

AROOOSTOOK YOUTH BASKETBALL LEAGUE



LEAGUE HANDBOOK

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LEAGUE HANDBOOK

Aroostook Youth Basketball League

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AYBL Organization

Vision

AYBL will be recognized as a contributor to successful Aroostook County High School basketball programs within those communities that actively participate in AYBL.

Mission

AYBL will provide a structure along with sustainable resources for Aroostook County communities to utilize in the development of a youth basketball program that serves as a feeder program for High School basketball teams.

Organization

AYBL is a non profit volunteer organization, incorporated in the great State of Maine. Its purpose is to operate a youth basketball league for children in 3rd grade through 8th grade that live in communities within Aroostook County Maine. It is governed by a Board of Directors who oversees the operations of AYBL sponsored activities. Members of the Board of Directors are individuals who are selected because they are committed to the mission of AYBL. Only Directors are authorized to vote on matters affecting how AYBL is run.

Each year, the Board of Directors elects a President/Chairperson, Vice-President, Secretary, and Treasurer as officers of the corporation and to carry out day to day operations on their behalf.

There are also a number of individuals who serve important roles within the AYBL organization. These volunteer positions make up the remainder of the “Staff” and are important to the success of AYBL.

The Board of Directors, staff and coaching the organization’s articles and incorporation and bylaws can all be found on the League website. WWW.AYBLMAINE.ORG.



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Divisions/Teams/Players

Divisions - their purpose

There are 3 divisions for both boys and girls that teams can participate in. They are 3rd/4th Grade, 5th/6th Grade and 7th/8th Grade. The division seasons are staggered in order to share limited resources. The season dates are determined by the AYBL officers prior to the next season and are posted on the homepage of www.ayblmaine.org

3rd/4th Grade Division

- The primary focus of the 3rd/4th Grade division should be on developing basketball fundamentals, individual skills, and good sportsmanship within a game environment. Players are taught the rules of the game, they develop their individual basketball skills and learn how to play man to man defense. The coach's objective is individual improvement within the concept of team play, so that each team is focused on reaching its potential and not solely focused on wins and losses. At the end of the season, the team with the best overall record in the division is recognized as the division champion and their team photo will be posted on the AYBL website.

5th/6th Grade Division

- The primary focus of the 5th/6th Grade division should be learning to play within a team environment. Players should be taught basic offensive play-sets using screens, passing, and moving without the basketball as well as the fundamentals of man-to-man defense. The coach's objective is teaching the players where they should be on the basketball court during a game in order for the team to get the best shot possible. The objective is to translate good team play into wins as the level of competitiveness increases. There will be a playoff of the top two teams to determine the overall season champ. The top two teams will be determined based on the division structure.

7th/8th Grade Division

- The objective for players in the 7th/8th Grade division is to extend the Middle School/Junior High basketball season to better prepare the players for High School. The objective is to improve team basketball play by allowing players to continue to refine their game by playing in a structured competitive environment. The overall division champion will be determined by a single elimination tournament held at the home court of the team with the best overall record. Teams will be seeded by overall record.



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Teams - Rules and eligibility

1. Players on an AYBL team must wear the same League approved uniform (jersey and shorts). The uniform jerseys should be dark/white reversible, have numbers consisting of a combination of up to two digits of 1-5 (cannot use 6-9 in the number) on both sides. This helps the referees in identifying and reporting fouls. AYBL recommends that every team use an official AYBL provided uniform. The League has group purchasing power which keeps cost down for everyone. No logos for sponsors may be displayed on the uniform. Uniforms may opt not to have names on the back shoulder if uniforms are for continued community use. The uniforms for such purpose must maintain a quality appearance during the term of its usage.
2. Teams must provide all required paperwork for team, coach and all players before they are allowed to participate in AYBL.
3. Any community that fields more than one team per division must divide the talent as equally as possible. It is recommended that the teams be split up by having one coach pick the teams and the other coach select which one he/she will coach.
4. If a team has insufficient players at a game, the team with insufficient players will forfeit the game but it is recommended that the opposing team rotates some players “on loan” so the game can be played. On loan players playing time is not added to his/her percent of playing time.

Players – Rules & eligibility

1. Each player must be registered and complete all required forms prior to participating in any AYBL practices or games. The Registration form and current fee information can be found in Appendix A. The fee covers the cost of insurance, the [website](#) used to communicate, the referee development program, any awards and other limited administrative costs. In addition, the player may need to pay for their uniform. Certain communities have set up scholarships for cases of hardship. Also some communities might charge an additional fee per player to cover the cost of practice time and referees.



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2. All players on the team must play at grade level. No players may “play up” unless they are approved ahead of time by the League President and providing no other qualified player was not cut to make room.
 - A. A player may be no older than 11 years old for 3rd and 4th Grade AYBL.
 - B. A player may be no older than 13 years old for 5th and 6th Grade AYBL.
 - C. A player may be no older than 15 years old for 7th and 8th Grade AYBL.

League age is determined by the players projected age by the end of that season. Players may not play in ANY part of an AYBL season in which they will exceed the maximum age by seasons' end.

Players, in 3rd – 6th, who exceed the maximum age, may request to play-up at the next age level using the process outlined earlier in this eligibility section

3. Players may not participate on more than one AYBL team per season without the prior approval from the AYBL President. No other qualified player can be cut to make room for a player playing the second time in a season. The player will have to pay any associated incremental fees.
4. A player ejected from a game by an official will receive one (1) game suspension to be served the next game his/her team plays.
5. Any player who is ejected more than once from a game during the course of a season will be removed from the League for the balance of the season. If a player is ejected from the last game of the season the AYBL board has the option to carryover the one game suspension to the following season.
6. All players who are absent from school or suspended from school may not participate in practices or games on that day.
7. All players must play on a team that represents the school system the player belongs to and/or attends. If a community is unable to field a team because of insufficient numbers and/or lack of resources or structure, then the player may combine with a community in accordance with the Zoning regulations outlined below.

