

# Salem Parks & Recreation

## 3<sup>rd</sup> /4<sup>th</sup> 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
Magic	Jeff Simonsen	801-794-2041

**Revised 11/3/11**

**Tuesday, November 1<sup>st</sup> Practice night**

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

**Thursday, November 3<sup>rd</sup>**

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

**Tuesday, November 8<sup>th</sup> Practice night**

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

**Thursday, November 10<sup>th</sup>**

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

**Tuesday, November 15<sup>th</sup> – Team Picture night**

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

**Thursday, November 17<sup>th</sup>**

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

Tuesday, November 22<sup>nd</sup>

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

Tuesday, November 29<sup>th</sup>

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

Thursday, December 1<sup>st</sup>

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

Tuesday, December 6<sup>th</sup>

Mt. Loafer Elm	West Side	East Side
5:30	Cougars	Magic
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. **1<sup>st</sup> infraction will be a team warning, one warning per half. 2<sup>nd</sup> 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 7<sup>th</sup> foul. Double bonus on 10<sup>th</sup> 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.