

Cascade Youth Basketball Quick Reference Rules

	1st & 2nd Grades	3rd & 4th Grades	5th & 6th Grades
League Divisions	Co-ed 4-on-4	Boys Division Girls Division 5-on-5	Boys Division Girls Division 5-on-5
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	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, if lead is less than 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
Standings	No	No	Yes