



205 Jackson Rd • PO Box 1065 • Dunn, North Carolina 28335
(910) 892-2976 • CityofDunn.org

DUNN PARKS AND RECREATION 2023-2024 INSTRUCTIONAL LEAGUE BASKETBALL

Welcome to the 2023-2024 Dunn Parks & Recreation Instructional League Basketball program. The purpose of this program is to introduce young boys & girls ages 5 - 7 the fundamentals of basketball while providing a positive and fun recreation experience without the pressures of winning or losing.

Team 1 Paul Bates (910) 303-7619

Team 2 Kevin White (919) 902-6466

Team 3 Lynette Wilson (910) 658-8784

Team 4 Jahrod Phillips (910) 624-2213

All practices and games will be held at the Vyas Recreation Center Gym.

SATURDAY		SATURDAY		SATURDAY		SATURDAY	
12/9/23		12/16/23		12/23/23		12/30/23	
PRACTICE		PRACTICE		PRACTICE		PRACTICE	
9:00 am	1 & 2	9:00 am	3 & 4	9:00 am	1 & 2	9:00 am	3 & 4
10:00 am	3 & 4	10:00 am	1 & 2	10:00am	3 & 4	10:00am	1 & 2

TEAM LISTED ON LEFT WILL WEAR **BLUE** SIDE OF UNIFORM

SATURDAY		SATURDAY		SATURDAY		SATURDAY	
1/6/2024		1/13/2024		1/20/2024		1/27/2024	
GAME		GAME		GAME		GAME	
9:00 am	1 VS 2	9:00 am	2 VS 4	10:00am	2 VS 3	9:00 am	1 VS 2
9:40 am	4 VS 3	9:40 am	3 VS 1	10:40am	4 VS 1	9:40 am	4 VS 3

Be sure to have players at the games at least 15 minutes prior to the start time so that the games will stay on schedule.

Instructional League Rules

- 1- No defense outside 3 point line.
- 2- Only one coach on playing court.
- 3- One coach on bench with players.
- 4- No score will be kept.
- 5- Two fifteen minute halves, continuous clock except last 30 seconds of each half-regulation clock.
- 6- Each team will shoot free throws to see who gets ball first.
- 7- Traveling and double dribble will be called on a limited basis and will only be called inside 3-point line if one team gains an advantage.

*****Parents please supervise children when they are not playing. For safety reasons, please do not allow them to climb the edge of bleachers and be sure to supervise your children when going to the bathroom and to get water. No food or drinks are allowed in the gym area**