

**St. Joseph's CYO Boys & Girls Grades 3 & 4**  
**Instructional Basketball Program 2013-2014**  
**Game Rules**

1. This is an instructional level of play. The score will be kept for each half but set back to zero at halftime. This program will not focus on winning and losing. There will be no standings kept and no playoffs.
2. Each team has been assigned from 9 to 11 players so we will plan to play five on five. If **both** teams have 8 players or less at any given game, coaches can mutually agree to play 4 on 4 if they wish. All players are required to receive equal playing time. No exceptions to this rule will be tolerated.
3. Four ten-minute intervals. Time is running time. Time is only stopped for substitutions at five-minute mark (please match up quickly).
4. **Mandatory substitutions will take place every five minutes.** Any players sitting on the bench are required to enter the game. No substitutions outside the five-minute mark (other than injury/bathroom emergency) will be permitted.
5. Unnecessary roughness will not be permitted and referees will call fouls. No foul shots will be awarded. Instead, possession will be awarded to the team that was fouled.
6. Violations, such as traveling, palming, double dribbling, three seconds, etc. will be called loosely. Referee's discretion on all infractions. After any violations, the referee will explain the violation to the player and then return the ball to the player. These violations will not result in a change of possession until after January 1<sup>st</sup>. The focus of the referee will be on game control.
7. Man-to-man defense will be played the entire game. Defensive coverage assignments may switch at any time as long as defenders continue to play man-to-man defense.
8. **No stealing the ball from a dribbling player. Players can steal passes.**
9. No fast breaks for any reason. Offensive players must allow the defensive players to drop back behind the half court line before advancing the ball.
10. No pressing in the backcourt at any time. Front court change of possession forces the team now on defense to drop back behind the half court line. This will allow the offensive team to advance the ball to the half court line without defensive pressure.
11. No double-teaming of the ball for any reason. This includes no double-teaming or "help" defense on drives to the basket and in the key area.

12. Setting picks is allowed, Referee will call an infraction on moving picks.

13. Offensive players are not permitted to remove themselves from the offense above the foul line (clear out) and create an isolation situation.

14. Time outs are to be limited to a maximum of two (30 seconds each) per team for the entire game. We discourage the use of time outs unless they are absolutely necessary.

15. Players must remain on bench during game. Players are not permitted to leave to sit with parents.