

Volunteers Needed!

The success and continuation of the Cougar Cub Basketball Program is dependent upon your active participation in League and Team activities. Please volunteer your time in whatever capacity you can and it will be a winning and rewarding season for all of us. If you are interested in serving as a coach, assistant coach, or team parent please complete the following:

Parent's Name: _____

Address : _____

Work Phone : _____

Let us know how you can help: Coach _____ Scorekeeper _____ Team parent _____

Cougar Cub League Rules

- Games - the game is comprised of two 18-minute halves. A running clock will be used except for the last minute of each half. We will have a mandatory time-out every six minutes. Substitutes will be made during these time-outs. The mandatory time-outs will last 30 seconds.
- Halftime Will last only one minute. Players should remain in the huddle with the coach just as if it were a regular time-out.
- Time-Out - each coach is allowed one time-out per half (no carry-over from first half to second half). This time-out can be called at any time and will last one minute. (buzzer sounds at :45 sec.) Of course, injury time-outs are permissible should a bonafide injury occur and will not be charged to the coach.
- Substitutes –Each Coach is responsible for substitutions.
- Defense – This year, we are going to allow zone defenses as well as man-to-man. Fullcourt pressing will be allowed in the last two minutes of the first half and the last two minutes the last half. If a team presses illegally, the referee will sound his whistle and present the ball out-of-bounds in the backcourt to the offended team. Teams must remain within the three-point arc until the ball passes halfcourt except during the times when pressing is allowed.
- Free Throws - free throws will be shot from 12 feet. A temporary mark will indicate the correct foul shot line. Free throws will be awarded on the fifth team foul per half. Players will be awarded one shot which will count two points. If a player is fouled in the act of shooting, the basket counts three points. These are referred to as “hurry-up” rules.
- Balls – The official ball for the 3rd-4th division is the junior sized ball, and the ball required for 5th-6th will be the girls size.
- Fouls – Players cannot foul out of CUB League games, but the official may at his discretion remove a player for excessive fouls or rough play. The player may then be returned into the game the next period after talking with his coach. It will be possible for a player to commit a flagrant foul and be ejected. Coaches may remove players for sportsmanship infractions at any time.
- Clock - the clock will stop only during the last minute of each half, during mandatory substitution time-outs and for injuries.

Cub Basketball

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**2009 - 2010
SEASON**

Developing our Athletes

Welcome to the 2009-2010 Brookstone Cougar Cubs basketball season! All boys and girls in grades 3-6 are welcome and encouraged to participate. The Brookstone Athletic Department is committed to quality programming and believes youth require programs that challenge and encourage them to achieve their full potential. Cougar Cubs basketball programs are designed to teach boys and girls of all ages and



skills the fundamentals of basketball. The primary purpose of CUB League is to foster fun and sportsmanship in a supportive, learning environment where basketball fundamentals are emphasized. While competition is beneficial, it is secondary to the primary purpose.

*Cub Athletics...
More than Winning*

Program Highlights

Coaches - Robert Moore and Brian Osborne will serve as League Directors and Game Administrators.

Leagues - There will be two leagues for both boys and girls. One league will be made up of 3rd and 4th graders, and the other will be for 5th and 6th graders.

Uniforms– Players will be provided with an CUB League t-shirt. This is to be worn with blue shorts. P.E. shorts will be perfectly acceptable and can be purchased in the school store.

Location – games are played in the Illges Gym utilizing regulation goals.

Officials - Brookstone Basketball Coaching Staff and Varsity Basketball players.

Practice Dates

November 14
9:00 a.m.—11 a.m.
The Brookstone Basketball Coaches along with the Varsity and JV Basketball teams will conduct a clinic for Cub League players and coaches.

Each team may practice once per week using the Illges and Jordan Gyms.

Game Schedule - The games will be played Saturday mornings December 5, 19 , January 9, 16, 23 and 30.

Costs - The cost for participation in the Cougar CUB is \$40.00. Each participant will receive a CUB League T-shirt to wear during games.

Deadline - Sign-up Forms are to be returned to Coach Moore by November 1st.

----- Cut Along Line and return -----

Cougar Cub Sign-up

Please detach this form and return by November 1st to Coach Moore

Child's Name	Grade	Sex	T Shirt Size
	3 4 5 6	M / F	YS / YM / YL / AS
	3 4 5 6	M / F	YS / YM / YL / AS
	3 4 5 6	M / F	YS / YM / YL / AS

Make checks payable to Brookstone CUB League. \$40.00 per player