

Godfrey Parks & Recreation Department
2026 Recreational Basketball League
Rules and Regulations

The mission of the Godfrey Parks and Recreation Department's Recreational Basketball League is to provide a program that is both developmental and recreational, and is designed so that youth can have fun, develop character, mature, learn the skills and rules of the game of basketball, learn the value of sportsmanship and teamwork, and develop sound attitudes about winning and losing. The Godfrey Parks and Recreation Department reserves the right to add to, delete from, or amend the rules/registrations/policies for the betterment of the participants and program. The Godfrey Parks and Recreation Department partners with Alton Parks and Recreation for league play in the 2nd-3rd and 4th-5th grade divisions.

Eligibility and Scheduling

1. Players will be in divisions of ages K - 1st grade, 2nd - 3rd grade, 4th - 5th grade.
2. Each team will be scheduled for practices at the beginning of, and possibly throughout, the season. Teams will be given one practice time per week with a possible second timeslot after each team has been scheduled at least one night. If you use a gym that is not contracted out through Godfrey or Alton Parks and Recreation, you will need to get a proof of insurance from the Recreation Supervisor.
3. There will be no roster changes after teams have been formed unless directed by Godfrey and Alton Parks and Recreation Department.
4. A player may only play on one team and in one league per season unless directed by Godfrey and Alton Parks and Recreation Department.
5. Schedule changes for games and practices will only be made by the Godfrey and Alton Parks and Recreation Departments. If a team is unable to attend the designated time of their game, the game will result in a forfeit. If you cannot make your practice let the Recreation Supervisor know as soon as possible.

School Rules – Failure to follow school rules will result in immediate ejection from the facility.

1. **School use is for the gymnasium, entry and restrooms only. All other areas are strictly off-limits. Any persons not respecting this will be asked to leave immediately.**
2. No food or drink, other than water, is allowed in the school or gymnasium. NO GUM!
3. No smoking in or on school property (this includes e-cigarettes and unlit cigars).
4. Anyone suspected of being under the influence of alcohol or illegal drugs will be asked to leave immediately.

5. **ALL** children should be accompanied by either their guardian or coach at all times. Gym use is for those registered for the program, everyone else is a spectator. Children who are not in the program need to be accompanied by their guardian at all times and are not to be roaming or playing in the hallways or bathrooms.
6. No weapons are allowed in or on school property.

Equipment and Uniforms

1. All players on each team must wear jerseys that are provided to them by the Godfrey or Alton Parks and Recreation Departments and be registered through the departments. Jerseys will match in color and have a number on the back.
2. Players must wear shoes that are designed for indoor wood court surfaces.
3. Officials may ban any equipment that they deem unsafe.
4. No jewelry may be worn during the game.
5. No alterations of any kind are allowed to be made to the uniforms.
6. The official game ball will be provided by Godfrey or Alton Parks and Recreation Departments. K-1st will use size 25.5", 2nd-3rd will use 27.5" and 4th-5th will use 28.5".

Playing Rules (subject to change at discretion of GPR and APR Staff)

1. Each player should play at least two (2) consecutive minutes each quarter. Coaches are responsible for ensuring fair playing time among players. We strongly encourage equal playing time (at least 2 quarters).
2. Official game time: K-1st grade - 4 (four) 7 (seven) minute quarters with a running clock. Clock will stop for free throws.
3. Official game time: 2nd-3rd grade - 4 (four) 8 (eight) minute quarters with clock stopping on whistles and dead balls during the last full minute of each half.
4. Official game time: 4th-5th grade - 4 (four) 8 (eight) minute quarters with clock stopping on whistles and dead balls during the last full minute of each half.
5. K-1st and 2nd-3rd grade leagues will use an 8' rim. 4th-5th will use a 10' rim.
6. Each team will get two (2) 60 (sixty) second time-outs per game.
7. We strongly encourage equal playing time for each player. Each player should play at least 50% of each game.
8. K-1st and 2nd-3rd - No full court pressing. Once a team has gained control of the basketball, the defense must be past the top of the key.

9. 4th-5th - Full court pressure will be allowed in the last full minute of each half. Once a team has gained control of the basketball, the defense must be past half court for 4th-5th grade.
10. Stealing WILL NOT be allowed in K-1st and 2nd – 3rd grade leagues. (Stealing a pass is allowed; stealing the ball directly out of another player's hands will not be allowed. This includes when a player is dribbling.)
11. After the 7th team foul, one and one bonus will be in effect for the 2nd-3rd grade and 4th-5th grade leagues. Two free throws will also be given when the player is fouled in the act of shooting. A shorter free throw line may be used for the 2nd-3rd grade league. Double bonus will be in effect after the 10th team foul.
12. Double teaming an offensive player will not be allowed.
13. All substitutes must check in at the score table and wait for the official to allow them to enter the game.
14. Technical or intentional fouls will result in possession of the ball for 2nd-3rd grade and possession of the ball and 2 (two) points for 4th-5th grade. No free throws!! Possession arrow does not change in this situation. A player, coach or fan can be ejected from the game and suspended from the next game (depending on the official's and supervisor's discretion).
15. There will be no overtime. Regular season games can end in a tie. Tournament games cannot end in a tie.
16. After a player receives 5 (five) fouls, the player will be substituted out of the game.
17. No score will be kept in the K-1st grade division.
18. **Mercy Rule: When a team is leading by 20 points, any baskets made by the leading team will not be counted towards their score. Once the trailing team scores, the leading team's baskets will be counted until they are leading by 20 points.**

