## **Cascade Youth Basketball Quick Reference Rules**

League DivisionsCo-ed 4-on-4Boys Division Girls Division 5-on-5Boys Division Girls Division 5-on-5Ball Size27 inches28.5 inches28.5 inchesBasket Height8 Feet9 Feet10 FeetFree ThrowsNoneNone1-and-1 at 7 fouls 2 at 10 foulsPlaying TimeEqualEvery player must play half of gameEvery player must play half of gameLength of Game8 - 4 minute periods6 - 6 minute periodsEvery player must play half of gameLength of Game8 - 4 minute periods6 - 6 minute periodsStop clock in last 1 min of game if within 10 pointsHalftime3 minutes3 minutes3 minutesTime OutsNo2 - 1 minute2 - 1 minuteFoulsGive instruction5 Foul Limit5 Foul LimitZone DefenseNONONODouble TeamingNONONOMan-to-Man Distance6 feet6 feet6 feetFull Court PressNoNoYes, if lead is less than 10 pointsStealsOnly on passesYes, front court onlyYesJump Ball to Start GameNoNoYesReferee Discretion between 3- 5 secondsScoreNoNoNoYesStandingsNoNoYes		1st & 2nd Grades	3rd & 4th Grades	5th & 6th Grades
Ball Size 27 inches 28.5 inches 28.5 inches  Basket Height 8 Feet 9 Feet 10 Feet  Free Throws None None Shooting Fouls 1-and-1 at 7 fouls 2 at 10 fouls  Playing Time Equal Every player must play half of game Play half of game Play half of game Stop clock in last 1 min of game if within 10 points  Halftime 3 minutes 3 minutes 3 minutes  Time Outs No 2-1 minute 2-1 minute  Fouls Give instruction 5 Foul Limit 5 Foul Limit 5 Foul Limit 2 one Defense NO NO NO NO NO Double Teaming NO Only in Key Yes, on ball only Man-to-Man Distance 6 feet 6 feet 6 feet  Full Court Press No No No Yes Warning Warning-Called at 5 seconds  Score No No No Yes			Boys Division	Boys Division
Ball Size     27 inches     28.5 inches     28.5 inches       Basket Height     8 Feet     9 Feet     10 Feet       Free Throws     None     None     Shooting Fouls       Playing Time     Equal     Every player must play half of game     Every player must play half of game       Length of Game     8 - 4 minute periods     6 - 6 minute periods     2 - 21 minute halves, Stop clock in last 1 min of game if within 10 points       Halftime     3 minutes     3 minutes     3 minutes       Time Outs     No     2 - 1 minute     2 - 1 minute       Fouls     Give instruction     5 Foul Limit     5 Foul Limit       Zone Defense     NO     NO     NO       Double Teaming     NO     Only in Key     Yes, on ball only       Man-to-Man Distance     6 feet     6 feet     6 feet       Full Court Press     No     No     Yes       Jump Ball to Start Game     No     No     Yes       Jump Ball to Start Game     No     Warning     Warning-Called at 5 seconds     Yes - Referee Discretion between 3-5 seconds       Score     No     No     Yes	League Divisions	Co-ed 4-on-4	Girls Division	Girls Division
Basket Height8 Feet9 Feet10 FeetFree ThrowsNoneNoneShooting Fouls 1-and-1 at 7 fouls 2 at 10 foulsPlaying TimeEqualEvery player must play half of gameEvery player must play half of gameLength of Game8 - 4 minute periods6 - 6 minute periods2 - 21 minute halves, Stop clock in last 1 min of game if within 10 pointsHalftime3 minutes3 minutes3 minutesTime OutsNo2 - 1 minute2 - 1 minuteFoulsGive instruction5 Foul Limit5 Foul LimitZone DefenseNONONODouble TeamingNOOnly in KeyYes, on ball onlyMan-to-Man Distance6 feet6 feet6 feetFull Court PressNoNoYes, if lead is less than 10 pointsStealsOnly on passesYes, front court onlyYesJump Ball to Start GameNoNoYes3 Seconds in KeyWarningWarning-Called at 5 secondsYes - Referee Discretion between 3- 5 secondsScoreNoNoYes			5-on-5	5-on-5
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Length of Game  8 - 4 minute periods  8 - 4 minute periods  8 - 4 minute periods  6 - 6 minute periods  6 - 6 minute periods  8 - 2 - 21 minute halves, Stop clock in last 1 min of game if within 10 points  10 points  3 minutes  5 Foul Limit  5 Foul Limit  5 Foul Limit  7 Fouls  8 Foul Limit  7 Fouls  8 Foul Limit  9 Fouls  9 Foul Limit  9 Foul Limit  10 points	Playing Time	Equal	Every player must	Every player must
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Distance6 feet6 feet6 feetFull Court PressNoNoYes, if lead is less than 10 pointsStealsOnly on passesYes, front court onlyYesJump Ball to Start GameNoNoYes3 Seconds in KeyWarningWarning-Called at 5 secondsYes - Referee Discretion between 3-5 secondsScoreNoNoYes	Double Teaming	NO	Only in Key	Yes, on ball only
Full Court Press       No       No       10 points         Steals       Only on passes       Yes, front court only       Yes         Jump Ball to Start Game       No       No       Yes         3 Seconds in Key       Warning       Warning-Called at 5 seconds       Yes - Referee Discretion between 3-5 seconds         Score       No       No       Yes		6 feet	6 feet	6 feet
Jump Ball to Start Game     No     No     Yes       3 Seconds in Key     Warning     Warning-Called at 5 seconds     Yes - Referee Discretion between 3-5 seconds       Score     No     No     Yes	Full Court Press	No	No	· ·
Game  No No Yes  Warning-Called at 5 seconds  Score No No No Yes  Yes - Referee Discretion between 3-5 seconds  Yes - Referee Discretion between 3-5 seconds	Steals	Only on passes	Yes, front court only	Yes
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	3 Seconds in Key	Warning	•	Discretion between 3-
Standings No No Yes	Score	No	No	Yes
	Standings	No	No	Yes