



## 2020 Youth Basketball League - 9:15

**Teams**

Cookies      Team #1  
 Strikers     Team #2  
 Dragons      Team #3  
 Wolves       Team #4

**Coaches:**

### **LEAGUE SCHEDULE**

(No program 2/8)

Date	Time	Teams	Court
2/01	9:15 am	#1 vs #2	#1
	9:15 am	#3 vs #4	#2
2/15	9:15 am	#1 vs #3	#1
	9:15 am	#2 vs #4	#2
2/22	9:15 am	#2 vs #3	#1
	9:15 am	#1 vs #4	#2
2/29	9:15 am	#3 vs #4	#1
	9:15 am	#1 vs #2	#2
3/07	9:15 am	ROUND ROBIN	#1
	9:15 am	GAMES	#2

### League Notes (Full set of rules on back)

- 1 All games will be played at Armstrong High School, 10635 36<sup>th</sup> Ave. N., Plymouth
- 2 All teams will practice prior to their games (exception 3/7 round robin games).
- 3 Games will run six 5-6 minute periods. Player substitutions will be made at each period. Game time will be kept on court with the coaches/coordinators.
- 4 Backcourt guarding will not be allowed.
- 5 Players cannot reach in to try to steal the ball (too much non-productive contact).
- 6 Scores will not be kept during games.
- 7 Games are 4 x 4 or 5 x 5 full court games.
- 8 Coaches will do their best to get all kids equal playing time.
- 9 PLEASE SUPPORT AND ENCOURAGE ALL PLAYERS.
- 10 MOST IMPORTANT – GAMES ARE FOR FUN.

## Youth Basketball Winter League Rules

1. All teams will practice prior to their weekly games (1/2 court practice).
2. Games will run six 5-6 minute periods. Player substitutions will be made at each 5 minute period. Game time will be kept on the court with the coaches/officials.
3. Coaches will coach their team and designated officials will officiate the games.
4. If designated official gone, one of the coaches will officiate that day.
5. Backcourt guarding will not be allowed (no pressing).
6. Once defensive team gets the rebound in their end, other team has to drop back to ½ court.
7. Players cannot reach in to try and steal the ball (too much fouling or non-productive contact).
8. Not shooting free throws at this level.
9. Be aware and do not allow excessive contact (much of this at that age).
10. Players can intercept the ball on passes.
11. Players should be taught what double-dribble and traveling is.
12. Scores will not be kept (although the kids may do this).
13. Games are 4 v 4 or 5 v 5 full court games.
14. Coaches to do their best to get all kids equal playing time (rotate every couple of minutes).
- 15. PLEASE SUPPORT AND ENCOURAGE ALL PLAYERS**
- 16. MOST IMPORTANT – GAMES ARE FOR FUN**

(2 pass before you shoot rule may be implemented if needed)