

3rd and 4th Grade Basketball
Philosophy and Rules

Addendum to CYO Basketball Rules dated 2008

PHILOSOPHY:

To teach the fundamentals of Basketball
To offer instructional practices and games
To teach sportsmanship and Catholic Values

PLEASE MAKE IT FUN

Rules: Coaches should have a conversation prior to game start to discuss the rules:

One coach needs to be under each basket to help in safety and instruction

A youth sized basketball (28.5) and 10 ft. rim should be used.

Every Player must play 4 consecutive minutes per half. And, sit out 4 consecutive minutes per half.
With a maximum of 12 minutes per half, minimum of 4 minutes / half

Man to man defense is to be played during the first half, and zone defense in the second half.

The game consists of four 8 minute quarters.

There are four full timeouts per game and two 30 second timeouts (one each half)

The scoreboard is to be reset to 00 after each quarter, because scores are not kept by CYO. The score will only be kept for each quarter. If a team needs to be moved to another division, it will be at the discretion of the CYO.

No pressing allowed. Defense starts at the top of the key. Defense can be played in the 3 point zone. However, defense is allowed to start before the top of the key to defend against a fast break. If a steal occurs before the top of the key and it is not a fast break, the ball is awarded to the offense at half court. Each of these “infractions” are counted as a foul for free throw purposes.

Foul shots are taken 3 feet closer than the regulation foul line.

One on one free throws are on the 7th foul per half. Two shots occur after 10 fouls per half.

EACH TEAM IS REQUIRED TO SUPPLY THEIR OWN REFEREES.