

2026 AASL

Basketball League

League Rules and Regulations

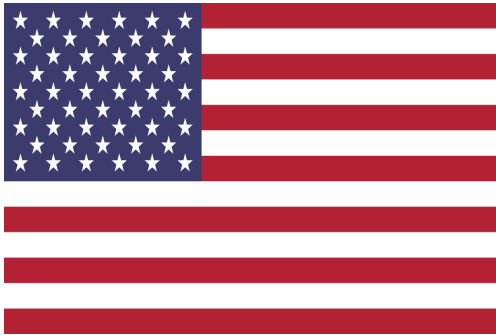


Table Of Contents

Table Of Contents.....	2
Amendments.....	2
Basics.....	4
Teams.....	4
Location.....	4
Date & Times.....	4
League & Playoff Format.....	4
Match Format.....	5
Timing.....	5
Stoppage Time.....	5
Timeouts.....	5
Team Fouls.....	5
Late Start Policy.....	5
Roster Policy.....	6
Afghan Player Policy.....	6
Roster Size.....	6
Player Team Switches.....	6
Player Playoff Qualification.....	6
Adding Players.....	6
Roster Lock.....	6
Sideline, Coaching, and Fan Policy.....	7
Coaches Policy.....	7
Sideline Policy.....	7
Fan / Spectator Policy.....	7
Player Discipline.....	8
Technical Fouls.....	8
Flagrant Fouls.....	8
Player Ejection.....	8
Player Suspensions.....	9
Zero-Tolerance Policy.....	9
Deposit Policy.....	9
Rules and Guidelines for the League.....	10
League Schedule.....	10
Team Uniforms.....	10
Forfeits.....	10
Mercy Rule.....	11
Switching Schedules.....	11
Dispute Process.....	11
Commissioner's Discretion.....	11
Community Involvement Requirement.....	12
League Schedule.....	13
Playoff Structure.....	14
Acknowledgement.....	14

Amendments

This page is reserved for amendments or changes that come after the initial publishing of the league rules.

08/30/26 -- Pre coaches meeting

- a. Changes game time structure from 8 minute quarters to 20 minute halves.
 - i. However games will be shorter in weeks with 4 games.
- b. Increase timeouts to 45 seconds from 30 seconds
 - i. May not apply for shortened games
- c. Rescheduled the league so that the final 2 weeks of the season have 4 games per week.
- d. Increase punishment for lateness by starting team with 4-point advantage
- e. Changed minimum roster size to 7 players.

09/01/26 -- Post coaches meeting

- a. Increased the stoppage time for semis and final from last 2 minutes to 5 minutes.
- b. Added a withdrawal clause in that if teams withdraw after submitting their roster, their players can only be distributed to teams at the commissioners discretion.
- c. Added a roster lock in the 5th week. New roster additions can not be added to the roster beyond Thursday, October 15th @ 11:59PM.
- d. Kabul Elite team renamed to Project K

09/13/26 -- Week before first matches.

- a. Changed the dispute process - Captains may dispute directly to the commissioner as group chat writes will remain for staff only.
- b. Removed the Community Involvement Requirement. Teams no longer have an assigned week to volunteer, all work will be open to staff.

Basics

Teams

There will be 12 teams in this season's AASL Basketball League! The following teams will be competing this season:

- Afghan Intelligence (AI)
- FaceTime
- Kabul's Elites
- Kandahar Kingz
- Monstarz
- Nightshift
- Prodigyz
- Queens Finest
- Squad Up
- Synergy Hoops
- Young Little Ballers (YLB)
- Zwanan

Location

Hillcrest High School (160-05 Highland Ave, Jamaica, NY 11432)

Date & Times

The league will run on every Saturday from September 19th thru December 12th (*except November 28th*). Each event is to start at 6pm and end by 9:50 PM.

League & Playoff Format

Initial 9 weeks dedicated to the league and building standings.

- Every team plays 5 games

Last 3 weeks dedicated to playoffs.

- Top 10 teams advance to playoffs (bottom 2 eliminated)
- Top 6 teams advance directly to quarterfinals
- 7th - 10th place will play wildcard games

Match Format

Timing

- Each game will consist of two 20-minute halves.
 - 3 minute break between each half.
 - Games will be shortened slightly on weeks with 4 games
- The clock will stop only during these scenarios
 - Timeouts & Breaks
 - When the ball is not in play during stoppage time
 - At the discretion of the referee/commissioners for injuries or other stoppages
- Total allotted time per Game = 60 mins (45 minutes if shortened).

