



OLMC In-House Basketball League

Grades 1 & 2 combined (readiness)
Grade 3 (CYO Prep)

Important Information:

**REGISTRATION DEADLINE: Jan. 11th (register via orgsonline.com)<2012 male/female In-House Basketball>

**SEASON: Feb. 11th-March 17th (Games will be played on Saturdays and possibly Sundays, depending on the number of teams)

**LOCATION: (will be played in the Our Lady of Mount Carmel/St. Maria Goretti/St. Elizabeth Ann Seton Gyms)

**COST: \$70 (\$95 if registering after January 11th and a spot cannot be guaranteed on a team)

**Player Evaluation: Girls- January 14th 6pm
Boys- January 14th 7pm

Special Notes:

- 1.) Special requests must be noted on the "notes" section of the registration process.
- 2.) Email Shelda Balcer at jsbalcer@earthlink.net if you are willing to coach.

OLMC Athletic Department
1st & 2nd Grade Basketball Rules

1. Goals will be 9 ft. (crank to raise and lower the goal will be kept in the green cabinet)
2. Basketball used will be a size 28.5.
3. Games will start on the hour.
4. Games will consist of four 8-minute quarters.
5. We will utilize a running clock which will only stop for:
 - a. Injuries
 - b. Time outs
 - c. During the last 2 minutes of the game, when the clock will function as normal
6. The break between quarters will be 60 seconds. The halftime break will be for 3 minutes.
7. Substitutions will only be allowed at the breaks. (Except for injury)
8. Every player must play at least 2 of the 4 quarters. No player may play more than 3 quarters (unless there are only 6 players).
9. Zone defenses are not allowed. Man to man defense, utilizing switching and weak side help will be allowed.
10. Double-teaming is prohibited.
11. Two time-outs per game per team are allowed, 45 seconds each.
12. Games tied at the end of regulation time will be declared a tie.
13. 20 Points maximum/per player/per game.
14. Players will be disqualified for 5 fouls.
15. Shot blocking is allowed.
16. Fast breaks are allowed.
17. There will be no stealing when a player is dribbling or holding the ball.
18. Free throws shall be shot from 12 ft.; the bonus will be in effect on the 7th foul and 2 shots on the 10th.
19. Full court press will not be allowed.
20. Once the defense has regained possession of the ball in the other team's front court the other team must drop back on defense across the midcourt line. A player cannot steal a pass in the other teams back court. A pass originating from the back court may be stolen in the front court.

OLMC Athletic Department
3rd Grade Basketball Rules

1. Goals will be 10ft. for both boys and girls (crank to raise and lower the goal will be kept in the green cabinet)
2. Basketball used will be a size 28.5.
3. Games will start on the hour.
4. Games will consist of four 8-minute quarters.
5. We will utilize a running clock which will only stop for:
 - a. Injuries
 - b. Time outs
 - c. During the last 2 minutes of the game, when the clock will function as normal
6. The break between quarters will be 60 seconds. The halftime break will be for 3 minutes.
7. Substitutions will only be allowed at the breaks. (Except for injury)
8. Every player must play at least 2 of the 4 quarters. No player may play more than 3 quarters (unless there are only 6 players).
9. Zone defenses are not allowed. Man to man defense, utilizing switching and weak side help will be allowed.
10. Double-teaming is prohibited.
11. Three time-outs per game per team are allowed, 45 seconds each.
12. Games tied at the end of regulation time will be declared a tie.
13. 20 Points maximum/per player/per game.
14. Players will be disqualified for 5 fouls.
15. Shot blocking is allowed.
16. Fast breaks are allowed.
17. Stealing is allowed
18. Free throws shall be shot from 12 ft.; the bonus will be in effect on the 7th foul and 2 shots on the 10th.
19. Full court press will not be allowed.
20. Once the defense has regained possession of the ball in the other team's front court the other team must drop back on defense across the midcourt line. A player cannot steal a pass in the other teams back court. A pass originating from the back court may be stolen in the front court.

Officiating Guidelines -

1. Give three loud verbal warnings for lane violations; count to 5 seconds on the fourth, then call it with an explanation.
2. Whistle all traveling calls within the lane, all over the back rebounds, all reach ins.
3. Players being closely guarded while holding the ball for 5 seconds should be called for a violation.
4. Enforcement of violations shall be stepped up as the season progresses.
5. Call all fouls that are committed in the act of shooting
6. Guarding in the back court is not allowed once the defensive team has “control” of the rebound tell the other team to drop back.