

****** 2025-26 Youth Basketball Leagues ******
Summary of 3rd Grade Rule Differences

Rules unique to 3rd Grade Developmental basketball – different from rules for other grades in Arlington “house league” basketball – are summarized below. Please read the entire Arlington County rules document, not just this summary. Guaranteed play rules (section 7.08) apply to all age groups.

- 1.04 The head coach of a Boys/Girls 3rd grade Developmental League team may continuously stand, for coaching purposes only, in the area immediately in front of his/her seat on the team bench.
- 4.06 Players rostered on Fairfax County Youth Basketball League teams are eligible to participate in the Arlington House League program but each team will be limited to one (1) such player. This restriction does not apply to players on AAU teams. Travel players (as defined above) may play NO more than 2 quarters during a regulation game.
- Note: There is no roster limit for players with “practice player” status with the FCYBL, however these players are restricted to 2 quarters of regulation playing time.
- 6.04 BALL SIZE:
a. Boys 3rd Grade Leagues shall use a 28.5 inch ball (regulation size women’s basketball).
b. Girls 3rd Grade Leagues shall use a 27.5 inch ball.
- 6.05 HEIGHT OF BASKET. Each basket ring for 3rd Grade shall have its upper edge 8 feet above the parallel to the floor.

Playing Rules

- 7.01 Game playing time is four 10-minute quarters with a running clock, except for the last 2 minutes of the fourth quarter, which will have regulation time. Clock will stop for all time-outs.
- 7.02 There is no overtime for 3rd grade games. Games can end with a tied score at the end of regulation time.
- 7.05 The Boys/Girls 3rd Grade Developmental Leagues will NOT have a post-season tournament.
- 7.06 Boys/Girls 3rd, 4th, & 5th Grade Leagues - Special Rules of Play:
- a. ZONE DEFENSES ARE NOT PERMITTED. Each defensive player must guard a different offensive player rather than occupying an area of the court. Please review Arlington Youth Basketball rules for detailed information about enforcement of this new rule.
 - b. PRESSURE RESTRAINING LINES will be the top of the key extended to each sideline on all courts. When team ball possession changes, all defensive team players must immediately retreat behind the front court restraining line without restricting the advance of the ball by the offensive team. Defensive pressure, defined as any **INTENTIONAL** act which, in the judgment of the referee, might restrict the control or advancement of the ball by the offensive team, may not be applied anywhere on the backcourt side of the restraining line until the offensive player with the ball has both feet and the ball across the half court line. Please see section Arlington Youth Basketball rules for more details.
 - c. FULL-COURT PRESS. No full court press is allowed at any time.
 - d. DEFENSIVE PRESSURE PENALTY. Violation of the rules governing defensive pressure will result in two warnings to the offending team and then a team technical foul will be assessed.
 - e. FREE THROWS. The 3rd Grade Developmental League will not shoot free throws. All fouls are possession fouls, and the team that was fouled will get possession of the ball out of bounds. On shooting and technical fouls one point will also be awarded to the offended team.

EXCEPTION- If a player is fouled in the act of shooting, and the basket is made, the basket will count and an additional point will be awarded. Possession of the ball out of bounds is awarded to the team which committed the foul.
 - f. BONUS. There will be no one-and-one bonus shooting *or* points.
 - g. THREE POINT RULE. The three-point rule will not be in effect.
 - h. SCOREBOARD. If one team is ahead by 20 points or more, the scoreboard shall be turned off on the game clock. The score will continue to be kept in the book. If the score margin narrows to 10 points, the scoreboard will be turned back on.