



ST CHARLES DISTRICT BASKETBALL 2020

St. Charles District Instructional Basketball Rules THIRD GRADE Boys & Girls

This is an instructional league with emphasis on players gaining a better understanding of the rules and fundamentals of the game. The league is intended to provide a fun, positive experience while preparing the players/coaches/officials for CYC basketball. Running up the score and other unsporting behavior will not be tolerated. Coaches are to be respectful to officials being trained in this league.

- All teams are required to show CYC ID cards (players and coaches). See Protocols for acceptable forms.
- All Gyms will provide warm up balls. Do **NOT** bring basketballs into the gym.
- A team must have 4 players to start the game.
- **GAME LENGTH: Two - 18 minute halves (running clock throughout)** with a 5 minute half-time. Each team is allowed **3 one-minute timeouts per game**. No overtime; games can end in a tie.
- **SCORE BOARD:** Score will be recorded in the **book** only, **do not display** the score on the board.
- **JEWELRY:** All jewelry is prohibited. No earrings allowed, even with tape.
- **FREE THROW:** Free throws shall be attempted from **13 feet (2 feet shorter than the official line)**. Shooters are permitted to cross the line after release. (EXCEPTION: If the shooter attempts to gain an advantage by continuing to the rim to secure an offensive rebound, a violation shall be called.) **Bonus throws will be awarded after TEN team fouls per half**. The clock will not stop for free throws (unless a timeout is called).
- **FOUL/VIOLATION:** Officials/coaches will be encouraged to work with the players to **EXPLAIN** any foul or violation that occurs. **For all games during the month of January**, any foul/violation that occurs will be explained and the ball will be put back in play with the team that was in possession maintaining possession. Starting the **first full weekend in February**, any foul/violation will be explained but the team will lose possession of the ball, if mandated by the foul/violation. **A player will not foul out**, but with numerous fouls (5 or more) the referee may ask that the player be replaced at any time.
- **CHANGE OF POSSESSION/PRESS RULE:** When a team secures control of the ball in their own backcourt, the defensive team must retreat and remain ten (10) feet behind the division line. The ten-foot distance is a line on the court that, in most gyms, is the volleyball attack line. This line should be clarified by the officials before each game. If there is no line at ten feet, another existing line may be substituted, but it should not be substantially closer to the division line. If there is no marked ten-foot line, parishes may wish to mark a line with tape so as to avoid confusion. Teams that refuse to cross the 10-foot line as a stalling tactic are subject to disciplinary action.

NOTE: The defensive team must remain behind the ten-foot line while the offensive team retains control; there is no provision allowing the defense to apply pressure outside this line once the offense has crossed the ten-foot line and then retreated back toward the division line.

November 1, 2019