FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

| OMB A | PPR | OVA |
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|--------------------------|-----------|
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| hours per response:      | 0.5       |

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of                      |                  |          | 2. Issuer Name <b>and</b> Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [ AVB ] |          | tionship of Reporting Person(s) all applicable) | ) to Issuer                 |
|---|------------------|----------|--|----------|---|-----------------------------|
| NAUGHTON TIMOTHY J  (Last) (First) (Middle) |                  |          | [ III BONDIN COMMONWED [ III B ]   | X        | Director  | 10% Owner<br>Other (specify |
|   |                  |          |  |          | Officer (give title                             |                             |
|   |                  | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year)                                     |          | below)  | below)                      |
|   |                  | INC.     | 01/30/2023   |          |   |                             |
| 4040 WILSON BO                              | OULEVARD, STE. 1 | 000      |  |          |   |                             |
| (Ctroot)                                    |                  |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)                             | 6. Indiv | idual or Joint/Group Filing (Che                | eck Applicable Line)        |
| l` ′  | 3.7.4            | 22202    |  | X        | Form filed by One Reporting                     | g Person                    |
| ARLINGTON VA 22203                          |                  | 22203    |  |          | Form filed by More than One                     | e Reporting Person          |
|   |                  |          |  |          |   |                             |
| (City)                                      | (State)          | (Zip)    |  |          |   |                             |

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3)         | 2. Transaction Date (Month/Day/Year)  2. Transaction Execution Date, if any (Month/Day/Year)  2. Transaction Code (Instr. 8)  4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) |  |      | or<br>4 and 5) | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported<br>Transaction(s) (Instr. | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership |                            |   |                       |
|---|---|--|------|----------------|--|---|---|----------------------------|---|-----------------------|
|   |   |  | Code | v              | Amount   | (A) or<br>(D)   | Price   | 3 and 4)                   |   | (Instr. 4)            |
| Common Stock, par value \$.01 per share | 01/30/2023  |  | A    |                | 379(1)   | A   | \$0.00  | 29,842.7445 <sup>(2)</sup> | D |                       |
| Common Stock, par value \$.01 per share |   |  |      |                |  |   |   | 89,073(3)                  | I | By GRAT               |
| Common Stock, par value \$.01 per share |   |  |      |                |  |   |   | 14,024(4)                  | I | By<br>Family<br>Trust |

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| Title of Derivative Security (Instr. 3) | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transac<br>Code (li<br>8) |   | str. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) |     | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | Securities Underlying |                                  | Derivative<br>Security<br>(Instr. 5) | derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---|--|---|---------------------------------|---|--|-----|--|--------------------|-----------------------|----------------------------------|--------------------------------------|--|--|--|
|   |  |   | Code                            | v | (A)  | (D) | Date<br>Exercisable  | Expiration<br>Date | Title                 | Amount or<br>Number of<br>Shares |                                      | Transaction(s)<br>(Instr. 4)   |  |  |

#### Explanation of Responses:

- 1. Reflects grant of Deferred Stock Units ("Units") under the issuer's Second Amended and Restated 2009 Equity Incentive Plan, which Units are subject to vesting requirements. The Units will convert into common stock on a one to one basis when the reporting person ceases to be an employee or director of the issuer.
- 2. The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares and deferred stock units, some of which may be subject to vesting requirements.
- 3. No transaction is reported. The amount of securities owned indirectly following the reported transaction is included for information purposes only.
- 4. No transaction is reported. Reflects indirect beneficial ownership by spouse through Family Trust and the reporting person disclaims any beneficial ownership in these shares.

### Remarks:

Edward M. Schulman, as attorneyin-fact under Power of Attorney 02/01/2023 dated January 1, 2000

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- \* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.