

CYC Instructional Rules for Third and Fourth Grade

The Third and Fourth Grade Leagues provide the opportunity to introduce all participants (players, coaches, and fans) to the goals of the CYC program. It is a training league for players and officials and normal basketball rules will be enforced at the discretion of the officials per the level of play. Team and individual efforts should be praised by coaches, fans and officials. Unsportsmanlike behavior, such as yelling or berating players, fans or officials, will not be tolerated. Disruptive fans may be asked to leave the gym. We are all responsible for making this a fun experience for the players and teams and to promote good sportsmanship.

The current CYC Rulebook shall be used with the following modifications:

1. **No Press Rule** Once a team has established control of the ball in its backcourt -- after the opening tip-off, following a turnover, on a rebound, and on any throw-in into the backcourt -- the defensive team must drop back to the frontcourt no press line without applying any defensive pressure. The defensive team must remain ten (10) feet behind the division line until an offensive player with the ball has established frontcourt status or the ball crosses the ten-foot line. Frontcourt status is defined as both feet and the ball being in the frontcourt. The ten-foot distance is a line on the court that is in most gyms as the volleyball attack line.
 - 3rd Grade – There is no pressing allowed at any time in a 3rd grade game.
 - 4th Grade – Pressing is only allowed in the last 2 minutes of the game. If a team is up by 10 or more points, they are not allowed to press.
2. **Time Outs** Four (4) 60 second time outs per game are allowed.
3. **Tie Score** No overtime period will be played. The game may end in a tie.
4. **Free Throws** Free throws are shot from a distance of 13 feet. A painted stripe or tape shall be placed on the floor to designate the 13-foot free throw line.
 - 3rd Grade - The shooter is allowed to cross the line on a follow-through, but not immediately attempt to retrieve a missed shot after release.
 - 4th Grade - The shooter must stay behind the line until the ball hits the rim, backboard or the free throw ends.
5. **Ball** The regulation women's 28.5 basketball will be used.
6. **Length of Game** The length of the game will be 20 minutes running clock halves. The clock will stop on each whistle in the last 2 minutes of each half.
7. **Scoring** Three-point shots are allowed in gyms where the floor is properly marked.

Reminder: No jewelry (including earrings) is allowed even if covered by tape. Religious and medical-alert medals or bracelets are not considered jewelry. A religious medal must be taped to the body and worn under the uniform. A medical-alert bracelet or medal must be taped to the body and may be visible.