

PAL Varsity Recreation League Schedule

Central Division 2012

(Site - Sacramento Country Day's on Saturdays)

1. Country Day
2. St. Joseph's (S)
3. St. Ignatius
4. St. Philomene's
5. Presentation
6. OLA
7. OLG

Central Division: Hosted by Sacramento Country Day on Saturdays @ 10, 11 and 12.

Athletic Director & Site Director - Matt Vargo @ 481-4470

<u>Date</u>	<u>10 a.m.</u>	<u>11 a.m.</u>	<u>12 noon</u>	<u>BYE</u>
1/7	1 vs. 7	5 vs. 2	4 vs. 6	3
1/14	5 vs. 7	3 vs. 1	2 vs. 4	6
1/28	4 vs. 1	2 vs. 3	6 vs. 7	5
2/4	4 vs. 7	1 vs. 6	3 vs. 5	2
2/11	1 vs. 5	6 vs. 3	7 vs. 2	4
2/18	2 vs. 1	5 vs. 6	3 vs. 4	7
2/25	5 vs. 4	7 vs. 3	2 vs. 6	1

The PAL requires **full participation** for all team members in this program. First team listed will be home team for purpose of the pre-game prayer and official book. Regular HIGH SCHOOL basketball rules apply. 6 minute stop time per quarter with regular basketball rules in effect. 3 time-outs per game. Regulation men's size basketball. No press and running time with a lead of 20 points or more. Coaches are required to play all members of the team. Students in 7th and 8th grade may participate at the Varsity level. Emergency Cards, PCA Certification and a copy of the team roster must be submitted to the site director.

Please keep in mind that we would not have a Rec program if not for the generosity of the hosting school. Please ask your team to clean-up after themselves and remind them to thank the site-director for allowing the league to use the gym. Admission: Adults - \$2; Students - \$1.

Coaches: Please remember that this is a non-competitive league. There are no standings and we ask that you do your best to play all of your players equally. Please don't run the score up on weaker opponents.