Zoning Regulations for AYBL (adopted September 12th, 2010)

Part I – Defining what areas are in AYBL:

All towns, cities, plantations, communities, unorganized territories and township and ranges that comprise the population of Aroostook County (71,870 on the 2010 census).



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Any community or town adjacent to Aroostook County – that in accordance with history – has become a part of the AYBL family.

Part II – Defining the Zones:

Type 1; Main Stay Zones – These are zones that made up of a large community – whose population is greater than 7,000 when only including communities within their school district. These communities are;

- Zone 1: Fort Kent
- Zone 2: Caribou
- Zone 3: Presque Isle
- Zone 4: Houlton

Type 2; Regional Zones – These are zones that are made up of a series of smaller communities – whose population is 3,500 or greater when combining them in a regional fashion. These zones are not made up of a singular school district, but include multiple RSUs and SADs in an attempt to gain a larger pool of prospective players. These zones have a central community that will be comprised of an area coordinator. The central communities are;

- Zone 5: Madawaska
- Zone 6: Washburn
- Zone 7: Hodgdon
- Zone 8: Fort Fairfield
- Zone 9: Island Falls
- Zone 10: Mars Hill

Population wasn't the only consideration for selection of the central community – but also such things as organizational, history and geographical importance.

Part III – Population Breakdowns:

Main Stay Communities;

Caribou – Zone 2 includes; Caribou, Woodland, Stockholm, New Sweden, and Connor.

Population; 10,681

Presque Isle – Zone 3 includes; Presque Isle, Castle Hill, Westfield, Chapman and Mapleton

Population; 13,082

Fort Kent – Zone 1 includes; Fort Kent, St. Francis, Wallagrass, Frenchville, and Eagle Lake

Population; 7,079

Houlton – Zone 4 includes; Houlton, Hammond, Littleton and Monticello

Population; 8,099

Regional Communities;

Zone 5; Madawaska, Van Buren, St. Agatha, Grand Isle – Population 7,420

Zone 6; Washburn, Wade, Perham, Ashland, Portage Lake, Masardis – 4,289

Zone 7; Hodgdon, Linneus, Cary, Amity, Haynesville, New Limerick, Ludlow – 3,784

Zone 8; Caswell, Limestone, Fort Fairfield, Hamlin – 6,325



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Zone 9; Island Falls, Dyer Brook, Oakfield, Patten, Smyrna, Hersey, Sherman, Benedicta -4,406

Zone 10; Mars Hill, Blaine, Easton, Bridgewater – 4,116

Part IV – Breakdown of Selection Process:

Team Criteria and Guidelines;

Must build from within your own community and/or school district then;

You can select from players within your zone, then;

You can select from players in a bordering zone then;

Elsewhere pending President's Approval.

Player Criteria and Guidelines;

Players must play for their home community and/or school district then;

Can play for teams within their zone, then;

Can play for a team in a bordering zone, then;

Elsewhere pending President's Approval.

*In case of multiple bordering zones, the geographical distance shall determine the next closest team/player that can be utilized.

Note: Homeschooled students are considered members of the district in which they live and must play for that community team or a combined team governed by the League's other zoning rules—subject to the player selection process. Private schooled students may play for a team that is made up entirely of its student body. If no such tam exists then the private schooled student shall have an option of playing for a team in the district in which they live—subject to the player selection process.



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COACHING REQUIREMENTS, RESPONSIBILITIES & HINTS

Coaches must know that they have tremendous influence, good or bad, on the players. They should never value winning over good sportsmanship and other ideals of good character. The coach is expected to provide an atmosphere in which all participants are treated in a fair and equitable manner. The coach should exercise appropriate leadership to ensure that the program has a positive and productive influence on the total experience of the participants and community. The coach should not indulge in conduct, which will incite players or spectators against the other team, officials or spectators. The coach must be aware of all safety issues and hazards associated with basketball, communicate these concerns to participants, and devote full effort in providing an atmosphere where participants are physically and emotionally safe.

Coaching Requirements

1. All head coaches must be a minimum of 20 years of age.
2. All coaches must fill out an AYBL coaches profile (located in Appendix) which must be submitted to the League President prior to coaching.
3. Coaches are allowed to coach their own child.
4. It is recommended that a head coach serve in the capacity of assistant coach prior to becoming a head coach.

Coaching Responsibilities

1. Be a role model at all league activities.
2. Keep a copy of this handbook with you at all games in case any questions arise.
3. Have a copy of the division rules located at the scorer's table for both coaches and the referees to reference in case a question/issue arises.
4. Attend any scheduled division preseason coaches meeting.
5. **Review and carry copies of the medical information forms of each players at all times so contact can be made with parent or guardian in the event of an accident or emergency.**
6. Consider holding a parent meeting or distributing a paper about the coaches and expectations to parents/guardians. A sample letter is provided in the appendix.
7. Read and abide by the goals, objectives and rules for the appropriate team grade level.
8. All coaches are encouraged to broaden their knowledge of basketball and coaching by independent research and training.
9. Contact players and your team members within 3 days of deciding the team roster.
10. Communicate dates, times, places and changes to team members as needed.



