

Rules and Equipment

The ABA leagues are divided into three age groups:

Instructional, Junior Varsity and Varsity

All Leagues shall follow the rules set forth for basketball by the National Federation of State High School Athletics Associations except for stated differences applicable to each league.

The leagues will be divided by grade in the following manner:

1. Instructional League K-1st-2nd grades
2. Junior Varsity League 3rd-4th grades
3. Varsity League 5th-6th grades

The players grade is for the 2020-2021 School year..

Facilities / Equipment

1. Playing Court:

For all three leagues, the size of the playing court may vary depending upon available facilities.

2. Goal Height:

Instructional League	9 foot
Junior Varsity League	10 foot
Varsity League	10 foot

3. Basketballs Used:

Instructional League	Girls Ball
Junior Varsity League	Girls Ball
Varsity League	Boys Ball

4. Foul Line:

Instructional League	12 foot from the backboard - 12 foot wide
Junior Varsity League	12 foot from the backboard- 12 foot wide
Varsity League	Regulation Distance

5. Uniforms:

All players MUST wear their ABA uniforms. Shirts must be tucked in and no sag look will be allowed. Players not following these rules will sit out.

Game Regulations:

1. Time Regulations:

Instructional League	4 periods lasting 5 minutes each
Junior Varsity League	4 periods lasting 6 minutes each
Varsity League	4 periods lasting 7 minutes each

2. Overtime Regulation:

For all leagues, if the score is tied after regulation play, an overtime period of 3 minutes will be played. Each subsequent overtime period will consist of 3 minutes.

3. Allowed Time Outs:

For all leagues, each team is entitled to 3 time-outs per game. In case of overtime, each team will receive one additional time out.

4. Playing Regulations:

All players will play two full uninterrupted quarters in each regular season game with the following exceptions:

- A) A player may be limited to one quarter of play by the coach if he/she misses a practice unexcused.
- B) A player may be limited to one quarter of play if they arrive after the second quarter has begun.
- C) Discipline problems may limit playing time. Coaches not playing a player two full quarters, must notify the league director and opposing coach before the game begins. No player may enter into more than three quarters unless a team has less than 7 players present. If less than 7 players are present, the opposing coach may choose the player or players to play the fourth quarter. This must be determined before the game starts. In case of overtime, coaches can play the players of their choice. During each league tournament a player is only entitled to play one full uninterrupted quarter and no more than three full uninterrupted quarters.

5. Pressing Full Court:

The following leagues can press unless a team has a 15 point lead:

Instructional League	No Pressing is allowed
Junior Varsity League	Can press the last quarter
Varsity League	Can press the last quarter

6. Three Point Shots:

Three point shots will be counted in all three leagues.

7. Defense:

The following defenses can be played in the following leagues:

Instructional League	Man to Man & Zone
Junior Varsity League	Man to Man & Zone
Varsity League	Man to Man & Zone.

8. Illegal Defense:

In the Instructional, Junior Varsity and Varsity leagues a team is allowed two illegal defenses per half. An illegal defense is called when defensive players guard the offensive player with the ball in the back court when pressing is not allowed. A technical foul will be called on the third illegal defense and the offensive team will be awarded one free throw and the ball out of bounds.

You must pick up your man at Half court.

9. ZERO TOLERANCE for all players and fans will be enforced!

We ask that all Coaches, Parents & Players help keep the gyms clean. Please do not leave trash in the bleachers or bench areas. This would be a big help to our League Directors if you throw your trash away. Please follow the Apollo Culture and leave things better than you found it!

COVID-19 Policies and Procedures

- May start sign-ups anytime after Fall Break thru December.
 - Guidelines and expectations should be shared with all families upfront (practice restrictions/guidelines, game restrictions/guidelines, etc.) -- please make sure families know all plans are subject to change as conditions change and full or partial refunds will be given in the event the season gets canceled before it is scheduled to start or if canceled during the season.
- Practices/games may start no sooner than after we return from Christmas Break in January.
- Practices may be held at our elementary schools and other gyms w/in our district, including 1 team only at a time during designated time slots.
- ONE parent/guardian may attend practices (no additional family members -- siblings, etc., etc.)
- Coaches must wear masks at all times.
- Players do not have to wear masks while participating in drills, competitions, etc.
- 2 Adults per player will be allowed at games.

Use of elementary schools:

- I know many of our elementary schools are using their gym for help with lunch and other needs during the school day.
 - The expectation will be for the team coach(es) who are holding practice and family members (voluntary) to move the tables/chairs/other items (w/o damaging the gym floor) before practice and will be expected to put them back (same as they were) after practice is over.
 - Our HS Head Coaches will do their part to make sure, for example, a Tuesday night practice does NOT cause elementary schools unnecessary work Wednesday morning to prepare for students that day as it pertains to your gym because the setup was not completed...

*******Like all planning during the time of COVID, adjustments are likely to be made before and even during the youth league season as conditions warrant (mask use, attendance restrictions, etc. etc.)...!**