



Williston Recreation & Parks

5th/6th Boys Basketball

2025-2026 Schedule



PRACTICES:	TIME	LOCATION	DATES
Team 1	6:00-7:00p	WCS- Back Gym (old) – Court 2	Mondays- Jan. 5, 11, (no 1/19), 26, Feb. 2, 9
Team 2	6:00-7:00p	WCS- Back Gym (old)- Court 2	Tuesdays- Dec. 9, 16, Jan. 6, 13, 20, 27, Feb. 3, 10
Team 3	6:00-7:00p	WCS- Back Gym (old) – Court 2	Thursdays- Dec. 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12

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- Front Gym. You must enter thru the “After-Hours Entrance”)

DATE	TIME	TEAMS	LOCATION
Saturday, January 10	11:30a-12:30p	All Teams- Round Robin	Home- WCS- Front Gym
Saturday, January 17	10:20-11:20a	T1 vs. Hinesburg T1	Home- WCS- Front Gym
	12:30-1:30p	T2 vs. Essex T2	Away- Bellcate School
	11:00a-12:00p	T3 vs. Shelburne T3	Away- Shelburne School
Saturday, January 24,	10:20-11:20a	T2 vs. Winooski T1	Home- WCS- Front Gym
	11:30a-12:30p	T3 vs. Winooski T2	Home- WCS- Front Gym
	10:00-11:00a	T1 vs. CTKS T1	Away- CTKS School
Saturday, January 31	10:20-11:20a	T3 vs. Hinesburg T1	Home- WCS- Front Gym
	12:00-1:00p	T1 vs. Essex T3	Away- Bellcate School
	11:00a-12:00p	T2 vs. SB T1	Away- SBMS
Saturday, February 7	10:20-11:20a	T1 vs. Charlotte T2	Home- WCS- Front Gym
	10:00-11:00a	T2 vs. Charlotte T1	Away- Charlotte Central School
	1:00-2:00p	T3 vs. Essex T4	Away- Bellcate School
Tournament	Friday & Saturday- Feb. 13 & 14		

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 5th/6th Grade Basketball Leagues

GUIDELINES:

- It is required by the league that the host team provide at least one official, if not two, per game. Officials will not include coaches of either of the two teams playing that particular game.
- Host sites must provide a scoreboard and staff person or volunteer to run the scoreboard and keep track of fouls and jump balls.
- All players must have a number on their jersey/uniform.
- The official size basketballs for the leagues are:
 - 5th/6th- Regulation Women's Ball- 28.5"
 - 7th/8th- Regulation Men's Ball- 29.5"
- All games will be played on a 10-foot hoop.
- 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:

The CVRA Basketball League will play by Middle School Rules with the exception/addition of the following 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 six (6) minutes stop time.
- Depending on time, there will be a 2-minute half time and 1 minute between quarters.
- 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. Stoppage of Clock:

- Clock will stop anytime that the whistle is blown.
- It will also stop for time-outs and any undue delay the official deems necessary, etc.

4. Timeouts:

- Each team will be allowed two (2) time outs per half of one (1) minute in length.

5. 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.

6. Overtime:

- During the season games will end in a tie with NO overtime play. Games will end after the 4 quarters of play.
- There will be a 2-minute Overtime during the tournaments.

7. Time Played by Players:

- 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.

8. Free Throws:

- Free Throws Awarded:
 - 2 Foul Shots are awarded to a team, when the other team reaches 5 Team Fouls in a Quarter.
 - This occurs each quarter. Team fouls reset each quarter to 0, other team shoots on 5th foul.
 - Two shots on any intentional foul.
 - One shot if player is fouled in the act of shooting and basket is good; two shots if basket doesn't go.
 - One shot if a player is fouled in the act of shooting a 3 pointer and the basket is good; three shots if the basket doesn't go.
- Shooter is allowed ten (10) seconds to shoot his or her free throw.
- Players on the free throw sidelines can enter the lane on the release from the shooter.
- The shooter and the players behind the 3-point line, have to wait until the ball hits the rim.
- Shooter must start and stay behind the free throw line until the ball hits the rim. Players in the key can move on the release of the shot

9. Offense Fouls

- Will result in a change of possession and a Team Foul will be given to the offensive team, going towards their team total per quarter.

10. Personal Fouls:

- Personal fouls will be set at five (5) per game. Upon a player reaching this number they will sit out for the rest of the game.
- At any point in time the referees and or officials may sit out a child for un-sportsman like conduct.

11. 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.

12. Defense:

- Player-to-player defense is the required for this league.
- **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.

13. Full Court Press:

- Full court press may only take place during the final 2 minutes of the 4th quarter.
- A team cannot press if they lead by 10 points or more.

14. Jump Ball:

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

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.

16. Tournaments

- Tournament is a single elimination format.
- Playing time shall consist of four (4) quarters of five (5) minutes stop time.
- There will be a 2-minute Overtime, if needed.
- All regular season rules will be followed and enforced.
- All coaches need to abide by CVRA equal playing time guidelines and subbing players in.
- Tournament officials will monitor playing time, which may be adjusted to stay within the hour allotted.



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.