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11. Take responsibility for the pick up of equipment, uniforms, from the designated person at the site designated (at least one week prior to the start of the season).
12. **Set up practices. If practices are held twice a week they may not exceed 1 ½ hours each. If practice is held once a week it may not exceed 2 hours.**
13. Organize age and activity appropriate practices, scrimmages, and home games.
14. Secure resources necessary for practices and home games, including the gymnasium, referees, score keepers, and statisticians.
15. Report both team's scoring by quarter after every home game scores and post to the website. Some coaches put player stats in the text box.
16. Notify your opponent and master scheduler in a timely manner if you anticipate having insufficient players for a scheduled contest. Also notify Website Administrator so he/she can delete the game from the site.
17. Assume responsibility for modeling sportsmanlike conduct and stress the importance of good sportsmanship to the participants.
18. Take appropriate and immediate action against disrespectful or inappropriate comments, cheers, gestures, harassment of players or officials, and any action that invites or encourages inappropriate behavior.
19. Keep the information on the registration and medical information/release forms private and destroy the forms by shredding or burning them at the end of the season. Failure to do so is in violation of the Freedom of Information Policy for children.
20. Provide for effective supervision during and after practices and contests. Never leave a child waiting to be picked up.
21. Notify the League Secretary, within 24 hours of any inappropriate conduct on the part of a participant, spectator, coach or parent.
22. Assist in the preparation and clean up of facilities, before, during and after each use. Participants should have an active and regular role in maintaining spotless facilities. Practice the "leave no trace behind" policy.
23. Make sure all participants and spectators are aware that smoking is not allowed and possession of intoxicants and/or illegal substances is prohibited at recreation events and on school and recreational property.
24. Conduct activities in groups. For your protection, avoid being alone with a child.
25. Cancel or suspend a contest, if in the coach's view it becomes apparent that the contest cannot continue, due to improper conduct or unsafe conditions.

These coaching responsibilities are not all-inclusive. Coaches are expected to use common practices and common sense. Suggestions for revisions and additions are welcome.



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Coaching Hints

1. Be the coach you would have wanted to play for.
2. Believe in your players.
3. Be prepared to teach your players how to learn and how to accept coaching.
4. Model good sportsmanship. It is a habit, most of which is established in practice.
5. Give liberal praise but minimize talking. Kids learn by doing. Comment on a player's actions only when you really have something to say, otherwise they will tune out the constant chatter.
6. Don't give false or constant praise. It will be tuned out too.
7. Judge the effectiveness of your practice by how many times each kid touched the ball, or performed a skill and had fun.
8. Inject and encourage fun, humor and laughter.
9. Don't use sarcasm, it does not feel good and undermines your ability to coach.
10. Don't substitute yelling for constructive coaching.
11. Understand that spirit is contagious and success is infectious.
12. Practice fairness. Treat kids equally. Every player should receive equal practice time and be expected to share equally in duties such as picking up equipment, trash etc.
13. Say no without feeling guilty and yes without resenting it. Avoid hemming and hawing.
14. Don't hesitate to say, "I am sorry", "I am wrong" and "I don't know".
15. Never single out an individual player and scold or humiliate them in front of other people. Embarrassment creates contempt and insecurity.
16. Be open to player and parent comments and suggestions. Provide an opportunity and an avenue for them to do this. Consider holding a pre-season parent meeting.
17. Provide a sense of security by being consistent and predictable.
18. Realize learning usually comes by making mistakes
19. Research shows that an increase in volume of the coach's voice results in decreased comprehension on the part of the athlete.
20. Remember kids may act tough but they are psychologically still kids, even the big ones.
21. Remember players do not learn skills or strategies during a game situation.
22. Know that a team with spirit and cohesiveness can beat a higher skilled team.
23. Know that for older players understanding the purpose of a drill is just as important as the ability to execute the skill.
24. Understand that if you want your players to talk to each other during a game don't ask them to perform drills and practice in silence.
25. Ask for help when you need it.



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RESOURCES – GYMS & REFEREES

Gymnasiums

The ability to use area gyms is critical to the success of AYBL. Some communities must pay a fee to use their gyms for games and practices. In those cases, it is suggested that each team require an additional player fee to cover the cost of the facility for practices and charge a reasonable admission fee to spectators for games.

Referees

Referees must have an understanding of the game. The necessary level of understanding may and does vary, but a good rule of thumb is at least two (2) years of experience playing, coaching, officiating or serving as a recreation or athletic director or any combination of those. A certification as an IAABO official would be taken in lieu of years of experience.

1. Referees must be a minimum of 15 years of age.
2. Referees under age 18 may only serve with an adult referee.
3. Training clinics will be held periodically.
4. If the home team cannot provide at least one referee who meets that criteria – the home team is then responsible for contacting the opposing coach prior to that coaches' departure. That coach may elect to not play the game until suitable officials are found or may elect to bring a qualified official from his/her community. If an opposing coach has already arrived at the game and no qualified official is available, that coach may elect to play the game under protest if it is **clear** that an unqualified individual was used as a game official.
5. Two referees should be assigned to each game, when possible.
6. Referees, in consultation with the site director, league President, or recreation director, may cancel, suspend a contest, or request a player, coach, parent or spectator to leave, if in their view it becomes apparent that the contest cannot continue, due to improper conduct or unsafe conditions. If no board member is present the referee may make the necessary decision.



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PARENT POLICIES

1. All parents are encouraged to attend games and serve as volunteers in the program.
2. All concerns involving the behavior of adults at either game or practices will be handled initially at the host community level.
3. Board members, site coordinators and coaches are encouraged to remove from the practice, game or facility, any parent or adult who is verbally abusive, combative or is acting in a manner not accepted by AYBL.
4. The sample letter on the following page outlines participant and parent expectations and it is recommended that it be provided at the start of the season.



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EXPECTATIONS FOR SPECTATOR BEHAVIOR

The Aroostook Youth Basketball League appreciates your support and participation in this season's basketball program.

We ask that you help us to make the season a productive, safe and enjoyable one for all involved by showing your respect for and good sportsmanship toward all players, coaches, referees, league organizers and spectators. Specifically:

- Please make it a priority for players to attend all practices and games. If missing a session is necessary, be sure the coach knows this as soon as possible.
- Try to praise each player's contribution to the game, whether that contribution is a good shot or a good try.
- Don't focus on winning or losing. If a player is developing skills, getting exercise and having fun, he or she is experiencing success in the program.
- Please don't coach from the sidelines. It is confusing for the players, and it's the coach's job. If you have questions or concerns about a coach's actions or strategies, find a time after a game or practice to ask the coach about them. Keep in mind that coaches are volunteers who contribute a lot of time over the season to make the league possible.
- Almost all the League referees are volunteers and over the season give up many hours so that the kids can play ball. Please remember that referees do not win or lose ball games, and please do not express any disagreement you may have with a referee's calls.
- Lend a hand in setting up the gym before a game or cleaning up after one. Consider volunteering to keep the scorebook or run the time clock during a game.
- The Aroostook Youth Basketball League has adopted some league-specific rules that are designed to help young players develop. If you have questions about a league rule, feel free to ask a coach, referee or league organizer about it at a time that is convenient for both of you.
- If a player is ejected from a game by an official for any reason, he or she will receive a one game suspension. If a player is ejected from another game, that player will be removed from the league for the rest of the season.
- The Aroostook Youth Basketball League has adopted policies and procedures for handling formal complaints. If you wish to file a complaint, contact one of the AYBL board representatives from your town for a form. The form can also be used for compliments and concerns.

