

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</u>	<u>Coach</u>	<u>Tel. #</u>	<u>E-Mail</u>	<u>Practice</u>
<u>Name</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				<i>Storm @ Dream</i>	<i>Liberty @ Mercury</i>	<i>Fever @ Wings</i>					<i>Aces</i>
Sun Dec 14	<i>Aces @ Liberty</i>	<i>Dream @ Mercury</i>	<i>Storm @ Fever</i>								<i>Wings</i>
Fri Dec 19	<i>Aces @ Wings 7:30pm at WJB</i>										
Sat Dec 20				<i>Wings @ Storm</i>	<i>Liberty @ Dream</i>	<i>Fever @ Aces</i>					<i>Mercury</i>
Sun Jan 4				<i>Mercury @ Fever</i>	<i>Storm @ Aces</i>	<i>Wings @ Dream</i>					<i>Liberty</i>
Sat Jan 10	<i>Dream @ Aces</i>	<i>Liberty @ Storm</i>	<i>Wings @ Mercury</i>								<i>Fever</i>
Sun Jan 25								<i>Liberty @ Fever</i>	<i>Storm @ Mercury</i>	<i>Aces @ Wings</i>	<i>Dream</i>
Sat Jan 31							<i>Mercury @ Aces</i>	<i>Dream @ Fever</i>	<i>Wings @ Liberty</i>		<i>Storm</i>
Sun Feb 8	<i>Wings @ Fever</i>	<i>Mercury @ Liberty</i>	<i>Dream @ Storm</i>								<i>Aces</i>
Sun March 1	<i>Fever @ Storm</i>	<i>Mercury @ Dream</i>	<i>Liberty @ Aces</i>								<i>Wings</i>

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.