League Rules

St. Catherine of Siena 3rd/4th grade girls league

8-minute quarters with running clock. Clock stops last minute of each half.

2 Time outs per half. Unused 1st half TO’s do not carry over.

Man-to-Man defense, no double team except in paint

Stealing of the ball is allowed

No press at any time

Free throws at 9 ft. (mark on floor)

9 ft. rims

5 seconds in the lane

28.5” basketball

3 minute OT – clock stops last minute…1 TO per OT period.