We hope both players and parents enjoy the season.

Sincerely,

AYBL Board of Directors



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COMPLAINTS

1. Anytime a player or coach is ejected from a game, the coach from the opposite team is expected to fill out an ejection report (found in appendix) and submit it to the league President as soon as possible.
2. All coach's complaints will be initially handled at the town/school level by the appropriate AYBL staff member.
3. All parent, guardian, referee, spectator or coaches concerns or complaints shall be documented on the Compliment, Concern & Complaint Form (found in the appendix) and submitted to the appropriate Community Coordinator.
4. All complaints of a serious nature must be brought to the AYBL staff immediately for review.
5. Once a complaint has been brought to the AYBL board, the coach in question, may be required to appear before the board for a hearing on the incident(s).
6. All decisions and incidents of a serious and consequential nature must be brought to the President within 48 hours.
7. A coach being ejected from a game by an official will receive a one (1) game suspension to be served the next game his/her team plays.
8. Any coach who is ejected more than once from a game during the course of a season will be removed from the league for the balance of the season and will not be allowed to return to the AYBL in the future.
9. If a coach is ejected from the last game of the season, the AYBL staff has the option to carryover the one (1) game suspension to the following season.
10. Any coach who verbally or physically threatens a referee will be permanently removed from the league.
11. A coach who behaves inappropriately or consistently fails to control his/her players behaving inappropriately at any AYBL activity may be suspended from coaching for the remainder of the season or indefinitely.
12. Coaches should make every effort to get their required number of games completed for their season. That requirement is essential for fulfilling their commitment made to their team, community, and the League. A pattern of mismanagement of that commitment can be grounds for a suspension and/or outright dismissal as a coach in AYBL.
13. All AYBL staff decisions are subject to appeal and will be heard at the discretion of the league President.



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SAFETY

PLAYER SAFETY

The coach must be cognizant of safety issues and hazards associated with basketball, communicate these concerns to participants, and provide an atmosphere where participants are physically and emotionally safe.

FACILITY AND EQUIPMENT SAFETY

- Each coach is responsible for periodic inspection of equipment and facilities to insure they are safe.
- Each coach is responsible for reporting safety hazards to the appropriate person within 24 hours.

WATER

- All participants should be advised to bring water to practices and contests. Under no circumstance should water be withheld from participants or salt pills or medication administered. Only water is allowed on the bench.

FIRST AID

- Each coach is responsible for reading the Medical Information/Release Form (appendix E) for important medical information and for keeping the information with them and private.
- Each coach is responsible for knowing basic first aid and safety procedures pertinent to basketball. Coaches without this knowledge should seek assistance in obtaining a basic manual to read or review.
- Coaches are responsible for knowing where first aid kits are located at the school sites.
- Accidents must be reported within 24 hours to the site director and league President.
- Blood spills and blood borne pathogens are a concern. All coaches should know where to find a Bio Hazard Kit at each site to deal with blood spills. Directions contained in the kits must be followed.

INSURANCE

- AYBL does carry insurance for injuries to players. In the event an insurance claim is required, please contact one the League Insurance Manager.



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APPENDICES

GRADE 3/4 RULES

Note A: No player shall play more than 75% of the game. Players for teams with less than 10 players must play a minimum of 25%. There is no minimum playing time for teams with 10 or more players. The number of players on a team is dictated by the actual number of players in attendance to play at each game and not by a teams' roster list. **During all overtime periods, the maximum and minimum playing time rules are no longer in effect.**

Note B: If a coach is aware, prior to an already scheduled contest, that he/she will have fewer than seven (7) players available, that coach must contact the opposing coach prior to the 'traveling teams' departure for that contest. The opposing coach then has the option of rescheduling that contest or playing the contest with an equivalent number of players.

If a team shows up for scheduled contest with fewer than seven (7) players without contacting the opposing coach ahead of time, that team should be aware that the opposing coach has the option to a) call the game a forfeit win or b) play the equivalent amount of players if he/she chooses without penalty.

If both teams have at least seven (7) players available for the scheduled contest, the standard playing time rules are applied.

1. The home team will provide a copy of the AYBL rules to be present at the scorer's table for use by the game officials.
2. Coaches and referees will meet briefly before the start of play to clarify AYBL rules and any other issues. (along with team captains).
3. Games will be played on (10) foot hoops.
4. Games will be four (4)-six (6) minute time periods with the clock stopping on all violations.
5. The league will utilize a 12-foot foul line; however, a player will not be called for a violation if he or she goes over the line after the shot, as long as they are not advancing towards the basket. **All players in the marked lanes may enter the lane area upon the release of the ball. All other players must wait for the ball to contact the rim or backboard before advancing.** Each site coordinator is responsible for marking the appropriate distance on each end of the court prior to the game.
6. Each team is allowed 3-60 and 2-30 second Timeouts per game, which can carry over into overtime. An additional 60 second time-out will be given to each team in an overtime period.
7. All players must wear a team jersey with a number on the back and front, where each digit does not exceed 5.
8. **Defense** - Only person to person defense is permitted. Zone defense or any modifications shall not be permitted. A defensive player shall not play an area of the court rather than a person. The defensive player must stay within 10 feet of the player he/she is guarding within the 3-point circle of the offensive team. Double-teaming is allowed only in the paint and only on the player with the ball. A player will not be allowed to leave the player they are guarding until the offensive player with the ball makes a move to the basket. Switching is allowed only when the defensive player is beaten or screened. Switching to allow a player to follow the ball shall not be allowed and will follow the same warnings and technical foul procedures as zones and double-teaming. Once the defense secures the rebound and has possession the other team must retreat past half court. No full court presses will be permitted except in the fourth quarter and overtime period for teams not ahead by 10 points or more. Only man-to-man defense will be allowed while pressing and no double teaming allowed, except in the paint. If the referee determines a zone defense or an inappropriate double team occurs a warning shall be issued. After two warnings a technical foul will be assigned to the coach of the team in violation. This technical will not result in the coach's ejection from the game. The technical shall be at the referees' discretion as to the intent of the player committing the violation.
9. Referees may call an officials' timeout at any point in the game to gain clarification of rules for themselves or the coaches. Coaches may ask for an officials' timeout as well for clarification of rules,

