

Hamilton CYO Basketball
3rd & 4th Grade Girls' and Boys' Instructional League Rules

- Junior size leather ball.
- All 3rd & 4th grade games are played on 9 foot rims.
- Free throws shot from the inner circle (9 foot).
- On free throws, the bottom players will line up *beneath* the block.
- *Defense/Pressing*: Man-to-man defense for the whole game. Help defense is permitted to stop a drive to the basket. (For officiating this, use the guideline that the player providing the help defense should still know where his/her “man” is.) No pressing. The defensive team must “release” and defend behind the 10-second mid-court line.
 - With a 15-point lead, defense must release to inside the three-point arc.
- In the last one minute of the game (and the last one minute of any overtime periods), the clock will not start on a dead ball situation until the ball is touched in the front court.
- **3 seconds**: the entire lane (15-foot line down to baseline)
- **Time-Outs**: 4 total, 4 one-minute timeouts. (Unused time-outs may be carried over into overtime period.) One additional one minute time-out is granted for each overtime period. Time-outs may be called from the bench.
- **Clock**: Six minute stop and go all four quarters
- **Three-Point Shot**: In effect.
- **One-and-one Bonus** (on the 7th team foul): In effect.
- **Double Bonus** (on the 10th team foul): In effect.
- **Overtimes**: Overtime periods will be three minutes in length. No game will end in a tie.
- **Technical Fouls**: A coach will have to sit for the remainder of the game on the first direct technical foul. A second direct technical in a game is immediate ejection, with a likely one game suspension (subject to review by the CYO board). A player will be ejected on the first technical foul, unless it is something truly technical like reaching over the end line or calling an extra timeout. All player ejections will also result in a likely one game suspension (subject to review by the CYO board). A technical foul on the bench will be indirectly assessed to the head coach; a third indirect technical results in immediate ejection, without the one-game suspension.
- **Jewelry**: none allowed - no exceptions. (Includes rings, watches, barrettes, earrings, necklaces, etc.) Remind parents with regard to ear-piercing at Christmas time.
- This is an instructional league. While there is no league requirement with regard to playing time (i.e., continuous quarter, etc.), it is expected that every child be given ample playing time each game.