



## **2011-12 CYO Athletics Rules for Basketball**

### **4<sup>th</sup> and 5<sup>th</sup> grade**

All basketball teams in CYO Athletics will play according to the current National Federation of State High School Association rules unless otherwise specified in this manual or the rules herein outlined.

- Players are not allowed to chew gum in the gymnasium.
- Coaches must remain seated on the bench at all times. Infractions observed by the designated officials shall result in a warning first and a technical foul (2 points awarded to opposing team) thereafter.

#### **EQUIPMENT**

- 4<sup>th</sup> and 5<sup>th</sup> grade divisions will use an intermediate size ball. Each team shall furnish a regulation ball of good quality and condition for each game.
- No jewelry, barrettes, beads or bandanas may be worn while playing. This includes posts for pierced ears. All headwear should be soft, pliable and functional.
- All game shoes must be carried, not worn, to games in the gymnasium.
- The designated visiting team must furnish a scorebook and competent scorekeeper who will maintain the official scorebook for that contest. The home team must furnish a game clock and competent timekeeper who will maintain the official time. At the game site, coaches may mutually agree to switch scorebook and clock responsibilities.

#### **MISCELLANEOUS**

- Free throw shooters must start their shot behind the free throw line, but may cross over the line before the ball hits the rim.
- Technical fouls will be an automatic two points and possession.
- Three point goals are NOT awarded in 4-5<sup>th</sup> grade.

#### **GAME TIME/TIME OUTS**

- Games shall consist of 6 minute (stop clock procedure) quarters. Overtime shall consist of a 3 minute period (stop clock procedure). There shall be a one-minute break between quarters and a 5-minute break at half-time.
- In the event that a game clock is not available, 6, 7, and 8 minute quarters shall be assigned a running clock of twelve minutes (per quarter) and overtime periods shall be assigned a running clock of three minutes. Teams using a running clock time will be limited to two full time-outs per half, but may not take a time-out during the last two minutes of the fourth quarter or in an overtime period.
- Each team is allowed three full (1 minute) and two 30 second time-outs. In an overtime period, each team is allowed one full time-out regardless of how many were used in the course of the regular game.

#### **DEFENSE**

- 4th and 5th grade teams may only use a man-to-man defense. If a violation occurs, the official will stop play and explain the violation. The ball will be awarded out-of-bounds to the team who had possession when the violation occurred.
- Double teaming is only allowed in the vicinity of the key area. If double teaming occurs, the official will stop play and explain the violation. The ball will be awarded out-of-bounds to the team who had possession when the violation occurred.
- There is no defense played until the 3-point line (an imaginary line starting at the top of the key that runs from sideline to sideline). This line is not a "free base". Once the offense is initiated across this line, the defense may follow out past the imaginary line.
- 4<sup>th</sup> and 5<sup>th</sup> graders are not allowed to press in back court until the last 10 seconds of the game.
- Enforcement of these defense rules shall be at the discretion of the game officials, members of the CYO Athletics Basketball Commission and CYO Athletics staff. Infractions, as observed by the designated officials, shall result in a warning first, and a technical foul (2 points awarded) assessed to the bench thereafter.

#### **POINT DIFFERENTIAL**

- When 4th and 5th grade teams have a 15-point lead, they may not press in the backcourt and they may not fast break. Infractions observed by the designated officials shall result in a warning first and a change of possession thereafter.

*For more information, please visit our website at <http://seattleoyyam.org/programs/cyo-athletics>, email us at [cyo@seattlearch.org](mailto:cyo@seattlearch.org) or call our office at 206.654.4643.*