this will be at the discretion of the game official(s). During this timeout players will not leave the court and substitutions will not be allowed. Abuse of this rule will result in a technical foul to the coach again at the official(s) discretion. Referees' ruling is final.

10. A technical foul may also be called if a player displays unsportsmanlike conduct resulting with the player sitting out for a total of 6 minutes of the game. Again, 2 foul shots will be awarded to the other team as well as possession of the ball.
11. 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 between quarters to discuss alternatives to keep the score closer.
12. This division will utilize the 28.5 (women's size) ball.
13. 3-point field goals are allowed when a three point line is available.
14. Players must report to the scorekeeper's table before entering to the game, and can only enter at a dead ball.
15. Only 5 fouls will be allowed per player. Once a player reaches the 5 foul limit, they must be removed from the game. A team may play with as few as 4 players should the rest of their players foul out. Once a team goes below 4 eligible players they must forfeit the game.
16. Pre-game warm-ups and half-times shall be 5 minutes in length.
17. Overtime periods shall be 3 minutes in length. The number of OT's played to break a tie will be up to the coaches, volunteers and those individuals responsible for scheduling the gym at the game. A tie is allowed by the league.
18. Each team must supply their own scorebook and scorekeeper.
19. The home team must have a first-aid kit available during all games.
20. If a team does not have 5 eligible players on the floor 10 minutes after the scheduled start time they must forfeit the game unless the coach calls ahead of time and the host coach agrees and is offered compensation for any additional costs. Coaches may choose to make accommodations to play the game as "exhibition" (i.e. borrow a player from the opposing team).
21. Water only policy for players.
22. 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).

GRADE 5/6 RULES

Note A: No player shall play more than 75% of the game. Players for teams with less than 10 players must play a minimum of 25%. There is no minimum playing time for teams with 10 or more players. The number of players on a team is dictated by the actual number of players in attendance to play at each game and not by a teams' roster list. During all overtime periods, the maximum and minimum playing time rules are no longer in effect.

Note B: If a coach is aware, prior to an already scheduled contest, that he/she will have fewer than seven (7) players available, that coach must contact the opposing coach prior to the 'traveling teams' departure for that contest. The opposing coach then has the option of rescheduling that contest or playing the contest with an equivalent number of players.

If a team shows up for scheduled contest with fewer than seven (7) players without contacting the opposing coach ahead of time, that team should be aware that the opposing coach has the option to a) call the game a forfeit win or b) play the equivalent amount of players if he/she chooses without penalty.

If both teams have at least seven (7) players available for the scheduled contest, the standard playing time rules are applied.

1. The home team will provide a copy of the AYBL rules to be present at the scorer's table for use by the game officials.
2. Coaches and referees will meet briefly before the start of play to clarify AYBL rules and any other issues. (along with team captains).
3. All games will be played on ten (10) foot hoops.
4. Games will be four (4)-seven (7) minute time periods with the clock stopping on all violations.
5. The league will utilize the regulation (15 foot) foul line; however, a player will not be called for a violation if he or she goes over the line after the shot, as long as they are not advancing towards the basket. **All players in the marked lanes may enter the lane area upon the release of the ball. All other players must wait for the ball to contact the rim or backboard before advancing..**
6. Each team is allowed 3-60 and 2-30 second Timeouts per game, which can carry over into overtime. An additional 60 second time-out will be given to each team in an overtime period.
7. All players must wear a team jersey with a number on the back and front, where each digit does not exceed 5.
8. **Defense** - Only person to person defense is permitted. Zone defense or any modifications shall not be permitted. A defensive player shall not play an area of the court rather than a person. The defensive player must stay within 10 feet of the player he/she is guarding within the 3-point circle of the offensive team. Double-teaming is allowed only in the paint and only on the player with the ball. A player will not be allowed to leave the player they are guarding until the offensive player with the ball makes a move to the basket. Switching is allowed only when the defensive player is beaten or screened. Switching to allow a player to follow the ball shall not be allowed and will follow the same warnings and technical foul procedures as zones and double-teaming. Once the defense secures the rebound and has possession the other team must retreat past half court. No full court presses will be permitted except in the fourth quarter and overtime period for teams not ahead by 10 points or more. Only man-to-man defense will be allowed while pressing and no double teaming allowed, except in the paint. If the referee determines a zone defense or an inappropriate double team occurs a warning shall be issued. After two warnings a technical foul will be assigned to the coach of the team in violation. This technical will not result in the coach's ejection from the game. The technical shall be at the referees' discretion as to the intent of the player committing the violation.
9. Referees may call an officials' timeout at any point in the game to gain clarification of rules for themselves or the coaches. Coaches may ask for an officials' timeout as well for clarification of rules, this will be at the discretion of the game official(s). During this timeout players will not leave the court

