

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. No pressing. Upon turnovers, rebounds, and made baskets, the defensive team must “release” and defend behind the 10-second mid-court line.
- 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 crosses half court.
- **3 seconds**: the entire lane
- **Time-Out s: 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**: Not applicable to this league. Everything is two points.
- **Super Bonus** (on the 10th foul): In effect.
- **Overtime**: Overtime periods will be three minutes in length.
- **Technical Fouls**: The first technical on a coach he'll have to sit for the remainder of the game, the second is immediate ejection and one game suspension (no appeals). A player also gets two unless it's unsportmanlike (ie: fighting or cussing) this is immediate ejection with a one game suspension . A technical foul on the bench will be assessed to the head coach; allowed two per game with same consequences as above.
- **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.