

West Caldwell-Caldwell Recreation Program
2016-17 Grade 6/7/8 Girls Basketball
Practice Schedule

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| 1. <u>Sky</u> – Marty Vybihal | 4. <u>Liberty</u> – Chris Kyriacou |
| 2. <u>Lynx</u> – Elaine Trusio/Lauren Trusio | 5. <u>Dream</u> – Stan Hladik/Mike Crudele |
| 3. <u>Mercury</u> – Dan Driscoll | |

Supervisor: Lisa Merriweather

All TUESDAY practices held at EVS
 All MONDAY practices held at Jefferson School

<u>Date</u>	<u>6:00</u>
Mon Dec 12	1
Mon Dec 19	1
Mon Jan 2	1
Mon Jan 9	1
Mon Jan 16	1
Mon Jan 23	1
Mon Jan 30	1
Mon Feb 6	1
Mon Feb 13	1

<u>Date</u>	<u>5:30</u>	<u>6:30</u>	<u>7:30</u>
Tue Dec 13	5	3	2-4
Tue Dec 20	5	3	2-4
Tue Jan 3	5	3	2-4
Tue Jan 10	5	3	2-4
Tue Jan 17	5	3	2-4
Tue Jan 24	5	3	2-4
Tue Jan 31	5	3	2-4
Tue Feb 7	5	3	2-4
Tue Feb 14	5	3	2-4

General Rules

- Game consists of 4 (8) minute running quarters with a minute between quarters and 5 minutes at halftime. Overtime is 2 minutes. The final minute of quarters 2 and 4 is regulation time. The clock will stop on 2 shot fouls and timeouts. The clock will run on all other violations.
- Each team gets (2), 30 second timeouts per half and one more for overtime. The overtime period is (2) minutes, (1) minute running time and (1) minute regulation.
- All youngsters must play a minimum of one quarter start to finish. The coaches are encouraged to play the participants more than the minimum. All youngsters must sit one quarter start to finish.
- All games and overtimes begin with a jump ball. Alternate possession is used after this.
- Any defense may be used but must begin at half court. Teams may apply full court pressure in the final minute of each half.
- On a foul shot, the shooter may go over foul line after release. No jewelry may be worn.
- Once the offense advances the ball past half court, back court can occur.
- All basketballs must be checked at the scorers table. Only the teams playing can shoot during warm-ups and halftime.

In Case of Inclement Weather visit www.westcaldwell.com.