- and substitutions will not be allowed. Abuse of this rule will result in a technical foul to the coach again at the official(s) discretion. Referees' ruling is final.
- 10. A technical foul may also be called if a player displays unsportsmanlike conduct resulting with the player sitting out for a total of 7 minutes of the game. Again, 2 foul shots will be awarded to the other team as well as possession of the ball.
 - 11. 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 between quarters to discuss alternatives to keep the score closer.
 - 12. This division will utilize the 28.5 (women's size) basketball.
 - 13. 3-point field goals will be allowed when a 3-point line is available.
 - 14. Players must report to the scorekeeper's table before entering the game, and can only enter at a dead ball.
 - 15. Only 5 fouls will be allowed per player. Once a player reaches the 5 foul limit they must be removed from the game. A team may play with as few as 4 players should the rest of their players foul out. Once a team goes below 4 eligible players they must forfeit the game.
 - 16. Pre-game warm-ups and half-times shall be 5 minutes in length.
 - 17. Overtime periods shall be 3 minutes in length. The number of OT's played to break a tie will be up to the coaches, volunteers and those individuals responsible for scheduling the gym at the game. A tie is allowed by the league.
 - 18. Each team must supply their own scorebook and scorekeeper.
 - 19. The home team must have a first-aid kit available during all games.
 - 20. If a team does not have 5 eligible players on the floor 10 minutes after the scheduled start time they must forfeit the game unless the coach calls ahead of time and the host coach agrees and is offered compensation for any additional costs. Coaches may choose to make accommodations to play the game as "exhibition" (i.e. borrow a player from the opposing team).
 - 21. Water only policy for team benches during games.
 - 22. 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).

GRADE 7/8 RULES

Note A: If a coach is aware, prior to an already scheduled contest, that he/she will have fewer than seven (7) players available, that coach must contact the opposing coach prior to the ‘traveling teams’ departure for that contest. The opposing coach then has the option of rescheduling that contest. If a team shows up for scheduled contest with fewer than seven (7) players without contacting the opposing coach ahead of time, that team should be aware that the opposing coach has the option to call the game a forfeit win. This is in effort to make optimal use of resources/personnel for the host team and to prevent undue traveling for the away team.

1. The home team will provide a copy of the AYBL rules to be present at the scorer’s table for use by the game officials.
2. Coaches and referees will meet briefly before the start of play to clarify AYBL rules and any other issues. (along with team captains).
3. All games will be played on ten (10) foot hoops.
4. Games will be four (4)-seven (7) minute time periods with the clock stopping on all violations.
5. The league will utilize the regulation (15 foot) foul line. **All players in the marked lanes may enter the lane area upon the release of the ball. All other players must wait for the ball to contact the rim or backboard before advancing.**
6. Each team is allowed 3-60 and 2-30 second Timeouts per game, which can carry over into overtime. An additional 60 second time-out will be given to each team in an overtime period.
7. All players must wear a team jersey with a number on the back and front, where each digit does not exceed 5.
8. This division may play both man-to-man defense as well as zone.
9. A technical foul may also be called if a player displays unsportsmanlike conduct resulting with the player sitting out for a total of 7 minutes of the game. Again, 2 foul shots will be awarded to the other team as well as possession of the ball.
10. 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 between quarters to discuss alternatives to keep the score closer.
11. This division will utilize the 28.5 (women’s size) basketball for the girls and a standard regulation (men’s size) basketball for the boys.
12. 3-point field goals will be allowed when a 3-point line is available.
13. Players must report to the scorekeeper’s table before entering the game, and can only enter at a dead ball.
14. Only 5 fouls will be allowed per player. Once a player reaches the 5 foul limit they must be removed from the game. A team may play with as few as 4 players should the rest of their players foul out. Once a team goes below 4 eligible players they must forfeit the game.
15. Pre-game warm-ups and half-times shall be 5 minutes in length.
16. Overtime periods shall be 5 minutes in length. The number of OT’s played to break a tie will be up to the coaches, volunteers and those individuals responsible for scheduling the gym at the game. A tie is allowed by the league.
17. Each team must supply their own scorebook and scorekeeper.
18. The home team must have a first-aid kit available during all games.
19. If a team does not have 5 eligible players on the floor 10 minutes after the scheduled start time they must forfeit the game unless the coach calls ahead of time and the host coach agrees and is offered compensation for any additional costs. Coaches may choose to make accommodations to play the game as “exhibition” (i.e. borrow a player from the opposing team).
20. Water only policy for players.

21. 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).

Registration Process

Fees

\$20 *Insurance & Administration Costs

\$30 Jersey

\$20 Shorts

\$70 Total – Make this check payable to **Aroostook Youth Basketball League**

Registration Process

LISTED BELOW ARE THE STEPS NECESSARY FOR PARENTS TO COMPLETELY REGISTER THEIR CHILD IN THE AROOSTOK YOUTH BASKETBALL LEAGUE (AYBL).

1. Complete, in their entirety, the enclosed Player Registration/Release for Media Form, Medical Information/Release Form, Player's Code of Ethics and Parent's Code of Ethics.
2. Return completed forms and payments to your team's Coach at the next practice. If making out a check or money order, ask your coach who to make it out to. **SEE FEE SCHEDULE ABOVE.** A \$25.00 fee will be charged for all returned checks. DO NOT RETURN THIS SHEET.

LISTED BELOW ARE THE STEPS NECESSARY FOR COACHES TO COMPLETELY REGISTER THEIR TEAM IN THE AROOSTOK YOUTH BASKETBALL LEAGUE (AYBL).

1. If your team pays additional costs for gymtime or officiating, then have checks made out to you (coach) and then write a separate check for the entire team (less costs for gymtime or officiating) and document each registration form accordingly. Be sure to fill in the "MAKE ALL CHECKS/MONEY ORDERS PAYABLE TO:" section on the registration before distributing copies of the registration form.
2. Using the completed Registration Forms, complete the on-line Uniform Order Form.
3. Using the completed Registration Forms, complete your Team's Roster on the Team Website.
4. Return the completed Player Registration/Release for Media Form along with corresponding checks attached to the following address:

**Aroostook Youth Basketball League
PO Box 1783
Presque Isle, ME 04769**

5. As a coach, you are **REQUIRED** to keep the Medical Information/Release Forms, Player's Code of Ethics Forms, and the Parent's Code of Ethics Forms in a folder and with you at all practices, games and tournaments. Each coach is required to destroy the Medical Information/Release Forms at the end of each season.

