

ATLANTIC 10 INSTRUCTIONAL BASKETBALL

BASIC INFO AND GYM RULES

This league will consist of 12 teams of 10 players each.

All games and practices will be held at Highland Park Elementary School Gym. Coaches should ensure that all practices and games start and finish on time and that all rules are adhered to at practices and games.

The following guidelines MUST be observed at all times in the gym:

- Children, including players, are not permitted to climb on the bleachers.
- No one is allowed in the school lobby with the exception of those using the restrooms.
- Non-playing children are not permitted on the playing floor during the game. This includes time outs and half time.
- Players arriving for the next scheduled game must wait in the gym lobby or be seated on the stage steps. They are not permitted on the court during stops in play.
- Only game/team basketballs are allowed in the gym. Please have your players leave their basketballs at home.

Please take the time to go over these guidelines with your team and parents. We have a very limited amount of gym time and must do whatever we can to make good use of the time we have.

Coaches must supply one volunteer each game to keep score or run the clock. I would not encourage children to volunteer unless an adult is willing to supervise.

Baskets should be lowered to eight feet for all practices and games (silver duct tape/A-10). Coaches with the last practice or the last game should raise the baskets back up to 10 feet. The pole used to adjust baskets is generally in one of the stairwells on either side of the bleachers.