# ARLINGTON HEIGHTS YOUTH BASKETBALL ASSOCIATION

# RULES OF PLAY
# 3rd Grade Boys

## TABLE OF CONTENTS


**COACH'S CONDUCT** ..... **2**

**GAME TIME** ..... **2**

**PLAYING TIME** ..... **3**

**DEFENSE** ..... **4**

**MISCELLANEOUS POINTS** ..... **5**

**OUTSIDE TOURNAMENT OR GAMES** ..... **5**

**ATTACHMENT A** ..... **6**


## REVISION HISTORY

| DATE | SECTION | DESCRIPTION | AUTHOR |
|---|---|---|---|
| 10/17/2016 | 3 | Clarified subs in periods 1-4 | Klopp |
| 10/22/2023 | 2.9 | Eliminated one and one bonus | Klopp |
| 10/19/2026 | 5.8 | Change ball size to 27.5" | Klopp |
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**National Federation Basketball rules (Illinois High School) shall apply, except as follows:**

## 1. COACH'S CONDUCT

1.1. The AHYBA asks that all coaches conduct themselves in a sportsmanlike manner. Coaches must refrain from:

1.1.1. Going onto the playing floor. This is strictly prohibited (except for allowing coaches to help position players and make defensive assignments at the start of each period). A technical foul will be called after one warning.

1.1.2. Yelling at or otherwise hassling the officials. Coaches will obviously be allowed some leeway in the heat of the game, but it is important to keep the players' minds on the game and not on the officiating. Officials will be instructed to assess a technical foul for repeated yelling or hassling.

1.1.3. Needless delays to start or restart action after timeouts or between periods will result in a bench technical. When the officials signal that play is to be resumed, coaches must return their team to the floor immediately.

1.1.4. Coaches are asked to exercise caution and good judgment in their handling of their players during tense game situations. Criticism is a valuable teaching tool. However, keep the game in perspective and keep in mind the age of the players that you are dealing with. Parents and players want a "balanced" coaching approach.

1.2. Any coach or assistant coach who receives two technical fouls during a game and/or is ejected from a game will be automatically suspended from their next game.

1.3. Any coach or assistant coach, who is ejected from two games during any portion of the season including playoffs, will not be allowed to participate in the remaining balance of the season.

## 2. GAME TIME

2.1. Five (5) periods per game. Two (2) in the first half, and three (3) in the second.

2.2. No more than one minute between periods, including match up time. Please have your players ready to play the next period.

2.3. Each period will be five (5) minutes stop clock.

2.4. Halftime is at the end of the second period and will be three (3) minutes.

2.5. Overtime: First and second overtime periods shall be two (2) minutes stop clock. The third overtime period shall be "sudden death". First team to lead by two (2) points wins.

2.6. Four (4) time-outs per game. No more than three (3) per half.

2.7. One time-out per overtime plus time-outs not used in second half.

2.8. Coaches must report starting players at least three (3) minutes prior to the start of the game.

2.9. Two free throws will be shot starting on the $5^{th}$ team foul in each period (no one and one bonus)

## 3. PLAYING TIME

3.1. Each player must play a minimum of one (1) period whistle to whistle in the first half and second half.

3.2. No player may play in more than three (3) periods unless all eligible players have played three (3) entire periods. While the fifth period provides for free substitution provided all eligible players have played one entire period in each half, the overriding rule is that all playing time be divided equally as possible. Refer to 'ATTACHMENT A' for a schedule of PLAYING TIME REQUIREMENTS FOR ELIGIBLE PLAYERS.

3.3. Once a player starts or substitutes in a period, he has played in that period.

3.4. There are no substitutions in periods 1-4 unless for injury as set forth in Article 3.5 or foul trouble as set forth in Article 3.6. Only the 5th period provides for unlimited substitutions not injury or foul trouble related.

3.5. In the event a player is hurt or injured during the game, the following will occur:

3.5.1. An official time out will be called.

3.5.2. All players must go to their respective benches.

3.5.3. The officials will allow the injured player's coach to attend to the player.

3.5.4. If the player is able to continue, she may do so without going out of the game first.

3.5.5. If the player is unable to continue, the coach has one (1) minute to replace the player or be charged with a time out. The player entering the game, as the substitute for the injured player will be charged for a period played, but not for a full period.

3.5.6. If any player is bleeding, she must leave the game and may not re-enter the game until the bleeding has stopped.

3.5.7. All bloody clothing must be removed or covered.

3.6. Exception to minimum playing requirements:

3.6.1 Three (3) fouls in the first half; the coach may remove the player for that half and the playing time is fulfilled for that half. The player that substitutes for the player in foul trouble must play two (2) whole periods in addition to the partial period.

3.6.2 If a coach wishes not to play a player for the minimum time, he must use the following procedures:

- Obtain permission from the Grade Director by identifying the player and the reasons. (The AHYBA Vice President should be called if the Grade Director is unavailable).Notify player's parents and state the reasons.
- This must be done after receiving permission from the Grade Director and at least 24 hours prior to the game.
- Notify the opposing team's scorekeeper and coach prior to the start of the game.