ALL FEES MUST BE PAID BEFORE A CHILD CAN PRACTICE OR RECEIVE HIS OR HER UNIFORM.

Uniforms will be reversible micromesh jersey with numbers on the front and back of both sides. Player names will be on the back of both sides. The jersey colors will be decided by the team coach and one side will be white. Shorts will be of micromesh material and coordinate with the jersey.

Practice and game schedules will be available by visiting the League website at www.AYBLmaine.org. You will need to "jump" to your team website to view the schedule. If the schedule is not available or you do not have access to the internet, then you will need to contact your coach. Your coach's phone number is available by visiting the Staff Page on the AYBL League Site.

COACHES PROFILE

Name: _____ Date: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Drivers License #: _____ State: _____ Exp: _____

Auto Insurance Company: _____ Exp. Date: _____

Email Address _____

What area/division are you volunteering for? _____

Will you have a child or a relative in this program? _____

If yes who? _____ Relationship? _____

What previous experience do you have in this area? _____

Do you have any training/certification in First Aid? Yes No

Do you have any training/certification in CPR? Yes No

Have you ever attended a coaches training session? Yes No

If yes, please describe:

How would you describe yourself as a youth sports coach? _____

Have you read the AYBL handbook and do you agree with AYBL's vision and mission?

Additional Information:

Have you ever been convicted of a criminal offense? Yes No

If yes, please explain _____

Have you ever charged with child neglect or abuse? Yes No

Has your driver's license ever been suspended or revoked? Yes No

If yes, please explain _____

PLEASE LIST 2 PERSONAL REFERENCES WHO ARE NOT RELATIVES

Name Address Phone

Name Address Phone

PLAYER REGISTRATION/RELEASE FOR MEDIA FORM

Registration/Insurance	\$ 20.00	Three most desired Jersey Numbers: no digit can exceed 5 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
Jersey (if required \$30.00)	+ size:	1st Choice	2nd Choice	3rd Choice
Shorts (if required \$20.00)	+ size:			
Local Resources (if required)	+	Team Name _____		
Total Payment		Division 3/4 or 5/6 or 7/8		
Check/Money Order #		Gender Boys or Girls		
Available Jersey Sizes:	YS, YM, YL, MS, MM, ML, MXL, MX2, MX3, WS, WM, WL, WXL, WX2, WX3			
Available Short Sizes:	YS, YM, YL, AS, AM, AL, AXL, A2X, A3X			
Total Paid to League (Completed by Coach)		Date Registration Received by League / /		
for office use only:				

Exactly as it will appear on the jersey:

FIRST: _____ MIDDLE: _____ LAST: _____

DATE OF BIRTH: _____ AGE: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ EMERGENCY#1: _____ EMERGENCY #2: _____

EMAIL ADDRESS: _____

FATHER'S NAME: _____ WORK #: _____

MOTHER'S NAME: _____ WORK #: _____

SCHOOL ATTENDING: _____ CURRENT GRADE: _____

REGISTRATION AGREEMENT

I/We _____ parents(s) / guardian of _____ do hereby understand the terms of enrollment of my child.

REGISTRATION FEES: All fees must be paid before my child can practice and receive his or her uniform and insurance.

MAKE ALL CHECKS/MONEY ORDERS PAYABLE TO: _____

REFUNDS: No refunds will be given after uniforms have been ordered/purchased. If a refund is requested before such time as stated, I understand that a 20% administration fee will be charged and deducted from any fees that I have already paid.

RETURNED CHECKS: A \$25.00 charge will be assessed for individual players. Additionally, my child will not be considered registered until all fees have been paid.

I hereby assume all risk and hazards/incidents to such participation, including but not limited to any known or unknown illnesses and transportation to and from said activities. I waive, release, absolve, indemnify and agree to hold harmless The Aroostook Youth Basketball League and affiliated associations, leagues, the organizers, supervisors, sponsors, officers, directors, coaches, participants, and persons transporting participants to and/or from such activities from any claims rising out of injury.

RELEASE FOR MEDIA: In permitting my child to participate in the Aroostook Youth Basketball League, I am specifically granting my permission, to the Aroostook Youth Basketball League to use my child's likeness, name, voice, or words in either television, radio, film, newspaper, magazines and other media and in any form, for the purpose of advertising or communicating the purpose and activities of the Aroostook Youth Basketball.

I also am specifically granting my permission, to the Aroostook Youth Basketball League to use my child's name on the League Website for the purpose of displaying the team roster, statistics, game summaries, and awards. I also understand my child's name may be used in message board discussions related to the League Website. I am also granting my permission for my child to be photographed or recorded by any spectators, photographers or others at any AYBL event and release AYBL and its coaches, directors, officers and members from any and all claims arising from said photographs or recordings.

PARENT/GUARDIAN SIGNATURE _____

DATE _____

MEDICAL INFORMATION/RELEASE FORM

CHILD'S NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____

FATHER'S NAME: _____ WORK #: _____

MOTHER'S NAME: _____ WORK #: _____

EMERGENCY CONTACT: _____ PHONE: _____

CHILD'S DOCTOR: _____ PHONE: _____

CHILD'S DENTIST: _____ PHONE: _____

ALLERGIES: _____

MEDICATIONS: _____

DISABILITIES OR PRE-EXISTING CONDITIONS: _____

INSURANCE CARRIER: _____

POLICY NUMBER: _____

I/We do hereby state that (I am/We are) the (parents/legal guardians) of the above named child, a minor who resides with (me/us) at the above address and do hereby authorize: The Aroostook Youth Basketball League coach or representative to consent to any X-ray, examination, anesthetic, medical or surgical diagnosis or treatment and/or special supervision and on the advise of any physician licensed to practice in the State of Maine when the need for such treatment is immediate and when responsible efforts to contact (me/us) are unsuccessful. I do hereby assume all risk and hazards, incidents to such participation, including transportation to and from said activities. I waive, release, absolve, indemnify and agree hold harmless The Aroostook Youth Basketball League and affiliated associations, leagues, the organizers, supervisors, officers, directors, officials, sponsors, participants, and those persons transporting to and from such activities from any claim arising out of an injury or situation that occurred during an AYBL event.

