



STERLING RECREATION COMMISSION

Youth Basketball League

The Sterling Recreation Commission is offering a Youth Basketball League for **grades 3-6**. The league will be divided into two divisions, 3rd-4th Grade Division and 5th-6th Grade Division. The 3rd-4th Grade Division will be combined boys and girls, while the 5th-6th Grade Division will be split for boys and girls. **FEE: \$20 (\$55 for 3, \$70 for 4)**

DEADLINE for SIGN UP is FRIDAY, NOV. 4TH.

League Schedule

The season will consist of 4 Saturday mornings. There will be two Saturdays before Thanksgiving week, skip the Thanksgiving week Saturday, and finish with two Saturdays after Thanksgiving Week. The dates will be **November 12, November 19, December 3, December 10.**

Teams

- CHOSEN NEW EACH SATURDAY by the league director. Will be chosen to be as equal as possible.
- Sizes will be based on number of participants and will also be designated each Saturday. Some Saturdays the teams will be 5 on 5 with full-court games, others may be 3 on 3 with halfcourt games played. We will also have the option of playing 4 on 4 in a shell style.

Saturday Morning Schedule

9-10am: ALL player practice session

- * Run though skill development, team offense, and team defense, determine team sizes (3 on 3, 5 on 5)

10-11am: Games (3 on 3, 4 on 4, 5 on 5, depending on numbers)

- * NEW teams will be chosen EACH SATURDAY

Saturday Game Format

- Games will be full-court, 4 quarters, 6 minutes each quarter (running clock) with a 1 minute halftime.
- 3rd-4th Grade Division will play on 8-foot goals with a youth sized basketball (27.5").
- 5th-6th Grade Division will play on 10-foot goals with a women's size basketball (28.5').
- Substitutions will be made on dead balls. No timeouts for any games.

Location

All games will be played at Sterling High School. 3rd-4th Grade Division will be in the South Gym and 5th-6th Grade Division will be in Ora Shields. **Except on Nov. 19**, 5th-6th grade will be in South-Gym and 3rd-4th grade will be at the Grade School.

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Player Name: _____

Grade: _____ Age: _____ Boy/Girl: _____ Shirt Size (YL-AXL) _____

I hereby release and discharge the Sterling Recreation Commission and all persons connected with the activity from any and all liability arising from illness, injuries, and damages my child may suffer as a result of participation in this activity. I also understand the SRC is not responsible for any cost incurred for medical services for illness, injuries, and damages to my child while participating in this activity.

Parent Signature: _____

**** Make checks payable to Sterling Recreation Commission. Turn into the SGS or Mail to SRC @ 720 N. 6th Street, you can also go to sterlingrec.org and sign-up ****

CHECK US OUT ON FACEBOOK