Stoppage Time

- Stoppage time will only occur during the last 2 minutes of the last half
- During this time:
 - The clock will be stopped when the ball is not in play
 - There will be a 30-second shot clock
- For the Semis and Final game, stoppage time occurs for the last 5 minutes of the last half

Timeouts

- Timeouts last 45 seconds and **will be enforced.** (30s for shortened games).
- Teams are given two timeouts per half.
 - They do not roll over if unused.
 - An additional timeout is given to each team in each round of OT.
- There will be no ball advancement after a timeout.

Team Fouls

- 7 Team Fouls: Once a team accumulates 7 fouls, the opposing team is awarded one free throw, and another conditionally if they make the first. otherwise known as “One-And-One”
- 10 Team Fouls: On the 10th team foul, the opposing team is granted two free throws otherwise known as “Bonus”

Late Start Policy

- If a team has **4 players by game time** they must start the game short handed.
- If a team’s lateness **delays the game start time**, the opposing team will start with 4 points, and further 1 point per minute.
 - After **15 minutes** - if the game has not started it will be a **forfeit**.

Roster Policy

Afghan Player Policy

- All rostered players must be of Afghan descent!
 - In the event of a captains dispute, they must be able to verify their heritage via discussion with Commissioners

Roster Size

- Minimum of 7 players required to register a team.
- The maximum number of players is 15. Players cannot be removed once added so **please ensure that players you add to the roster are committed to your team for the season.**

Player Team Switches

- No players may be transferred from one team to another throughout the regular season and playoffs. **In other words, once you are on the roster of one team you must stay on that team throughout the season and cannot play for any other team.**

Player Playoff Qualification

- A player on the roster must play at least two (2) games to be able to be allowed to in the playoffs

Adding Players

- Additional players can be added to a team's roster under the following conditions:
 - The current roster size doesn't exceed the maximum of 15
 - The player was not on another team's roster
- Additional players must be announced in the Captains chat at least 2 nights prior to the game. (Due Thursday @ 11:59PM) to allow for any disputes to resolve.
 - If there is a valid excuse, then this rule may be bypassed ONLY IF the opposing coach for that week agrees to it.
- There is a deadline imposed that the last day you can add players is before Week 5 games (so Thursday, October 15th 11:59PM is the last day to add them)

Roster Submission

- **Pre-Season Captains Meeting (Aug 30th)**
 - Registration closes, and the league scheduling begins.
 - Initialized rosters are sent to the Captains chat. At this point, players cannot be removed from these rosters, unless at commissioner discretion to resolve a dispute
- **Team Withdrawal Policy**
 - In the event a team withdraws from the league, their players who want to play may be distributed between teams at commissioners discretion in a manner deemed fair.

Sideline, Coaching, and Fan Policy

Coaches Policy

- Coaches are individuals on the roster who are not a player on the team's roster, but allowed to manage a team from the sideline
 - A team can have up to 2 coaches at maximum on their roster.
 - Players-coaches or player-captains don't count towards this metric.
 - The following rules apply for coaches as well as players:
 - Coaches must be locked to your roster before the start of the game.
 - Coaches must also be of Afghan heritage
 - Coaches are held to the same discipline standards as any other player regarding technical fouls, ejections, and suspensions.
 - Coaches are allowed to play for a team different from the one they coach.

Sideline Policy

- The sideline can only be occupied by rostered players or coaches. Friends and family do not qualify unless they are rostered.
- **Captains are responsible for clearing their benches, each violation may incur penalties**
- **Players who played and have not left the sideline after their match may incur future penalties**
- **Penalties may include technical fouls**, forfeits, or possibly team suspension at the commissioners discretion.
- Captains are responsible for having their team clean bench

Fan / Spectator Policy

- All participants who are not currently playing are treated as spectators
- Spectators at the gymnasium are only permitted to be seated along the bleachers, and are not permitted to freely walk around the building or gym. They may be ejected or banned from the premises by any AASL staff beyond just basketball commissioners.
- Despite being spectators - Rostered players or coaches may be penalized with technical fouls or suspensions at the discretion of the commissioners if they show unsportsmanlike behavior while spectating.

Player Discipline

Technical Fouls

Technical Fouls can be given by referees or called out by commissioners.

Examples of Technical Fouls

- Clapping, yelling, or taunting in front of another player or fan.
- Cursing, threatening, or verbally attacking anyone in the gym including other players, referees, staff, and fans.
- Otherwise displaying immoral character or unsportsmanlike conduct as deemed by commissioner

Flagrant Fouls

Flagrants can only be called by the referees.

