



Cape Cod Youth Basketball League
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Defensive Rules for 4th & 5th Boys and 5th/6th Girls--The Short Version

CCYBL Rule 21. 4th, 5th grade boys and 5th, 6th grade girls will play man to man defense only. Double-teaming is allowed only on the ball and only inside the three point arc. All defensive restrictions including zones and back-court defense are lifted for the last two minutes of each half and all overtimes. See ***Note**.

- >**No** double-teams off the ball.
- >**No** double-teams or half-court traps outside the three-point arc.
- >**No** camping out in the lane. Defensive players may be in the lane to guard offensive players in or immediately adjacent to the lane.
- >**Players may** sag off their defensive match-up on the side opposite the ball or when “two passes away” but may not have even one foot in the lane when on the “help side”.

CCYBL Rule 22. 4th, 5th grade boys and 5th, 6th grade girl's may not play defense in the back court until the last two minutes of each half and any overtime periods. See ***Note**.

- >**No** defensive pressure is allowed, once a team has established possession in the backcourt, until the ball has crossed the mid-court line.
- >**No** jamming the rebounder, contesting the outlet or any other pass, reaching for or attempting to deflect the ball, or impeding the progress or running in the lane of any offensive player while in the back-court.

Suspension of Backcourt Defense for All Divisions with 20 Point Lead

CCYBL Rule 17. Back court defense or pressing will not be allowed with a 20-point lead. Neither team will be allowed to press until the lead drops below 20 points. See ***Note**.

- >**See Rule 22** for back court defensive prohibitions.

***Note:** Violation of rules 17, 21, & 22 will result in a warning to the offending team by the referees. After two warnings for violation of each rule a penalty free throw will be awarded the offended team for each subsequent violation and play will resume by in-bounding the ball at point of interruption.

>**THE PENALTY FREE THROW IS NOT A TECHNICAL FOUL.** Warnings should be noted and tracked in the official book margins as F1 and F2 (for Rule 21--frontcourt defense) or B1 and B2 (for Rules 22 and 17--backcourt defense), so that penalty shots may be assessed if required.

--SCP, 11/13/2018