|  |  |  |  |
| --- | --- | --- | --- |
| **Game Format** | **Pressing** | **Defense** | **Substitutions** |
| Quarters-10min running time (except fouls, and timeouts)- last 2 minutes of game is stop time- overtime 2 minutes stop time | No press- press is intentional defending of team in possession of the ball in their back court**(warning-then technical)**- in first half or with greater than 20pt lead | No zone- checks must be within reasonable guarding distance **(warning-then technical)****-** Sag/help/recover permitted | - occur at nearest stoppage every 5 min.- equal playing time - 4th quarter coach’s discretion- players in foul trouble (3 or more) can be subbed out any time |
| **Basketball Cheat Sheet** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Game Format** | **Pressing** | **Defense** | **Substitutions** |
| Quarters-10min running time (except fouls, and timeouts)- last 2 minutes of game is stop time- overtime 2 minutes stop time | No press- press is intentional defending of team in possession of the ball in their back court**(warning-then technical)**- in first half or with greater than 20pt lead | No zone- checks must be within reasonable guarding distance **(warning-then technical)****-** Sag/help/recover permitted | - occur at nearest stoppage every 5 min.- equal playing time - 4th quarter coach’s discretion- players in foul trouble (3 or more) can be subbed out any time |
| **Basketball Cheat Sheet** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Game Format** | **Pressing** | **Defense** | **Substitutions** |
| Quarters-10min running time (except fouls, and timeouts)- last 2 minutes of game is stop time- overtime 2 minutes stop time | No press- press is intentional defending of team in possession of the ball in their back court**(warning-then technical)**- in first half or with greater than 20pt lead | No zone- checks must be within reasonable guarding distance **(warning-then technical)****-** Sag/help/recover permitted | - occur at nearest stoppage every 5 min.- equal playing time - 4th quarter coach’s discretion- players in foul trouble (3 or more) can be subbed out any time |
| **Basketball Cheat Sheet** |