



Williston Rec. Basketball

3rd/4th Girls Basketball

Schedule 2025-2026



PRACTICES:	TIME	LOCATION	DATES
Team 1	6:00-7:00p	Allen Brook School- Court 2	Mondays- Jan. 5, 11, (no 1/19), 26, Feb. 2, 9
Team 2	6:00-7:00p	Allen Brook School- Court 2	Tuesdays- Jan. 6, 13, 20, 27, Feb. 3, 10

NO PRACTICES- Dec. 22- Jan. 2
NO SCHOOL- No Practices- Monday, Jan. 19

Courts- **Court 1 is as you enter the gym** **Court 2 is at the far end of the gym.**
(Games will be played at Williston Central School- Back Gym. You must enter thru the "After-Hours Entrance")

DATE	TIME	TEAMS	LOCATION
Saturday, Jan. 10	10:20-11:20a	T1 vs. T2	Home- WCS- Back Gym
Saturday, Jan. 17	11:30a-12:30p	T2 vs. Essex T1	Home- WCS- Back Gym
	9:00-10:00a	T1 vs. Shelburne T1	Away- Shelburne Community School
Saturday, Jan. 24	11:30a-12:30p	T1 vs. Essex T2	Home- WCS- Back Gym
	11:30a-12:30p	T2 vs. Hinesburg T1	Away- Hinesburg Community School
Saturday, Jan. 31	11:30a-12:30p	T2 vs. Essex T2	Home- WCS- Back Gym
	10:00-11:00a	T1 vs. SB T1	Away- SBMS
Saturday, Feb. 7	11:30a-12:30p	T1 vs. Essex T3	Home- WCS- Back Gym
	9:00-10:00a	T2 vs. Charlotte T1	Away- Charlotte Central School
Saturday, Feb. 14	9:00-10:00a	T2 vs. Shelburne T2	Away- Shelburne Community School
	12:30-1:30p	T1 vs. Essex T1	Away- ADL Middle School

Basketball Information

1. Players cannot be at or in the gym until their scheduled time and with their coach.
2. The best time to arrive is 5 minutes before their scheduled time.
3. Parents do not drop children off early and leave them for practice. They are not to be unsupervised.
4. Players must wait in the lobby until their scheduled time.
5. There is no running around the school or leaving the lobby area.
6. No wet sneakers or boots are allowed in or on the gym floor.
 - a. This means EVERYONE- parents and siblings included must bring a pair of dry shoes to wear in the gym.
7. **Do Not** bring outdoor wear into the gym. All outside gear and wear are to be left in the hallway.
8. Players must **NOT** bring basketballs; equipment will be supplied. No basketballs in the lobby or hallways.
9. Siblings are not allowed to play in any games or practice with teams. Only registered players may practice or play.
10. **Cancellations-**
 - a. If school is closed or after-school programs are canceled- Rec. Basketball Practices are canceled.
 - b. Coaches can also cancel their practice time if the weather is bad. They will email their team directly.
 - c. Saturday Games- If canceled you will receive an email from your coach at least ½ hour before the scheduled start time.
 - d. An email will be sent by the Recreation Dept. Be sure to accept emails from- recreation@willistovt.org

Important Information for School Usage

Regarding the use of school facilities, it is important to review several items that we feel are important before the start of the season. Parents, we ask that you go over these items with your children, so everyone will be clear on the expectations.

1. All players must stay off of all equipment owned by the school; it is not for our use.
2. All basketballs must remain in the gym; at no time should they be in the hallways or lobby.
3. Siblings must be under a parent's supervision at all times. Siblings are not allowed in or running around the hallways and lobby or to play with or on any school equipment.
4. All players must be made aware that running through the school, or any disregard for school property will not be tolerated. Custodians are not there to supervise children, this includes siblings.

The Recreation & Parks Department appreciates the privilege of the use of the school facilities.

Failure to abide by these could jeopardize our use.

We ask for parent's support in the enforcement of the above guidelines with your children.



Guidelines & Rules 3rd/4th Grade Basketball

GUIDELINES:

- It is required by the league that the host team provide at least one official per game. Officials will not include coaches of either of the two teams playing that particular game.
- The official size basketballs for the league is- Women's Regulation Ball- 28.5"
- All games will be played on a 10-foot hoop.
- Individual and team fouls are not kept. Officials or coaches may remove a player from the court/game for too many fouls or over aggressive play.
- All players must be provided equal playing time with others on their team, no player sits out twice until everyone on the team has sat out once. All players must play a minimum of one quarter and one half of a quarter; this doesn't have to be consecutive, but the equivalent in the course of the game. No player will play over three quarters of a game unless it is impossible due to lack of players that day.
- The goal is to make the games an exciting and memorable event for all players. We hope that you, as a coach, will get into the spirit and remember that our program is for every child and the only outcome that is important is a positive one, one where every child is happy, has fun and enjoys the game of basketball.

