

***Hamilton CYO Basketball***  
***5-6<sup>th</sup> Grade Girls' League Rules***

- Intermediate leather ball (28.5 inches diameter).
- Games will be played on 10-foot rims.
- Free throws shot from the 12 foot line (midway between the inner circle and the regulation free throw line).
- On free throws, the bottom players will line up *beneath* the block.
- *Defense/Pressing*: Man-to-man defense is permitted anywhere on the court, with no trapping or double-teaming (i.e. full-court man-to-man press is permitted). In addition, any type of defense may be played inside the three-point arc (i.e. man-to-man, 2-3 zone, any form of trap inside the arc). No pressing with a 15-point lead or more.
  - With a 25-point lead, defense must release to inside the three-point arc.
- **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**: 6 minutes stop-and-go all four quarters.
- **Three-Point Shot**: In effect.
- **Overtimes**: Overtime periods will be three minutes in length. No game will end in a tie.
- **One-and-one Bonus** (on the 7th team foul): In effect.
- **Double Bonus** (on the 10th team foul): In effect.
- **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 a transitional league, with the rules designed to bridge the gap between the half-court-man-to-man of the 3rd and 4th grades and the full basketball of the 7th and 8th grades. With that in mind, if both coaches want to agree **before** the game to allow for trapping of some sort (and this is not recommended in most cases), they may do so in cooperation with the referees. If no such agreement is made, then the above rules apply for that game.

***Hamilton CYO Basketball***  
***5-6<sup>th</sup> Grade Girls' League Rules***

Coaches,

A couple of coaches have been asking me for a more-detailed interpretation of the man-to-man press rule for the 5th Boys and 5/6th Girls leagues. I will print this off and place in the rules section of the scorebook starting this weekend. But just so everybody's on the same page:

~~Anything goes inside the defending 3-point line (include man-to-man, zones, etc).

~~Outside the arc, there is to be no trapping, only man-to-man.

The clarification questions that I've received have dealt with what happens directly off of a rebound, when many sets of hands reach in, and for "switching" full-court. For the interpretation of this, I'll appeal to simple math and try to keep it as simple as possible.

On the rebound:

~~If 10 bodies are all diving in for a rebound, then that's 5-on-5, and all is fair game. Once a rebound is established, if the remaining 4 players on the rebounding team leave the scrum and head on down to the offensive end of the floor, it is expected that 4 defenders would run back with them. But, for example, if only two offensive players run back and 3 stay in the scrum, then nobody should be surprised or upset when 3 defenders also stay in the immediate area of the ball and make a play for it. 3-on-3, all in a very small space, should be viewed as man-to-man.

Likewise for pressing:

~~If the offense only has two people in the backcourt (a passer and a point guard), then it is expected that only two defenders (at most) would be in the backcourt as well (one to guard the inbound-passer, and one to guard the point guard). While those two defenders could switch off as needed, it is expected that a third or fourth player would not be lined up in the backcourt for an immediate switch once the first player gets beaten. Again, appealing to mathematics, a 2-on-4 in the backcourt, with a 3-on-1 in the frontcourt is not man-to-man defense. It's a form of zone without the trapping. If the offense brings a third person up to set a screen, the defense could then send a third person up as well and switch off as needed, guarding the ball one-at-a-time.

I don't intend for this to be more confusing. I only send this because of coaches' requests.

Simply put, anything is permissible inside the arc. Let's just keep the math at even numbers when extending the defense beyond the arc.