

ENYC 2025/2026 SEASON

4TH/5TH GRADE GIRLS

Division Chairperson: Andy Larsen 631-935-4080 alarsen25@gmail.com

Division Coordinator: Joe Bica 631-432-6860 joebica@hotmail.com

Games Played With 10 Minute Quarters

<u>Team Name</u>	<u>Coach</u>	<u>Tel. #</u>	<u>E-Mail</u>	<u>Practice</u>
Dream	Andy Larsen	631-935-4080	alarsen25@gmail.com	Monday Northsport 7PM
Storm	Pat Cash	516-639-7784	patrickjamescash@gmail.com	Monday Northsport 7PM
Aces	Brian Troy	347-404-0762	briantroy@gmail.com	Tuesday Norwood 6:30 PM
Liberty	Dan DiCapite	516-835-9911	dandicapite@gmail.com	Tuesday Norwood 6:30 PM
Fever	Talal Kimani	347-806-0989	tkirmani57@gmail.com	Thursday Ocean 7:30 PM
Wings	Chrissy Ruggieri	631-926-5976	clbabcock1@gmail.com	Friday Norwood 6:30 PM
Mercury	Dave Nelson	303-895-7516	davepaulnelson@gmail.com	Wednesday Northsport 7pm

All Games @ North Shore Sports on 25A (Unless specified)

	9am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5pm	6pm	BYE
Sat Dec 6				Storm @ Dream	Liberty @ Mercury	Fever @ Wings					Aces
Sun Dec 14	Aces @ Liberty	Dream @ Mercury	Storm @ Fever								Wings
Fri Dec 19	Aces @ Wings 7:30pm at WJB										
Sat Dec 20					Wings @ Storm	Liberty @ Dream	Fever @ Aces				Mercury
Sun Jan 4				Mercury @ Fever	Storm @ Aces	Wings @ Dream					Liberty
Sat Jan 10	Dream @ Aces	Liberty @ Storm	Wings @ Mercury								Fever
Sun Jan 25								Liberty @ Fever	Storm @ Mercury	Aces @ Wings	Dream
Sat Jan 31							Mercury @ Aces	Dream @ Fever	Wings @ Liberty		Storm
Sun Feb 8	Wings @ Fever	Mercury @ Liberty	Dream @ Storm								Aces
Sun March 1	Fever @ Storm	Mercury @ Dream	Liberty @ Aces								Wings

Playoffs Start Week after last game, and some games will be played on Weeknights!

- 1) Man to man defense only – no zone defense at any time
- 2) No double teaming or trapping of the player with the ball
- 3) No guarding in the back court. Once the ball has crossed into the front court, a player can guard in the back court on a throw in from out of bounds
- 4) 20 point cap on individual scoring, but if fouled after reaching the cap, player may shoot foul shots
- 5) In man to man defense, you must maintain a distance no greater than 3 feet from the player you are guarding. However, if the offensive player position himself far from the basket, the defensive player need not go further away from the basket than just outside the 3 second lane, so long as he is in a straight line between the basket and the offensive player.
- 6) Teams may not try to “freeze” the ball in the back court. If done, a technical foul will be assessed
- 7) Guarding in the back court will be permitted in the last 2 minutes of the 4th period and overtime
- 8) ***All kids MUST play even playing time or game is forfeit and coach will be suspended for next scheduled game.***
- 9) 28.5 Ball Used
- 10) Winning Coach will enter scores on web-site within 24 hours of games end if no ref is assigned to keep score unless league supplies scorekeeper
- 11) 1 Junior Official and 1 Adult Official
- 12) Home team wears white

CLOCK RULES FOR ALL DIVISIONS

10 Minute quarters Running Time. The clock only stops in the last minute of the 2nd and 4th Quarter.

The Clock runs on all time outs except in the last minute of the 2nd quarter and any time in the 4th quarter.

There are 2 30 second time outs per half.