Conduct

1. Any player, coach or fan acting in an unsportsman-like -manner will be given a technical foul and suspended from the next game.
2. Any player, coach, or spectator throwing equipment or any object will be ejected from the gym and will be suspended from the next game.
3. The use of foul or abusive language, taunting and trash talk will not be tolerated. The offender will be ejected from the gym and will be suspended from the next game.

4. Absolutely no physical confrontations! Anyone involved will be removed from the program.
5. Anyone who is ejected from a game will be suspended for the next game and possibly more depending on the situation. This person will have two (2) minutes to exit the facility or their team will forfeit the game.

Conduct and Discipline Policy

The emphasis of this program is on players developing their skills and having fun. Coaches are volunteers of this program and should act as a model representative of the Godfrey Parks and Recreation Department. Inappropriate behavior from coaches, parents, and players will not be tolerated and could possibly lead to expulsion for the entire season.

Arguing with the referees or other staff members will not be tolerated. The first conflict will result in ejection from the game and the second will be suspension from all games for the rest of the season. Ejection from a game is cause to be suspended from your next game.

ALL RULES AND DISCIPLINARY ACTION ARE COMPLETELY AT THE DISCRETION OF GODFREY & ALTON PARKS AND RECREATION.

Staff Information/Cancellations

In case of inclement weather, please visit teamsideline.com/godfrey or like us on Facebook to get automatic updates! No decision on cancellations will be made before 3:30pm. If school is cancelled that day then the games will also be cancelled.

DO'S and DON'TS for Parents and Coaches

- DO stress having FUN
- DO offer suggestions and advice
- DO offer considerable praise and encouragement
- DO award participation
- DO involve parents
- DO use the 3 C's when providing instructions – clear, concise, and correct.
- DO practice the 4 C's of coaching – competence (developing skills), care (show them they have value beyond basketball), confidence (develop the belief that the child can do a skill), and commitment (will be developed in the child when the other three things occur)
- DON'T shout negative comments to any child
- DON'T allow lopsided games
- DON'T keep score or award winning
- DON'T shout instructions at the player with the ball; he/she has enough to worry about
- DON'T shout instructions like send it, boot it, or pass it – allow the child to practice good decision making and ball control
- DON'T get upset if they don't pass – let them dribble
- DON'T use the 3 L's – lines, laps, and lectures

Practice Organization

- Practices should consist of age-appropriate FUN games and activities that encourage participation. Try to incorporate skill development into basketball related games.
- The coach must be a facilitator, a friendly helper, an organizer, and a stimulator, while being patient, enthusiastic, and imaginative. The sky is the limit.
- Practices should be no more than 75 minutes once or twice a week and should be organized in a progressive manner, *i.e.*, warm up, then individual activities, then group activities.
- Gear sessions around touching the ball as many times as possible. Involve the ball in as many activities as possible.
- Children play basketball to learn basketball, they learn by doing. If there is not enjoyment there is no learning.
- Keep things moving quickly and use activities that avoid lines.
- Have as many activities ready as possible in one hour. Emphasis needs to be on what is FUN.
- Participate in all warm-ups and activities. Have the kids hold a ball for the stretches to increase fun and familiarization with the ball.
- Exaggerate your motions to illustrate a technique or proper procedure.
- Basketball skills are most effectively developed in game-related situations: incorporate many small-sided games.
- Each practice should be used to teach one technique or skill, e.g., shooting, passing or dribbling.
- Plan at least four 90 second water breaks.
- Practices should always end on a FUN, high-note so that the children do not want to stop and look forward to the next practice. Handing out a treat to each child at the end of practice with words of encouragement is always a nice way to end.

SPORTSMANSHIP

- 1. Tell everyone “good game” whether you have won or lost.**
- 2. Cheer for your teammates whether you are winning or losing.**
- 3. Applaud a good play whether it is on your team or the opponent’s team.**
- 4. Help a teammate or an opponent up after falling down.**
- 5. No trash talking or taunting the opponent.**
- 6. Listen to the coaches and follow their directions.**
- 7. Do not make excuses for an error, or losing. Do not blame a teammate.**
- 8. Learn the rules of the game to become more knowledgeable.**
- 9. Accept and respect the game official’s calls and do not argue.**
- 10. Tell the game officials “good game.”**
- 11. Do not complain when you sit out.**
- 12. Play fair and do not cheat.**
- 13. Help keep the facility clean.**
- 14. Do not fight.**
- 15. Do not use profanity.**