

INFORMATION

- GAME LOCATION - PG Jr. High School
- PRACTICES - All practices will be held at the PG Rec Center or Junior High.
- LEAGUE JERSEY - Registration fee includes a Junior Jazz team jersey that will be handed out to coaches on the first game day. Each team will be given standard sizes.
- COACHES BACKGROUND CHECKS - The city of Pleasant Grove requires all coaches in any of the city youth programs to complete a background screen.

RULES

- Players will use a women's size ball (28.5"). Players will shoot on a 10-foot hoop.
- Games will be in (4) 10-minute quarters with a running clock.
- No overtime.
- Free throws will be shot from the free throw line.
- 2 time-outs per game (1 minute).
- 3 second lane violations will be called.
- Coaches may substitute players throughout the game.
- Man-to-man defense, no zone defense or double teaming.
- Backcourt violation applies.
- Full court press allowed the last 10 minutes of the game.
- Match up player to guard by size and/or talent as much as possible.
- No score will be kept. Violations will be called by the officials to create more of a teaching atmosphere than a penalty situation.
- If any team has less than 5 players at game time, players from the other team can join the opposite team until they get enough players to have a full team.
- Coaches are not allowed to switch or add players to their roster. Any roster adjustments will be taken care of by the program coordinator.
- Coaches must play their players equally.
- Players can't wear anything dangerous to themselves or other players (i.e. watches, rings, hats, earrings, casts, etc.). No wrapping casts.
- **SPORTSMANSHIP IS A MUST AND NEEDS TO BE ADHERED BY ALL PLAYERS, COACHES AND FANS.**