- Flagrant-1 is deemed unnecessary contact against an opponent, but is not excessive or malicious.
 - Examples but are not limited to:
 - Hard pushing or shoving
 - Tripping an opponent
- Flagrant-2 is deemed unnecessary and excessive contact against an opponent.
 - Examples but are not limited to:
 - Dangerously making contact in a reckless matter while a player is airborne
 - Excessive roughness or hard aggressive foul

Player Ejection

A player is disqualified from the game after committing one of the following:

- 5 personal fouls
- 2 Technical fouls / Flagrant-1 Fouls
- 1 Flagrant-2 foul
- **Note:** When no substitutes are available:
 - *If a player commits five personal fouls, the player will not be ejected immediately. Instead, every subsequent personal foul that player commits will be assessed as a technical foul, and the player will then be subject to ejection upon receiving a second technical foul. In that case, the team will play short.*
 - *However upon ejection via technical fouls or flagrants, a team will immediately play short.*

Player Suspensions

In the event of severe league infractions, a player may be suspended for one future game (or more) for one of the following.

- A player receiving **three (3) technical fouls** across the season will be suspended for their next game.

- This count resets for the playoffs.:

For example, Getting your third technical foul in the last game of the season will NOT warrant a suspension for the first playoff game.

- If a player receives **a Flagrant-2**, they will be ineligible for the next 2 games, with a possible further suspension at commissioners discretion.

- This will not reset for playoffs.

For example, getting a Flagrant-2 in the last game of the season will warrant a suspension for the next 2 playoff games (the quarters and semi finals).

Zero-Tolerance Policy

- All attendees of events are representing the Afghan community and their actions affect all participants (including youth) at AASL.
- There is a zero-tolerance policy for fighting, smoking indoors, or other illegal behavior on or around premises used by AASL. Violators will be subject to **at minimum a ban for the rest of the season (including playoffs)**, and could possibly become a permanent ban from all AASL events.
- To protect the program, the reputation of Afghans & Muslims in New York, the youth, other participants, and their families, this policy is to be applied not by basketball commissioners but the executive board of AASL.

Deposit Policy

A \$200 deposit is required by each team and will be refunded at the end of the season. However, for every game forfeited, a strike will be issued, and \$100 will be deducted from the deposit to cover referee fees. The deposit will need to be sent by August 30th, 2026, to secure your team in the league. In the event of a team being removed from the league due to forfeits or bad behavior, deposit fee will not be refunded unless at Commissioner's discretion.

Standings

The team's rank will determine playoff seeds. Below are the tie breakers used for ranking in order.

1. Forfeits
2. Season Record
3. Head to Head
4. Point Differential
5. Points Conceded
6. Total Team Technical + Flagrants accumulated
7. Free Throw Contest (or coin toss)

Rules and Guidelines for the League

League Schedule

- During the Captains meeting on Aug 30th, the league schedule & playoff structure will be finalized.
- Captains will draw a lottery for their schedule.

Team Uniforms

- All team members must wear identical uniforms, both the jersey and the shorts must match with the rest of the team's uniform.
 - At commissioners discretion if the shade of color or design of a jersey/shorts doesn't match the rest of the team, will result in an infraction.
- For **each player** not wearing the **appropriate uniform**:
 - The opposing team will be awarded **two points per infraction**.
The offending player will receive a **technical foul**
- **Captains will be responsible for ordering their own uniforms through their own suppliers.**

Forfeits

- A forfeit results in loss for the offending team by a score of 20-0
- If a team forfeits two games during the season, they will be removed from the league.
 - In such cases, the team's deposit will not be refunded.
- **Important Note:** Forfeits are the first tie breaker for standings, and a team with a forfeit will likely not qualify for playoffs.

Mercy Rule

- If a team is losing by more than 20 points and doesn't wish to continue the game, their captain or coach may call off the last 2 minutes of the game.

Switching Schedules

- Schedule swaps can be requested with the condition that all 4 captains involved with the switch must agree unanimously to the swap.
 - The commissioner will not be involved with making this request, and it must come from the captain.
- **Schedule swaps must be submitted no later than 2 nights before a game is scheduled (deadline of Thursdays at 11:59 PM).**
- The commissioner will fulfill the request upon all 4 captain approvals.

Dispute Process

- **Eligibility and Submission:**
 - Only Team Captains are permitted to lodge a complaint. Complaints / disputes **should be submitted to the League Commissioners.**
 - A valid complaint will trigger an official review by the League Commissioners.
- **Deadline for Game Complaints:**
 - Complaints regarding roster eligibility or other League infringements must be submitted within **48 hours of the game's conclusion (deadline Monday night 10:00PM).**
- **Penalties:**
 - If the team under review is found to have committed an infringement and the complaint was made within the 48-hour window, the result may be a forfeit against the infringing team, awarding a win to the complainant team. As always this is subject to the Commissioner's Discretion.
 - Players who commit infringements will be removed from the roster and ineligible to play.

