

Salem Parks & Recreation

3rd /4th grade

Team League Basketball

Owls	Justin Nelson	801-787-4728
Jr. Skyhawks	Travis Pitts	801-792-6285
Cougars	Kyle Houghton	801-404-0476
Jazz	Sonny Olson	801-602-9377

Tuesday, November 1st Practice night

Mt. Loafer Elm	West Side	East Side
5:30	Owls	
6:30	Cougars	Jr. Skyhawks
7:30	Jazz	

Thursday, November 3rd

Mt. Loafer Elm	West Side	East Side
5:30	Jazz	Owls
6:30	Jr. Skyhawks	Cougars

Tuesday, November 8th Practice night

Mt. Loafer Elm	West Side	East Side
5:30	Owls	Jazz
6:30	Cougars	Jr. Skyhawks

Thursday, November 10th

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Jazz
6:30	Owls	Jr. Skyhawks

Tuesday, November 15th – *Team Picture night*

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Owls
6:30	Jazz	Jr. Skyhawks

Thursday, November 17th

Mt. Loafer Elm	West Side	East Side
5:30	Jazz	Owls
6:30	Jr. Skyhawks	Cougars

Tuesday, November 22nd

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Jazz
6:30	Owls	Jr. Skyhawks

Tuesday, November 29th

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Owls
6:30	Jazz	Jr. Skyhawks

Thursday, December 1st

Mt. Loafer Elm	West Side	East Side
6:00	Jazz	Owls
7:00	Jr. Skyhawks	Cougars

Tuesday, December 6th

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Owls
6:30	Jazz	Jr. Skyhawks

1. Games will be played full court. (East to West)
2. Baskets will be set at 10 feet.
3. Four 8 minute quarters
4. Three time outs per half. One of which is a 30 second time out.
5. Defense must play man to man.
6. Double teams will be allowed with a two second limit. Double team must be result of a dribble by or rebound. Picks and switches are allowed on screens and fast breaks. **1st infraction will be a team warning, one warning per half. 2nd infraction will be a 1 shot technical and the ball.** No Traps!
7. League focus is development. Please keep that in mind while managing the game. Crazy out of control parents are the responsibility of the coach. Please help them understand our focus.
8. Game clock will stop on shooting fouls. Clock will not stop if the lead is more than 20 points.
9. Player fouls will be tracked. Player will foul out with 5 fouls. 1and 1 bonus on 7th foul. Double bonus on 10th foul. Total of 3 players per side on foul shots.
10. Full court press last 4 minutes of each half. Pressing team can press as long as their lead is 10 points or less. 11 point lead will limit that team from pressing.
11. A 28.5 size basketball will be used in this league.