3.7. If there is a technical foul called for unsportsmanlike conduct against a player, that player must sit out the remainder of the period.

3.8. A player who arrives late for a game (after the opening tip-off) must not play in the first half. This player must play at least one (1) full period but not more than two (2) full periods in the second half unless there are no eligible players. The coach has the discretion to play or not to play for one (1) full period a player who arrives after the second half

begins unless there are no more eligible players in which case the player can play more than one (1) period.

3.9. Any eligible player may play in the overtime periods without regard to previous playing time.

3.10. Failure to comply with the playing time rules will result in the forfeiture of the game unless in the judgment of the Rules Committee there was extenuating circumstances.

## 4. DEFENSE

4.1. A full court press is not allowed in the 3rd Grade Boys league at any time.

4.2. A zone defense will not be allowed. A zone defense is defined as: "**The guarding of areas of the floor instead of players--a failure of the defensive team to shift floor positions as members of the offensive team shift floor positions."** It will not be considered a zone defense if defensive players do not closely guard offensive players who are not participating in the team's offense.

4.2.1. Only man to man defense is allowed in the front court. This includes:

4.2.1.1. Double teaming a player or the ball inside the three point line as long as the remaining players are guarding a player and not an area of the floor. No triple teaming.

4.2.1.2. A zone defense may be used in the back court as part of a full court press but must be abandoned at the half court (see rule 4.1 above).

4.2.2. Officials will issue one warning to the coach of the offending team and then call a bench technical foul (two shots) if the illegal defense is repeated.

4.2.3. Coaches are not allowed to shout accusations that the opposing team is playing a zone defense. If the coach thinks a zone is being used, he should point out the infraction to the officials in an orderly fashion while the clock is stopped. If a coach repeatedly shouts "zone" or his players or fans do the same, a bench technical foul will be called (two shots).

**The AHYBA is serious about eliminating zone defenses at this grade level, but it does not want charges and counter-charges of zones to disrupt the game. Officials will be alerted to police the zone rules, but coaches must understand there will be differences of opinion on this topic.**

## 5. MISCELLANEOUS POINTS

5.1. Basket height is 9 feet.

5.2. A full court press is not allowed in the 3rd Grade Boys league at any time

5.3. Defense in the front court is not allowed beyond the 3 point arc, except in the last two minutes of the game. During the last two minutes, either team may play defense beyond the three point arc if the difference in the score is 4 points or less. If one team is leading by 5 points or more, then only the team behind in the score may play defense beyond the arc.

5.4. A team may not stall behind the three point arc to run time off the clock. First offense will be a warning; second offense will be a technical foul (two free throws and loss of possession).
5.5. Double teaming the player with the ball is allowed as soon as the offensive player crosses the three point line. No triple teaming.
5.6. Each player must wear the team uniform and basketball shoes.
5.7. The home team is designated on all game schedules by the second number. **The home team is responsible as official scorer, and the visiting team is to supply the timekeeper.**
5.8. The ball utilized during the game shall be furnished by the home team. A junior size basketball (Size 5, 27.5") will be used in the 3rd Grade Boys program.
5.9. Lane violation is five (5) seconds.
5.10. Free throws distance is twelve (12) feet.
5.11. Three point field goals are not permitted at the 3rd Grade Boys Level. A made shot from behind the three point arc counts as 2 points.
5.12. All questions should be referred directly to the 3rd Grade Director or in his absence, the AHYBA Vice President.

## 6. OUTSIDE TOURNAMENT OR GAMES

6.1. An AHYBA team may not play in an official game or tournament outside the AHYBA competition without the permission of the 3rd Grade Director and the AHYBA Vice President.
6.2. In the case of special tournaments in which an AHYBA team is asked to participate, the team must receive the authorization of the AHYBA Board of Directors. The league representative in any outside tournament is usually the team in first place at the time of the tournament entry deadline, but an exception may be made by the AHYBA Board of Directors.

# ATTACHMENT A
# PLAYING TIME REQUIREMENTS FOR ELIGIBLE PLAYERS

- 10 players present at the start of the game:
    1. All play two (2) full periods.
    2. Five or more play three (3) periods.
    3. No one plays four (4) periods.

- 9 players present at the start of the game:
    1. All play two (2) full periods.
    2. Seven or more play three (3) periods.
    3. No one plays four (4) periods.

- 8 players present at the start of the game:
    1. All play three (3) full periods.
    2. One or more play four (4) periods.
    3. No on plays in five (5) periods.

- 7 players present at the start of the game:
    1. All play three (3) full periods
    2. Four or more play in four (4) periods.
    3. No one plays in five (5) periods.

- 6 players present at the start of the game:
    1. All play four (4) full periods.
    2. One or more play five (5) periods.

**NOTE:** In all cases, the extra playing time can be divided only in the fifth ($5^{th}$) period.