

CAPE CORAL PARKS & REC.
HIGH SCHOOL BASKETBALL LEAGUE

GUIDELINES

1. League will be played under official FHSAA rules with a few exceptions.
 - A) Each player is required to play one (1) full quarter (*from start to finish*), and part of another quarter. Each player is required to sit out one (1) full quarter (from start to finish).
 - B) A team may not full court press once they are up by twenty (20) points. (*Defense may pick up at half court*), if lead drops below twenty (20), full court defense is allowed.
 - C) If the lead reaches 30 points at any time in the game, a running clock will be used.
 - D) 10 minute quarters will be used with the clock stopping only in the last minute of each quarter.

The City of Cape Coral will provide shirts for each team.