed in to their game only free of charge.

Rules of Play

2019-2020 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. Do not 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. You must start with 5 players.
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. **NEW Press Rule:** 1st – 8th Grade: 15 points / all other divisions: 20 points. No full court press once your team is up by more than 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.
 - 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. **Intentional Fouls:** Two points and the ball awarded out of bounds.

10. **Half Time:** 5 minutes

11. **Overtime:** 2 minutes each overtime. Play until a winner is determined.

12. **No running clock when a team is up by 40 or more points.**

Tie Breakers

1. In any situation where two teams are tied, head to head competition between the two teams will determine the winner.
2. If more than two teams are tied, a point differential tie breaker will be used. The point differentials between the teams involved in the tie are totaled. Teams are then ranked according to the sum of the point differential with the highest number placing first and the second highest placing second, etc.
3. If more than two teams are still tied after the point differential formula, the point differentials from the teams not involved are added and the results recalculated.
4. If two teams are still tied, both teams will be awarded the championship. In cases of advancement, a coin toss will determine the winner.
5. The maximum you can beat a team and still gain an advantage in the tie breaker is 15 points.
6. The score of all forfeits shall be 15-0.

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.
2. We reserve the right to refuse any team's entry in to our events.
3. Scores and results will be posted on our website at www.ieaa.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.