



CV HORNETS

5-8 week League Rules

Player Safety: Players are not allowed to wear any jewelry, earrings, wristbands, watches or any sharp objects in your hair or you will not be allowed to play. Taping over earrings will not be allowed. We will have basic medical supplies onsite. We also will have an ice chest with bags of ice for injuries and a Director on site.

This program was created to enhance and teach your basketball skills. Our goal is to create a positive teaching and coaching environment. We want the players to learn the game fundamentals and have a positive experience doing it. Our league will follow High School rules but will have special rules to help create that atmosphere. **We will rotate players as best as we can.**

- Here at the CV Hornets we do keep score. All games will be a running clock, (6-8 minute periods). No Halftime. Clock will only stop for substitutions or referee time outs.
- Mandatory substitutions approximately every 3-4 minutes.
- Coaches/ trainers have your players ready to substitute when the period is over. You will substitute any player on the bench when period is over.
- NO pressing for **K-2nd and 3rd-4th grade division only**, players can pick up at half court after a change of possession, all other grades, **(5th-12th)** can press all game **unless lead gets to 15 points then only half court press.**
- Free Throws – We will only be shooting 1 shot during any FT situation. **All shooting fouls for k-2nd grade will be counted as 1 point.** We will have referees for all age groups. We will not call everything in the younger age groups (k-2nd Grade). Encourage the younger players to dribble, pass, shoot and play defense. Referees will call the games more realistic in the older age groups. Please respect our Referees, they are here to help.
- **First team listed is the Home team and will wear Gold.**