

2009- 2010
CATHOLIC SCHOOL ATHLETIC ASSOCIATION
BASKETBALL RULES



4TH GRADE AND UNDER

It is the philosophy of the 4th grade and under, that the leagues be organized as instructional leagues with emphasis on FUN, participation and fundamentals of basketball.

It is recommended that you carry 10 players on a team.

Players may not transfer between teams after the **ROSTER is turned in on December 4TH**.

STARTING DATE: The starting date for basketball has been set for October 26TH. No practices, workouts or tryouts are allowed before the designated starting time for basketball.

CONTRACTS: **Contracts are to be signed by all participants.** Contracts must be in the C.S.A.A. office no later than December 4TH. One contract is good for all sports starting in the 1st grade and are kept on file until they graduate. Contracts must be in the C.S.A.A. office before a player may play.

ROSTERS: Team rosters **MUST** be turned into the C.S.A.A. office NO LATER than December 4TH. **NO EXCEPTIONS.** This list is the official eligibility for this sport. Players may be added to the roster at any time during league play. All additions to the roster MUST BE MADE IN WRITING with all the information listed on the original roster.

LEAGUE BALL: The official league ball for 4th grade is the Mikasa BWL C 110

UNIFORMS: Matching shirts of any kind with 4 inch or 6 inch numbers on the back.

JEWELRY - of any kind **MAY NOT** be worn. Taping or covering of earrings is **NOT** allowed.

AGE LIMIT: If a boy or girl reaches his or her 11th birthday before August 1st of the current school year, or is in the 5th grade or over, (s)he will be ineligible for 4th grade athletics.

PRACTICE TIME: Practice is limited to two times a week. Time is limited to no more than 1 ½ hours. Scrimmages will count toward your practice time.

LEAGUES - TOURNAMENTS - TROPHIES - AWARDS - All leagues will be non competitive leagues. There will be no league standings. **There will not be a tournament at the end of the season.**

BENCH DECORUM: The coaching box shall be defined as an area outside the playing court on the side of the court which the scorer/timers table and team benches are located. This box shall be bound in an area marked from the first seat on the bench from the scorers/timers table, down the bench area to fifteen (15) feet in length. The width shall be three feet, but in case of limited space, may be reduced to the distance from the side line to the team bench. Each box shall be clearly marked with two-inch wide lines.

It is important to note that this applies only to the HEAD COACH. The penalty for leaving the coaches box for any unauthorized reason will be penalized by a two shot technical foul.

All team members and assistant coaches are still bound by remaining seated on the bench. Any infraction by team member or assistant coach will be penalized with a technical foul against the head coach. (2 free throws and possession)

DISQUALIFICATION - If a coach or player is ejected from a game, he or she is automatically suspended for one league or C.S.A.A. tournament game and must be re-instated by the C.S.A.A. before they may play or coach. Christmas or invitational games do not count toward suspension.

If a coach is ejected from a game, he or she must leave the gym. When they sit out the league or C.S.A.A. tournament game they are automatically suspended for, **they may not attend the game as a spectator.** They may not be present in the gym during his or her teams game.

COACHES ARE RESPONSIBLE FOR PARENTS AND FANS:

Coaches are responsible for parents and fans who display any unsportsmanlike conduct or abusive language during or after a game. During a game parents will be asked to leave the gym if they cannot control themselves. Refusal to leave could result in forfeiture of the game.

4TH GRADE SPECIAL RULES:

1. **PLAYING TIME SHALL BE:**

4th grade will play - 6 minute quarters.

FOR GIRLS AND BOYS - The clock stops only on fouls called time-outs, jump balls - alternate possession and substitutions. On violations, out-of-bounds, etc. the clock will continue to run.

2. **PARTICIPANT PLAYING TIME:**

It is recommended that you carry 10 players on a team.

If you have **ten players** on your team, you must put in a new 5 players for each quarter. (If you substitute every 3 minutes, you must substitute five new players.)

When a team has **eight or nine players**, no player may play more than 15 minutes per game.

When a team has **seven or less players**, all players should have equal playing time.

If a team has **more than ten players**, you may substitute for other players during a quarter, so that everyone gets as much equal playing time as possible. (No player may play more than 10 minutes per game.)

3. **LEAGUE PLAY:** There will be no league standings. If a game ends in a tie, it will stay a tied game. No over-time.

4. **LANE VIOLATION:**

For 4th grade there will be a 5 second lane rule instead of 3 seconds. All lane violations are full lane.

5. There is **NO THREE POINT FIELD GOAL** FOR 4TH GRADE.

6. **FREE THROWS:**

The foul line will be moved to the bottom of the circle.

We will shoot the ball **on shooting fouls** and **the bonus on the 7th team foul**.

We will NOT shoot 2 on the tenth foul.

DURING FREE THROWS: - The shooter will be allowed to step on or over the line after he/she has released the shot without penalty. No advantage may be gained by the shooter to rebound the ball. ONLY 3 PLAYERS may line up on either side of the free throw lane. A player not in a lane space may not enter a space or break the plane of the free throw lane extended and the three point line which is farther from the basket until the ball touches the ring or backboard or until the free throw ends.

7. **FORFEIT TIME:** is 10 minutes on each game from the scheduled starting time.

8. **TEAM TIME OUTS** - There will be 2 time outs per team in each half.

9. **OFFENSE:**

No fast breaks. Once the defensive team has established control of the ball in the back court, the other team must move down the court.

PENALTY: If a violation occurs the ball will be turned over to the opposing team.

10. **DEFENSE:**

Teams may play a man-to-man defense or a zone defense.

PRESS:

No pressing in the back court .

PENALTY: A technical foul will be called against the Head Coach. Two free throws and possession of the ball.

11. **BODY MARKINGS:**

Face painting, temporary tattoos, body painting of any kind or paint in the hair is **not allowed**.

12. **BAD WEATHER** - In case of bad weather, please contact the league manager or gym. Only in case of severe weather will it be announced on WAVE - TV. **IF THE GRADE SCHOOLS ARE CLOSED FOR BAD WEATHER, DURING THE SCHOOL WEEK, THEN ALL GAMES AND PRACTICES WILL BE CANCELED.**