



Coaches,

Thank you for volunteering to coach Cascade Youth Basketball (CYB). As a coach, you have the ability and responsibility to teach your players basketball skills and fundamentals while making it an enjoyable season. CYB is for any child who would like to try basketball for the first time as well as any child who would like to play competitively.

**Guiding Philosophy:** The CYB program objective is to promote sportsmanship and a sense of fair play within the framework of a team sport, to develop an interest in and working knowledge of the game of basketball, and to provide a recreational environment for its' players. Coaches are responsible for promoting the skill development of the players as well as a basic understanding of the game. Cascade Youth Basketball is an instructional league and all activities should be geared toward this goal. The intent is to develop fundamentals and an appreciation for the game of basketball.

**CYB Representative:** Ben Nelson (President) 503-910-9872  
(ben.nelson@academymortgage.com) or Levi Wilson: 503-881-5286

**Drugs, Tobacco, and Alcohol:** Cascade Schools District is a tobacco-free campus which includes vehicles on district property. Any official, coach, referee, or player determined to be under the influence of drugs or alcohol during a practice or game will be suspended from the program.

**Conflict Resolution:** It is the hope that any conflicts that arise during the upcoming season will be of the nature that can be easily and amicably resolved by all involved. If conflict cannot be resolved, please send an email to Ben Nelson ([ben.nelson@academymortgage.com](mailto:ben.nelson@academymortgage.com)) explaining the conflict, the parties involved and the parties' emails and phone numbers. Please do not hesitate to get the CYB President involved.

**Uniforms:** CYB will provide each player with a CYB Game T-Shirt to be worn during games.

**Tournament Teams:** Teams for 5<sup>th</sup> & 6<sup>th</sup> grades will be selected for play outside the CYB league Schedule. CYB will conduct a selection process with participating coaches and final say to the board. Coaches for the tournament will be selected by the CYB Board. All expenses incurred in tournament play will be absorbed by the players, parents, CYB and coaches. The tournament coach for teams will be responsible for scheduling tournament play.

**Sportsmanlike Conduct:** Such conduct is expected at all times from players, coaches, parents & spectators.

**Profanity:** Refrain from using profanity at all times. Profanity by a player, coach, parent or anyone is grounds for ejection from the gym and possible dismissal from CYB Program.

**Safety:** No CYB player shall be allowed in the gym without a CYB Coach present. Coaches shall be the last to leave the gym; DO NOT leave a player unsupervised.

**Accidents/Injuries:** Coaches are required to have copies of their player registrations and medical release information at all games and practices in case of serious accident requiring emergency medical

treatment to a player in the absence of a parent. First-Aid Kits will be available at all CYB games. It is recommended that each coach has their own version of a First Aid Kit (Band-Aids, gauze, instant cold packs, and towel). All injuries must be reported to the CYB President in the form of an email. Any injury requiring a player go to the hospital requires an immediate phone call to CYB President.

**Basic Rules:** The Official High School Basketball Rules will be used to resolve all matters except for differences provided in this manual.

**League Divisions:** The Leagues divisions shall be divided as follows:

- 1<sup>st</sup> and 2<sup>nd</sup> Grades – Co-ed teams - after New Year
- 3<sup>rd</sup> and 4<sup>th</sup> Grades – Teams by gender – after New Year
- 5<sup>th</sup> and 6<sup>th</sup> Grades – Teams by gender – Before Christmas

**Ball Size:** The balls used for practice and games shall be as follows:

- 1<sup>st</sup> and 2<sup>nd</sup> grad co-ed – 27 inches
- 3<sup>rd</sup> and 4<sup>th</sup> grade boys & girls – 28.5 inches
- 5<sup>th</sup> and 6<sup>th</sup> grade boys & girls – 28.5 inches

**Height of Basket:** The height of the basket for practice and games shall be as follows:

- 1<sup>st</sup> and 2<sup>nd</sup> grades – 8 feet
- 3<sup>rd</sup> and 4<sup>th</sup> grades – 9 feet
- 5<sup>th</sup> and 6<sup>th</sup> grades – 10 feet

**Substitution and Playing Time:** All players are required to play 50% of the game, special circumstances are considered. Ideally no player is playing more than 75% of any game. At grades 1<sup>st</sup>-4<sup>th</sup>, it is encouraged by coaches and referees to help players get “matched up” with similar ability levels.

**Length of Game:** The length of game shall be as follows:

- 1<sup>st</sup> & 2<sup>nd</sup> Graders – 8 periods of 4 minutes - running clock
- 3<sup>rd</sup> & 4<sup>th</sup> Graders – 6 periods of 6 minutes – running clock
- 5<sup>th</sup> & 6<sup>th</sup> Graders – 2 halves of 21 minutes – running clock (last minute stopped clock if game is within 10 points)
- Halftime: 3 minutes
- OT: 1st – 2 minutes running; 2<sup>nd</sup> – 1 minute running; Final – First point (Sudden Death)

**Time-Outs:** Each team will be allowed 2 time outs. Each time-out not to exceed 1 minute

**Full Court Press:** Full court press is ONLY allowed in 5<sup>th</sup> and 6<sup>th</sup> grade if the pressing team is losing, or winning by less than 10 points. Zone Presses are NOT allowed. You may not double team anyone without the basketball.

**Legal Defense:** Man to Man Defense is the **ONLY** legal defense in CYB. Zone defenses are illegal and will result with 1 warning by referee or CYB Board Member Scorekeeping. Every violation after by that player will result in a technical foul and 1 point awarded to the other team.

- 1<sup>st</sup> – 4<sup>th</sup> grades – defending players must be within 6 feet (2 yards) of their offensive player. Defensive player can leave their man once offensive player with the ball is in the key.
- 5<sup>th</sup>-6<sup>th</sup> grades – defending players must be within 6 feet (2 yards) of their offensive player. Double teaming is permitted only on offensive player with the basketball.

**3 Seconds in Key:** Three seconds in the key shall be enforced in 3<sup>rd</sup>-6<sup>th</sup> grades. Referees will be advised to verbally warn the players to move out of key and call violation at a legitimate 5 seconds.

**Scores:** Scores and standings will only be kept at the 5<sup>th</sup>-6<sup>th</sup> grade levels. 1<sup>st</sup>-4<sup>th</sup> grades scoreboard will be used for keeping time only.

**Free Throws:** Free throws will only be used in 5<sup>th</sup>-6<sup>th</sup> grade on shooting fouls, 1-and-1 bonus on 7<sup>th</sup> team foul, and 2-shot double bonus on 10<sup>th</sup> team foul. The intent is for the player to start and finish shot behind the free throw line, however this violation will not be called unless deliberate. Lane violations will be called before the release.

**Jump Ball:** A jump ball will be used to start 5<sup>th</sup>-6<sup>th</sup> grade games only. Thereafter, alternate possession will be in effect.

**Fouls:** Fouls should be called for the following reasons (referee has discretion based on grade level):

- Player Safety
- Player Instruction
- Violations resulting in distinct advantage

**Player Disqualification:** Players in grades 1<sup>st</sup> and 2<sup>nd</sup> shall only be disqualified on coaches or CYB Board discretion. Players at 3<sup>rd</sup>-6<sup>th</sup> grades shall be disqualified after his/her 5<sup>th</sup> foul. Intentional or Violate fouls can be determine by referee discretion to disqualify a player at any time.