

# St Agnes Junior Raven 3<sup>rd</sup> & 4<sup>th</sup> grade/CYO

## Basketball guidelines



The following rules have been set by the Archdiocese of Newark and must be followed for this age group.

The spirit and intent of the following rule is to get all eligible players into all games.

Any player, who plays in the first 4 minutes, cannot play in the second 4 minutes.

Every 4 minutes in the first ***THREE*** quarters, a new five must enter the game. The clock will stop at the first “dead ball” nearest the 4 minute mark for the changes to take place. Coaches must have their substitutes already determined for a quick substitution. This is not a timeout, this is just to sub. If the official feels that it is taking too much time he may start the clock. Free substitution in the fourth quarter.

A team with less than 10 players must select the starting five. The opposing coach will select which of the five starters can be used to fill the gap in the second 4 minutes.

Teams with less than ten players will be allowed to substitute in the first 4 minutes in the event a player is injured, or accumulates three fouls. Again, the opposing coach has the option to pick the substitute.

Teams with more than ten players may substitute in the first 4 minutes so long as they have five players available for the second 4 minutes.

Foul shots: A player can set up closer to the basket (regulation is 15 feet) approximately 13 feet, but they cannot charge the basket for a rebound.

No three-point shots will be counted.

**Press rule:**

**No full or half court defense allowed**, defensive players must drop back inside the 3 point arch.....except:

**Half court defense** is allowed the **last 2 minutes of the 4th quarter only**. Unless you are up by 10 or more points it is still not allowed.

**Full court press** is allowed the **last minute of the 4th quarter**. Unless you are up by 10 or more points it is still not allowed.

If the offense breaks the plane of the three point arch with the ball, the defense is now allowed to play anywhere on the court

**5 time-outs per game -----3 full -2 thirty seconds**

**2 Referee per game.**