ROSTER/SCORESHEET

3rd – 8th grade
• Players need to be added to the roster by the Recreation Division

5th – 8th grade
• Coaches need to fill out scoresheet before game

High School
• Players need to have parent/guardian sign roster before they can play
• 9th & 10th players are $18 each
• Teams must have a coach over 21 years old on the bench
• Coaches need to fill out scoresheet before game
GAME TIME

3rd- 6th grade
• 4-ten minute periods
• Clock runs
• 2 time outs per half
• No overtime

7th grade – High School
• 2- twenty minute periods
• Clock runs except for last 2 minutes of game
• 2 time outs per half
• Overtime is 3 minutes with the clock stopping the last 1 minute
DEFENSE

3rd & 4th grade
• Man-to-man defense only (wristbands). No zones or double teams.
• The defense must fall back to their half of the court to pick up their man.
• No full-court press!

5th grade – High School
• 5th–6th Man-to-man
• 7th–H.S. Zone allowed
• Full-court press allowed in 5th – 6th grades for the last two minutes only.
• Full-court press allowed anytime 7th – H.S. unless a team is leading by 15 points
TURNOVERS & FOULS

3rd & 4th grade
• Any turnover as a result of a double team - ball returned to offensive player at mid-court
• No fouling out or team fouls kept
• No score keeper - remember possession

5th – H.S.
• Any turnover as a result of a double team - too bad, so sad
• Players can foul out (5), team penalty for foul accumulation
• Score keepers - no memory needed!
SET PLAYS & FREE-THROWS

3rd & 4th Grade
- No isolation plays
- Watch for illegal screens
- **Free-throws played off the release**

5th – H.S.
- 5th – 6th no isolation plays
- Set plays are encouraged
- Watch for illegal screens
- **Free-throws played off the release**
SPORTSMANSHIP

Teams can earn up to 10 points each game.

- **Staff grading- 5 points**

Team Sportsmanship Points
- 1. Players and coaches shake opposing teams' hands. 1
- 2. Coaches keep players and self under control. 1
- 3. No technical or flagrant fouls called on team. 1
- 4. Parents and spectators are positive during game. 1
- 5. Teams go out of way to show good sportsmanship. 1

**Total:** 5

- **Coaches grading- 5 points**

<table>
<thead>
<tr>
<th>7th-8th Grade League</th>
<th>December 7, 2013</th>
<th>PN-N</th>
<th>9:00 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Game Score</strong></td>
<td><strong>Sportsmanship Score</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your Team</td>
<td>Heat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opponent’s Team</td>
<td>Cavaliers</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Bad</td>
<td>Normal</td>
<td>Good</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
CODE OF CONDUCT

• No fighting
• No verbal abuse
• No rough tactics
• No dissention
• No unsportsmanlike action or language
• No drugs/alcohol
RECREATION CENTER/ GYM RULES

• No food or drink allowed in Gyms
  – Water in a water bottle is okay
  – Gatorade/Juice is not okay
  – Treats must be past out outside of gym
PRACTICE RULES

• Call school to see if they have availability
• One hour time slots available at Recreation Center
  – Monday or Wednesday– 4:00-6:00pm
  – Enter gym together as a team
  – Leave on time
• One hour time slots available at Centennial Middle School
  – Tuesday – 4:00-6:00pm
  – Enter school from front by flag poles
CREDIT FOR WATCHING PRESENTATION

• In order to receive credit for reading this at home, please tell the front desk the following word:

Cavaliers
COACHES INCENTIVE

• The criteria for the Incentive:
  1. Coaches Meeting (held 12/7)
  2. Sportsmanship Video
  3. Coaches Clinic
  4. Practice
  5. Sportsmanship
     • Team must receive 65% sportsmanship points for the season
  6. Equipment Check Out

• 100% refund if criteria is met
COACHES EXPECTATIONS

• CLICK HERE TO WATCH COACHING VIDEO
HAVE FUN,
BE COMPETITIVE AS HECK,
PLAY AND LIVE WITH INTEGRITY.

-DANIEL L RITCHIE