

Cascade Basketball League

- **Home Team** will be the team on the left/top of the schedule
 - They will wear WHITE jerseys
 - They will provide a person to do the *scorebook*.
- **Away Team** will be the team on the right/bottom of the schedule
 - They will wear DARK jerseys
 - They will provide a *clock person*.

GAME PLAY RULES:

1. 2 - 24 Minute Running Clock Halves.
 - a. If the game is within 10 points in the last 2 min of the game, it will be stopped clock on all dead balls.
2. 3 - Minute Halftime (Might be cut down if we are behind schedule)
3. 5 - Minute minimum warm-up time (Will be extended if necessary to avoid games starting early)
4. 2 - 60 Second Timeouts per Half
 - a. (1-30 Second Timeout per Overtime, Timeouts DO NOT CARRY OVER from regulation.)
5. 5 fouls per player, per game.
6. All overtimes are 2 minutes. The first is a full 2 minutes with a stop clock. The second is SUDDEN DEATH (First team to score.)
7. No Full Court Pressing with a 20-point lead or greater.
 - a. **5th & 6th divisions press allowed in the 2nd half (no press 1st half)**
 - i. **Teams will not be allowed to purposely trap in the back court.**
 - ii. **Teams can trap in the front court within the principles of man to man defense as determined by the referee. (Examples would be trapping on screens, doubling when help defense is needed, doubling in an offensive rebounding scenario etc. There may be other scenarios that are not listed here.)**
 - iii. **Once the ball is passed or dribbled out of a trap successfully, players need to immediately return to their man to man position.**
 - iv. **It is not ok to have one player running around trapping the ball everywhere.**
8. 5th and 6th grade teams will play man to man defense only
9. 7th and 8th grade teams will have no restrictions on what defenses they can play.
10. 7th & 8th grade Boys will use a full-sized ball. *All other divisions use 28.5 ball.*
11. Players may play for only one team during the season.
12. Everything else is NFHS rules.
13. All players in all Divisions will shoot from the regulation free-throw line.
 - a. 5th grade divisions are allowed to jump over the line as long as it does not create a rebounding advantage