

FALL 2023 INTRAMURAL BBALL LEAGUE

Friday, Oct. 6 - DRIBBLING

6:15 p.m. Merrimack vs. Colorado
7:45 p.m. Duke vs. New Mexico

Sat, November 4 DENY DEFENSE

9:00 a.m. Duke vs. New Mexico
10:15 a.m. Merrimack vs. Colorado

Sat., Oct. 7 - CHEST PASSING

9:00 a.m. Merrimack vs. New Mexico
10:15 a.m. Colorado vs. Duke

Fri, Nov. 10 PICK & ROLL

6:15 p.m. Colorado vs. Duke
7:45 p.m. New Mexico vs. Merrimack

Friday, Oct. 13 - BOX OUT REBOUNDING

6:15 p.m. Duke vs. Merrimack
7:45 p.m. Colorado vs. New Mexico

Sat, Nov. 11 SHOOTING FORM

9:00 a.m. New Mexico vs. Colorado
10:15 a.m. Duke vs. Merrimack

Sat, Oct. 14 FREE THROWS

9:00 a.m. New Mexico vs. Duke
10:15 a.m. Merrimack vs. Colorado

Fri, Nov. 17- INBOUND PLAY

6:15 p.m. Merrimack vs. Colorado
7:45 p.m. New Mexico vs. Duke

Fri, Oct. 20 DEFENSE/PICKS

6:15 p.m. Colorado vs. Duke
7:45 p.m. Merrimack vs. New Mexico

Sat, Nov. 18 MOVING WITHOUT the BALL

9:00 a.m. Colorado vs. Duke
10:15 a.m. New Mexico vs. Merrimack

Friday & Sat., Nov. 24 & 25- THANK YOU DRILLS
THANKSGIVING WEEKEND No Games

Spend time with your family/Work on your Thank yous!

Sat, Oct. 21 OPPOSITE HAND LAYUPS

9:00 a.m. Merrimack vs. Duke
10:15 a.m. Colorado vs. New Mexico

Fri., Oct. 27 BOUNCE PASS

6:15 p.m. Merrimack vs. Colorado
7:45 p.m. Duke vs. New Mexico

Friday, Dec. 1 PLAYOFFS - COACHES CHOICE

1 vs. 4
2 vs. 3, TIMES TBA

Sat., Oct. 28 OUTLET PASS

9:00 a.m. Colorado vs. Duke
10:15 a.m. Merrimack vs. New Mexico

Friday, Dec. 8

6:15 p.m. - Consolation Game *
7:45 p.m. - FINALS *

Fri, Nov. 3 HELP DEFENSE

6:15 p.m. New Mexico vs. Colorado
7:45 p.m. Duke vs. Merrimack

***Pizza/sodas after
EACH Dec. 8
game
Make sure
you THANK your
coaches!!)**

Duke	COLORADO	NEW MEXICO	Merrimack
Blue Devils (Blue)	Buffalos (Black)	Lobos (Maroon)	Warriors (gold)
Coach D'Agostino Coach Kiernan	Coach Haglund Coach Simmons	Coach Aiello Coach Markwarth	Coach Kerr Coach Zaganjori
B. Campos D. Costello T. Crowe B. D'Agostino O. Elorch M. Fairfax F. Falcone N. Falcone J. Greene C. Haas T. Haas T. Hogan V. Hogan R. Kiernan A. Martyniak T. Martyniak C. Urquijo C. Mimms	S. Biscan M. Bode S. Cartreine I. Cleary V. Cleary J. Crowley C. Dunham S. Eisnor T. Haglund B. Hayes S. Ornath A. Poage W. Saia P. Simmons A. Singh E. Singh A. Wight L. Dingman	A. Baig C. Baig J. Benedikt-Waehler L. Casey M. Clinch W. Connerney W. Donohue M. Gonzalez Ang M. Grande V. Kattekola M. Markwarth S. Mountain O. Niles D. Razak Z. Sandler J. Schoen J. Tedesco G. Cassidy	S. Cerf M. Chackes A. Delaney M. Donnelly C. Joseffer-Paul J. Kerr D. Kocaman A. Lapsertitis L. Martins J. Mendes J. Prager H. Rich C. Riley A. Soares J. Yan C.Zaganjori T. Zaganjori W. Payton

RULES

A). Guard only one man (designated by coach). No double teaming the ball (except in the key).

REFS MAY STOP THE GAME AT ANY TIME TO REINFORCE THIS RULE.

B). No COAST to COAST one on 5 play.

C). Defense begins at half court. The last 2 minutes of the 2nd & 4th quarter- players may full court press.

D). 1 time out per quarter- they don't accumulate.

E). ALL PLAYERS see coach after game & shake hands with opposing team at half court.

F). Referees are NOT to be confronted during/after the game by players or coaches- The emphasis on the game should be on team/individual playing and player improvements and not on the officiating.

G). TIME- four 14 min. quarters- running time- 1 minute between quarters with stop time on the last minute of the 4th quarter.

H). The game is divided into quarters with **the Junior players playing the 1st & 3rd quarters** while the **Senior players play the 2nd & 4th quarters.**