RULES:

1. Start of Game

- Coaches and players should be on site 5 minutes prior to the scheduled start time.
- Games will start 10 minutes after the scheduled time.
 - Ex. If the game is scheduled for 9:00am, the tip-off will be at 9:10am.
 - The 10 minutes will be used for Team Warm-ups, Announcements, and Line-up for Tip-off.
- Games will start when each team has at least four (4) players present. Officials will call a forfeit at Tip-Off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and they will scrimmage.

2. Length of Game

- Playing time shall consist of four (4) quarters of ten (10) minutes running time.
- There will be 2 minutes between Quarters for quick rest and Line-up.
- There will be 3-minutes at Half Time for rest and Line-up.
- Scores will go back to zero at half.
- The Officials will have the authority to shorten the length of a quarter in order to stay within the 1-hour time block scheduled.

3. Match Ups

- At the beginning of each quarter players will line up at half court and "match up" with whom they are guarding.
- Coaches are allowed on the court to help with match ups.
- This act is performed to promote equal player match-ups. Equal match-ups combined with player-to-player defense create competitive pairings on the court.

4. Jump Ball

- A jump ball will take place only at the start of the game. Thereafter the possession rule shall apply.

5. Timeouts

- Each team will be allowed one (1) time out per half of 30 seconds in length.

6. Overtime

- Games will end after the 4 quarters of play. There Will be NO overtime play. Games can end in a tie.

7. **Fouls**

- Non-shooting fouls will result in the ball being in-bounded from either the baseline or sideline.
- All players on the court can contribute to consistent game action. Players should be aware of what a foul is and what happens when they occur.

8. **Free Throws**

- Will be used on all shooting fouls.
- On a foul shot, if the player's momentum carries him/her across the free throw line, play will continue provided however, that the movement is not intentional, and that the player is behind the line when the ball is released.
- Free Throw Line shall be first hash marks in towards basket from the original free throw line.
- 4 players (***2 per team***) will be allowed to line up on the foul sidelines to try for rebound. All other players must set up past the 3 point line.
- Players can shoot free throw from the top to the bottom of the circle or line. If n circle or line then players can take a few steps in towards the basket.

9. **Defense:**

- Player-to-player defense Only.
- No defense beyond the 3-point line extended.
- “**Respectful Defense**”- In a player to player defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.

10. **No Double Teaming**

- Double-teaming is not allowed; a player must make every effort to stay with their person or move off if a double team occurs. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If not, double teaming will be called, and ball will be awarded to the offensive team.
- Switching players is allowed in the event that someone's player drives past them. This form of help defense is ok and doesn't end up double-teaming.

11. **No Setting Picks**

- Picks will NOT be used in this league. Not all players and coaches know how to properly set or beat a pick, and this causes an undue advantage and can cause injury to players.

12. **Three Second/Back Court Violation:**

- **Three Second Rule:** An offensive player is allowed three (3) seconds in the lane before he/she must reset, or his/her team loses possession of the ball. (Reset is moving out of the lane before the 3 seconds or if the ball is shot at the goal).
- **Back Court Violation:** A team loses possession if the ball goes back over the center line without it first touching an opposing player.

13. **No Isolation Plays**

- these will not be a part of Rec. Basketball because they take away the opportunity for improvement for all players and contradict the spirit of the rules. This prevents defenders from crowding an area of the court to gain a defensive advantage.

14. **Substitutions**

- Subs must report to the scorer's table and wait there until called out by an official or buzzed in by the scorer's table.
- Coaches need to have subs prior to a stoppage in play and have them report to the scorer's table.
- Coaches are not allowed to sub on the fly, from the bench or when a whistle stops the play.

15. **Officials:**

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Officials are to be treated with respect from all coaches, parents, and players at all times. We all know that there will be differences in opinion at times; however, we can't let these differences control the game or the league. We must all work together to insure a fun, safe and enjoyable league for all.



Directions to CVRA Game Sites

BURLINGTON

Boys and Girls Club - 62 Oak Street

Head toward downtown Burlington on Williston Rd (Rt. 2), Williston Rd. then turns into Main Street, turn right onto S. Willard Street. Continue to follow S. Willard Street then turn left onto Riverside Ave. Riverside Ave will then become Oak Street. The Boys and Girls Club will be on your right across from Roosevelt Park.

