

Metro CYO Basketball Rules

3rd Grade Instructional

- Quarters are 6 minutes in length
- The defensive team is not allowed to play defense beyond the designated line (between top of key and half court line). Offense must be allowed to advance the ball past the “line” before the defense can take the ball. The defense may go beyond these lines only if there is a loose ball and must move back if the offense regains possession.
- Fast Breaks are allowed **unless** a team has a 10-point lead at any time on the scoresheet.
- Free throws will be shot from the designated line in each gym. A violation will not be called if a player crosses the line; however, the player must wait until the ball hits the rim before advancing for the rebound.
- Score will be cleared at the end of each quarter from the scoreboard. If the 4th quarter ends with a tie score, the game is over. There is NO overtime.

2nd Grade Instructional

- There will be no score kept on scoreboard or score sheet. Only playing time is recorded.
- There is no jump ball. The Home team, as designated on the schedule, will take the ball out to start the game and will alternate for each playing period.
- The offense must be allowed to pass the ball past the “defensive line”
- No fast breaks. When a player gets a rebound they must stop, hold the ball and wait for players to advance up the court before beginning to dribble.
- If a player is fouled, team will receive the ball out of bounds. No free throws will be shot
- One coach from each team will be allowed on the court to instruct their players.
- Playing time
 - Quarters will be 10 minutes in length (running clock) with a 5-minute half time.
 - Each quarter will be divided into two 5-minute playing periods.
 - The clock will run continuously. Clock will stop only for an injury.
 - Five new players must muster the game every 5 minutes unless a team has less than 10 or 15 players.
 - Players should not play more than two consecutive 5 minute playing periods unless a team has less than 8 players. In that instance, players may play three consecutive playing periods. Based on number of players this may be adjusted. Please check with referee or scorekeeper. The goal is for each player to have an equal amount of playing time.
 - Substitutions or timeouts are only allowed for an injured player.

Metro League Basketball Rules

4th – 8th Grades

- The **Metro “All Play Rule”** will be enforced. All healthy uniformed players must play the minimum of two, full continuous playing periods prior to the end of the third quarter. Every player entering the game for the first and second time must enter at the beginning of the playing period and play the full playing period. The only exception will be due to injury or disqualification.
- The quarters will be divided in half the first two or three quarters until all players have played their required playing periods.
 - 7th & 8th – 7 minute quarters
 - All other grades – 6 minute quarters
- Three (3) point shot will be allowed in the 8th Grade only.
- **No Pressing Rule: Team with the lead must allow the opposing team to advance the ball across half court without pressure.** This means that defensive team may not stand at half court to prevent ball from crossing the half court line.
 - Grades: 6, 7, 8 15 points
 - Grades: 4, 5 10 points
- **No Fast Break Rule: No fast break unless the defensive team is pressing.** The team with the ball, upon gaining possession, should not immediately dribble or make a pass to move the ball up court. Team must walk or slowly jog the ball up the court allowing defensive team to get in position. If the defensive team begins to put pressure on the ball, the offensive team may fast break.
 - Grades: 6, 7, 8 20 points
 - Grades: 4, 5 15 points
- **Pressing and Fast Break Penalty:** When a team is ahead (by their designated amount) and they press or fast break, the offending team will be given one warning. Each additional occurrence will result in technical foul and an automatic 2 points awarded to the opposing team.
- **Running up the Score**
 - Grades: 7, 8 25 points
 - Grades: 4,5,6 20 points
- **Mercy Rule:** If a team is ahead by amount listed below at the end of the 3rd quarter, then the 4th quarter will be played with a running clock.
 - ** The clock will stop only for timeouts.
 - Grades: 7, 8 25 points
 - Grades: 4,5,6 20 points