PARENT/GUARDIAN SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

DATE

-NOTICE-

Coaches and parents have a responsibility to provide the best possible experience for the youth in sports programs. However, the players also have certain responsibilities related to their participation. The Player's Code of Ethics should be read and signed by each team member.

PLAYER'S CODE OF ETHICS

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Player's Code of Ethics Pledge.

- I will encourage good sportsmanship from fellow players, coaches, parents, and officials at every game, practice or other youth sports events by demonstrating good sportsmanship. I will not curse or swear at anytime while in a AYBL sponsored event.
- I will attend every practice and game that I can and will notify my coach if I cannot.
- I will expect to receive fair and earned playing time.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will treat other players, coaches, fans, and officials with respect, regardless of race, sex, creed, or ability, and I will expect to be treated accordingly.
- I will remember that sports are an opportunity to learn and have fun.
- I will remember to respect the facilities and always bring clean sneakers with me to play in so no damage may occur to the gym floor.
- I will adhere to any and all Covid protocols that may be in effect during the duration of the season and understand that the Covid protocols could vary from facility to facility.

PLAYER SIGNATURE

DATE

-NOTICE-

Coaches and parents have a responsibility to provide the best possible experience for the youth in sports programs. Therefore, this Parent's Code of Ethics should be read and signed by each player's parent.

PARENT'S CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports following this Parent's Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports events.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports events.
- I will encourage and place the emotional and physical well-being of my child ahead of personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and other officials with respect regardless of race, sex, creed, or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or providing transportation.
- I will adhere to any and all Covid protocols that may be in effect during the duration of the season and understand that the Covid protocols could vary from facility to facility.
-

PARENT/GUARDIAN SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

DATE

EJECTION REPORT

Individual Ejected: _____

Date of Ejection: _____

Community Represented: _____

Division: (Please circle) 3/4 Girls 3/4 Boys 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

Team: _____

Was this ejection the first offense? Yes No

What actions precipitated the ejection? _____

Who initiated and carried out the ejection? _____

And what was their roll in the game? Referee Coach AYBL Representative Other

Name of AYBL member filing report: _____

AYBL staff's action: _____

COMPLIMENT, CONCERN & COMPLAINT FORM

Date: _____

Date of contest or practice: _____

Town Represented: _____

Please circle the appropriate response

Division: 3/4 Girls 3/4 Boys 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

Team: _____

Compliment, Concern, Complaint: _____

What action would you like to see? _____

Why? _____

To be completed by AYBL Staff Member

What was the finding of AYBL staff member(s)? _____

Action taken by AYBL: _____

Document Revision Change Log

- 10/18/2007 - Changed 5/6 rules to increase the time per quarter from 6 minutes to 7 minutes to be consistent with Middle School rules.
- Eliminated conflicting sentence regarding the number of overtimes MAE
- 10/31/2007 Modified the Double Team rules to conform with adopted changes by rules committee. MAE
- 11/07/2007 Clarified the 25% playing time for teams with 10 or more players to encourage teams to carry 10 players and to give coaches more flexibility in managing playing time. MAE
- 12/11/2007 Updated the registration form and registration process directions. Cost of Jersey updated from \$25 to \$23 and the shorts from \$10 to \$12. KMB
- 01/01/2008 - Modified the number of time outs to conform with rules committee change to be consistent with IAABO.
- Clarified the double team rule in 3/4 and 5/6 divisions by pointing out that the double team can only happen on a player with the ball.
- 09/23/2008 - Cleaned up for season/year specifics.
- Deleted duplicate spectator expectations
- Added language to Players ethics to prohibit swearing
- Eliminated playing time requirements for 7/8
- Consolidated Registration and Media Release forms
- 10/20/08 - Clarified language on playing time with respect to OT and actual number of players at game.
- 12/10/08 - Changed Uniform costs on page 19 and the registration form to match current costs.
- 09/15/09 - Changed Uniform costs on page 19 and the registration form to match current costs. GH
- Made changes to page 19 to rename forms to match the actual form names on pages 21-24. GH
- 10/2/09 - Added wording in the media release to further extend to images not generated by members of the League. BM
- 12/22/09 - Added wording to the 3rd and 4th / 5th and 6th grade rules to specify conditions in which a team may play a contest with less than seven (7) available players. SS and BM
- 1/6/10 - Change the wording in player eligibility to clarify the eligibility of a player not playing in his or her own community. Left ultimate decision to the League President. SS and BM
- 1/6/10 - Clarified the 10-ft defensive rule to include the wording “within the 3-point line of the offensive team”.
- 9/12/10 - Establishing Zoning Regulations for player eligibility. Repealed #7 in Player Eligibility rule.
- Registration fee increased to \$20. SS
- 1/4/11 - Added a roster size requirement for 7th and 8th grade teams. SS and BM
- 09/12/11 Updated Zoning due to new 2010 census data. (DN/BM)

- 10/13/22 updated Covid language forms, Jersey cost up \$5
- 09/12/11 Added Player age restrictions. (DN/BM)
- 09/12/11 updated Coach/Player behavior (DN/BM)
- 09/12/11 Added Expectations for Spectator Behavior in the index. (DN/BM)
- 09/21/11 Revised the Referees section and added a new #4 (DN/BM)
- 09/25/13 Added language to promote more sternly the completion of games schedule. (BM)
- 11/19/14 Adapted IAABO rule change about marked lanes on free throws – all ages. (BM)
- 9/11/17 Added verbage to cover the treatment of homeschool and private school players. (BM)