Champlain School- 800 Pine Street

Travel north on Route 7 from 189. Turn left onto Flynn Ave, follow to traffic light turn right onto Pine Street, Champlain School is on your right.

Hunt Middle School - 1364 North Avenue

Travel North on North Avenue. Just after St. Marks's Church you want to turn right onto Gosse Court. About 500 feet on the left you will see the school sign. Turn left and you will see the middle school.

Miller Community Center- 130 Gosse Court

Take Main Street in Burlington west toward the lake to Battery Street. Turn right and go to where Battery St dead ends at Sherman St. Turn left and then veer right at the Police station. This is North Ave. Continue north on North Ave until you come to Gosse Court on the right (at the Shell gas station). Take this right and drive through a neighborhood until you dead end at a large, little league ball field and parking lot. The Community Center is on the left.

CHARLOTTE

Charlotte Central School - 408 Hinesburg Road

Head South on Route 7 toward Shelburne/Charlotte. After passing through Shelburne and just as you enter Charlotte you'll go down a big hill. At the bottom of the hill there's a 4-way intersection and a traffic light with a Citgo station. Turn left at the light onto Church Hill Road. Follow for less than a mile and then bear right onto Hinesburg Rd. School will be on your right.

CHRIST THE KING

Christ The King School- 136 Locust Street, Burlington

From I-189, turn right onto Shelburne Road/Rte. 7 at the Price Chopper & Shaw's. Continue along Shelburne Road toward Burlington. Pass through 3 sets of traffic lights. At the Shelburne Road rotary, turn left onto Locust St. You will see the school on your right with a black fence around the playground & soccer field. Park in either parking lot but the gym entrance is located off the middle parking lot.

COLCHESTER

Colchester Recreation Center – 80 Dick Mazza Drive, Colchester

Take 89 north to exit 16 take right off the exit onto Route 2 and 7. Continue on 2 and 7 for about 2 miles at the 4th light take left onto Blakely Road. Go past Malletts Bay School and Colchester Middle School and will be the second street on the right after MBS/CMS. Please enter through the front doors on the recreation center. *Parents: Do not allow children to run through the building or Climbing on any gym equipment.*

ESSEX JUNCTION

Albert D. Lawton Middle School - 104 Maple St

I-89 to exit 12. Turn right onto Rt 2A. At the 5 corners intersection of Routes 2A, 15, and 117, proceed East on route 117 for .3 miles, school is located on your left across from Maple Street Park.

Lily's Gym at the Bellcate School – 12 Corporate Drive, Essex Junction

From I-89, take Exit 15 for VT-2A toward Essex Junction. From Rt 15 turn then turn South onto Allen Martin Drive then your next right onto Corporate Drive (near Regal Gymnastics); Lily's Gym at the Bellcate School is located on the left at 12 Corporate Drive, just down the road from the main School building.

HINESBURG

Hinesburg Community School Gym- 10888 Route 116

Take Route 116 South to center of town. Go straight through light. Follow sharp turn left and Hinesburg Community School is on the right. Park in lot right before school. Use the entrance with the long ramp that's closest to the playground. Walk into building, turn right, up some stairs and gym is on right.

SHELBURNE

Shelburne Community School Gym- 345 Harbor Road

From I-189 turn left onto Route 7. Continue on Route 7 for almost 5 miles. Upon entering the Shelburne Town Center, proceed to the intersection of Route 7 and Harbor Road - at the corner of this traffic light will be a Mobil gas station on the right. Turn right on to Harbor Road, cross railroad tracks, travel approximately 1/3 mile, the school will be on the left. Park in lot to the left of the turn-around circle in front of school. Enter building from side door off parking lot. Gym is just down the hall on the left.

WILLISTON

Williston Central School- 195 Central School Drive

From Exit 12 off I-89 follow 2A North toward Essex Junction. At the fourth set of lights (Route 2/Williston Rd.) take a right (East) toward the village of Williston. Go approximately 2 miles until you enter the village of Williston. Williston Central School is on the left. Use the Central School Drive entrance (just before the town green/library).

Note: Park in the lot on the west side of the building, past the tennis courts. Enter through the "After Hour Entrance" on the far corner of the building. 3/4 games are in the Back Gym, straight ahead on the left. 5/6 games are in the Front Gym, straight down the hallway, take the first right, follow to the end and take a left towards the lobby.