

# *Hustle & Heart Scrimmage League*

## Goals of our Scrimmage League

1. The primary focus of the Hustle & Heart Basketball Scrimmage League will be to ensure that each student-athlete is developing fundamental skills in a team setting, during game situations, while also having fun!
2. We aim to create a positive and highly energetic atmosphere, where the student-athletes can enjoy the game of basketball!
3. We want to eliminate the negativity that can sometimes plague the game of basketball (yelling at players & coaches, players ball-hogging, taunting, etc.). We will do this by encouraging team-first basketball and ask any spectators to cheer on, rather than reprimand, all players and coaches.

**What:** At Hustle & Heart, our mission is to make sure that we are doing everything we can to ensure that our student-athletes are learning/improving on the game of basketball in a safe, fun, energetic, and developmental atmosphere! With this, we have decided to launch a “Scrimmage League”.

**Why:** We have seen some great improvement from all of our student-athletes in our training program! Now, we want to ensure that our student-athletes are transferring what they are going over in their training sessions to actual game situations. This league will be set up extremely similar to actual games. We will keep score. There will be coaches. There will be (2) teams facing off against each other. The key with our scrimmage league, is that we want to immerse our student-athletes in game situations to prepare them for organized play and junior high/high school basketball!

**\*\*\* Space is limited in each of the age divisions and the groups are capped at 20 student-athletes. In order for an age division to be organized, we must have at least 8 student-athletes sign up for that division.**

**\*\*\*There may be times where we don't have at least 10 student-athletes present. If this is the case, we will accommodate by running a 4v4 or 3v3 game.**

## How is this “Scrimmage League” run?

1. There will be no less than 5-minute preparation period before each scrimmage to ensure that the student-athletes are: warmed up, organized, and ready to play!
2. There will be (2) 20-minute halves (running clock) with substitutions taking place every 5 minutes. This will ensure that each student-athlete has an equal opportunity to contribute to their team's success.
3. **There will be no officials.** The coaches will call fouls as they see them. The emphasis of our *Scrimmage League* is on skill development and exposing our student-athletes to various game situations.
4. The score of the game will be kept, as well as the total foul count for the bonus and double-bonus situations. Individual players won't foul out.
5. Your student-athlete may not always be on the same team. Given who will be present each week, the coaches will split up the teams to make them as even as possible.
6. Again, the main reason for us hosting this scrimmage league is to ensure that each student-athlete is improving their basketball fundamentals and increasing their basketball IQ's, during game situations!
7. Questions still unanswered? Don't hesitate to reach out to us at: [hnbasketball2017@gmail.com](mailto:hnbasketball2017@gmail.com)

*Thank You!*