Commissioner's Discretion

- Games may be shortened, rescheduled, cancelled, or added due to gym availability.
- Players, fans, and teams can be suspended or expelled from the league for behavior that conflicts with the Organization's mission.
- **Rules may be changed mid season if warranted for a better change to the league.**

League Schedule

12-Team BASKETBALL LEAGUE — REGULAR SEASON SCHEDULE					
Week	Game #	Time	Home Team	Away Team	Notes
Week 1 Sep 19th	1	6:00 PM	Squad Up	Monstarz	
	2	7:00 PM	Facetime	Synergy Hoops	
	3	8:00 PM	YLB	ProdigyZ	
Week 2 Sep 26th	4	6:00 PM	ProdigyZ	Nightshift	
	5	7:00 PM	Queens Finest	KandaharKingz	
	6	8:00 PM	Synergy Hoops	AI	
Week 3 Oct 3rd	7	6:00 PM	Nightshift	Facetime	
	8	7:00 PM	Monstarz	YLB	
	9	8:00 PM	AI	Project K	
Week 4 Oct 10th	10	6:00 PM	Squad Up	Synergy Hoops	
	11	7:00 PM	Project K	Facetime	
	12	8:00 PM	ProdigyZ	Zwanan	
Week 5 Oct 17th	13	6:00 PM	Facetime	Queens Finest	Deadline to Add Players: Thursday, October 15th 11:59PM
	14	7:00 PM	Nightshift	Zwanan	
	15	8:00 PM	AI	KandaharKingz	
Week 6 Oct 24th	16	6:00 PM	ProdigyZ	Project K	4 games -- shortened halves
	17	7:00 PM	KandaharKingz	YLB	
	18	8:00 PM	Zwanan	Monstarz	
	19	9:00 PM	Queens Finest	Zwanan	
Week 7 Oct 31st	20	6:00 PM	Zwanan	Squad Up	
	21	7:00 PM	Squad Up	Queens Finest	
	22	8:00 PM	Facetime	KandaharKingz	
Week 8 Nov 7th	23	6:00 PM	YLB	Squad Up	4 games -- shortened halves
	24	7:00 PM	KandaharKingz	Nightshift	
	25	8:00 PM	AI	Monstarz	
	26	9:00 PM	Project K	Synergy Hoops	
Week 9 Nov 14th	27	6:00 PM	Nightshift	AI	4 games -- shortened halves
	28	7:00 PM	Monstarz	Queens Finest	
	29	8:00 PM	Project K	YLB	
	30	9:00 PM	Synergy Hoops	ProdigyZ	

Playoff Structure

12-TEAM BASKETBALL LEAGUE — PLAYOFF & TOURNAMENT SCHEDULE						
Seeds 11 & 12 Eliminated Week 10: WC + Q3 Week 11: Q1, Q2, Q4 Week 12: Semis (4 PM, 5 PM) & Finals (8 PM)						
Playoff Week / Stage	Game Code	Time	Matchup	Home Team	Away Team	Advancement & Notes
Week 10: Wild Cards & Q3 Nov 21st	WC 1	6:00 PM	Seed #8 vs Seed #9	Seed #8	Seed #9	Winner advances to Q1 vs 1st Seed
	WC 2	7:00 PM	Seed #7 vs Seed #10	Seed #7	Seed #10	Winner advances to Q2 vs 2nd Seed
	Q3	8:00 PM	Seed #3 vs Seed #6	Seed #3	Seed #6	Winner advances to Semifinals (Week 12 @ 5:00 PM)
Week 11: Remaining Quarterfinals Dec 5th	Q1	6:00 PM	Seed #1 vs Winner WC 1	Seed #1	Winner WC 1	Winner advances to Semifinals (Week 12 @ 4:00 PM)
	Q2	7:00 PM	Seed #2 vs Winner WC 2	Seed #2	Winner WC 2	Winner advances to Semifinals (Week 12 @ 5:00 PM)
	Q4	8:00 PM	Seed #4 vs Seed #5	Seed #4	Seed #5	Winner advances to Semifinals (Week 12 @ 4:00 PM)
Week 12: Semifinals & Finals Dec 12th	SF 1	4:00 PM	Winner Q1 vs Winner Q4	Winner Q1	Winner Q4	Semifinal 1
	SF 2	5:00 PM	Winner Q2 vs Winner Q3	Winner Q2	Winner Q3	Semifinal 2
	FINALS	8:00 PM	Winner SF 1 vs Winner SF 2	Winner SF 1	Winner SF 2	LEAGUE GRAND FINAL & TROPHY PRESENTATION 🏆

Acknowledgement

By adhering to these rules, we aim to maintain a fair, organized, and enjoyable experience for all participants.

This is your league too - You are welcome to provide rule suggestions to the league commissioners.

***By submitting your deposit and roster, you acknowledge and agree to abide by the AASL Basketball Rules outlined above.**