

Ararat Youth Basketball League
Grade 3 – 4 Rules

Overall philosophy: The purpose of this league is to assure that children have fun while learning individual and team skills in the game of basketball.

All players must play a minimum of 33% of the game if the number of players on the team allow for it. Likewise, no player may play more than 75% of the game. Players who play 33% of a game should be considered for additional playing time the following games so play is more equitable.

- All games will be played on nine (9) foot hoops.
- Games will be four (4) – eight (8) minute running time periods. However, the clock will stop on all dead balls during the last minute of each quarter. Substitution will only be allowed half way through each quarter, at the 4 minute mark (no free subbing). The timekeeper will notify the referee at the 1st play stoppage after the half-way point of the quarter. Coaches shall not use this time as a time out. They must be ready to substitute immediately. If the referee feels that a coach is taking excessive time the team will be charged a time-out.
- The league will utilize a 12-foot foul line (regulation is 15). Each school is responsible for marking the appropriate distance in their own gym. Foot faults will not be called.
- The clock will be stopped for all substitutions, injuries or while a player is shooting foul shots.
- Each team is allowed 2 time-outs per half.
- All players must wear a team shirt and it must be tucked in.
- Only man-to-man defense will be allowed and must stay within 6 feet of his/her player on ball side. Defensive players must be matched with offensive assignment. Double teaming will be allowed in the lane area only. “Switching” concepts must be taught and adhered to. Weak-side help will be allowed, but the defender must stay out of the lane until the offensive player enters the lane.

Penalty-Offense gets the ball under their basket.

- No “running the score”. A team that, in the opinion of an AYBL official, is determined to be running a score higher than is necessary to win a game (20 points or more), and shows no changes in their approach to help keep the game closer, may be approached by an AYBL official, who may stop the game to discuss alternatives to keep the score closer.
- No full court presses will be permitted. Pick up players at the top of the key, no defensive line at 1/2 court.
- The league will utilize the 28.5 (women’s size) ball.
- 3 point field goals will not be allowed.
- Players must report to the scorekeeper’s table before entering to the game.
- If one of only five remaining eligible players should foul out, that player will be allowed to stay in the game. However, for each additional foul by that same player a 2-shot penalty will occur and the offensive team will retain possession of the basketball (treat the same as a technical foul).
- Half time shall be 5 minutes in length as time allows.
- There will be no overtimes during the regular season. All games that end in a tie will remain a tied game.
- The home team must supply the scorebook and scorekeeper.
- The home school must have a first-aid kit available during all games.
- If a team does not have 5 eligible players on the floor 10 minutes after the scheduled start time, Coaches may choose to make accommodations to play the game (i.e. borrow a player from the opposing team).
- Water only policy for players.
- Jewelry shall not be worn. Religious and medical-alert medals are not considered jewelry and may be worn taped (religious under the uniform and medical visible).
- At the end of the game all players are required to line up, shake hands, and show good sportsmanship toward their opponents.

revised 9/15