



Rec Hoops Basketball League

COACHING MANUAL

16028 – 127th Street/Lemont, IL 60439
Office #1-630-257-6787x 3009
Pedro Flores Jr/Athletic Supervisor pflores@lemontparks.org

3rd - 8th Grade & High School Rec Hoops Basketball League Rules

ELIGIBILITY/ROSTERS/UNIFORMS

1. All players must be in the grade they registered for unless approved by the Athletic Supervisor.
2. Roster size is limited to 7-10 players depending on overall enrollment and # of coaches.
3. **Parents are responsible at the point of registration for child's jersey size. Color of the uniform is assigned to the coach by the Athletic Supervisor. Player numbers will be from #1-#5 or #10-#15 for each team depending on enrollment and assigned to player .**
4. No changes or additions may be made to the roster after the second practice.
5. A player can be carried on only one roster.
6. Replacement of players is allowed if the player is
 - 6.1. Moving out of state
 - 6.2. For permanent injury to the playerReplacement must be certified by a doctor, change of address statement, etc. and submitted to the Athletic Supervisor.
7. Players' first and last name, along with their jersey number must be recorded by each team's captain immediately upon arrival at the gym. Only include in the official book players that are there.
8. **Each player must have uniform color and numbered jerseys.**

FORFEITS/POSTPONEMENTS

1. A minimum of five players are required for an official game. Having less than five players to start a game will constitute a forfeit. A team may continue to play a game with less than 5 players, should they lose a player to fouls or injury.
2. There will be a five-minute grace period, from scheduled game time, for all games. Players must be on the court, dressed in uniform and ready to play within this time or else the game will be forfeited.
3. All forfeits will count as a 25-point loss.
4. Any game in which ineligible players take part will be an automatic forfeit.
5. There will be no postponements of any game unless decided by the league and athletic supervisor.

GYM/BUILDING RULES

1. Food & beverages are NOT allowed in the gym.
2. Smoking is not allowed in the building.
3. Bring your own towels and you can bring your own basketball.
4. No dunking during practice or pre-game.
5. Children must be accompanied by an adult.
- 6. Parents-no children in the hallway, it can set off alarms.**

LEAGUE PLAY

1. Rules not mentioned in this document will be governed by I.H.S.A.
2. The game will consist of **two 18-minute halves** for all divisions.
(assuming balance teams)
3. The **clock will run continually except during the last minute of the first-half**, and the **last 2 minutes of the second-half**. During these times, the clock will stop on the official's whistle for fouls and timeouts. Exception - there will be no stopped clock the last 2 minutes of the game if a team is ahead by 15 points or more. If at any point in time the score differential is less than 15, the stopped clock will be reinstated.
4. Two minutes will be given between halves and teams will receive three 30-second time outs per game.
5. Overtime will be 2 minutes in length, with the last-minute stopped clock. Free throws will be shot during all overtime play. No automatic points will be awarded.
1st Overtime=2 mins+1 time out. 2nd Overtime=1minute no additional time outs. 3rd Overtime=Sudden Victory.
6. All common fouls will be taken out of bounds until the last 2 minutes of the second half. The one and one will be shot on the 7th foul against the team in the last 2 minutes of the second half. Prior to the last 2 minutes of the second half, the offensive team will receive the ball out of bounds plus 1 point if the offensive team has committed 7 or more fouls.
 - (a) 7th 8th Grade and High School Divisions will play IHSA scoring rules.
They will shoot free throws starting on the 7th foul and shoot 2 free throws on the 10th Bonus fouls.
 - (b) 3rd thru 6th Grade Divisions will have the speed up rule for foul shooting.
7. All fouls will be shot per normal rules during the last 2 minutes of the second half. Prior to the last 2 minutes of the second half, **shooting fouls will be handled as follows:**
 - 7.1. If the shot goes in, the shooter is credited with 3 points, no free throw is taken, and the ball goes to the other team.**
 - 7.2. If the shot does not go in, the shooter is credited with 1 point, no free throw, and his team keeps the ball out of bounds.**
 - 7.3. If fouled on a 3 point shot, then awarded 2 points on the foul and get to take ball out. If 2 minutes left in the game, then receive 3 free throw shots.**
 - 7.4. After 10 fouls, then shoot 2 free throws (Super Bonus).**

8. Each team will be allowed THREE (3) time-outs per game. **1 Time-out in OT**
(no carry over).
9. Technical Fouls:
 - 9.1. Technical fouls count as personal fouls.
 - 9.2. All technical fouls will consist of 2 points and the ball awarded out of bounds.
 - 9.3. Any team incurring 2 disciplinary technical fouls in one game will automatically forfeit that game. Coaches who receive 3 technicals in a season will be suspended 1 game. 4 technicals in a season = dismissal. (Ref Discretion)
 - 9.4. Intentional fouls will be handled as a shooting foul. Within the last 2 minutes of the game, the offensive player will shoot 2 free throws for any intentional foul.
 - 9.5. Any player receiving 2 technical fouls in one game will automatically be ejected from that game and the following game.
 - 9.6. There will be no dunking or hanging on the rim in any pre-game activity. If a player dunks the ball during pre-game, his team will receive 1 technical for each dunk. The technical will be shot prior to the start of the game and the opposing team will receive possession of the ball.
10. All players must have participated in at least 2 regular season games to be eligible for post-season tournament play.
11. For teams that finish in a tie.
The tie will be decided by:
 - 11.1. Head-to-head competition
 - 11.2. by the point differential in games against each other
 - 11.3. by total point differential.
12. The game will start with a jump ball, then, any jump ball during the game will be alternating possession. Each overtime session will begin with a jump ball.
13. Judgment of the officials is final. Only team captains are allowed to discuss rulings with the officials.
14. Any un-sportsmanlike demonstration such as **swearing, fighting**, etc. that is displayed in any game, before any game, or after any game shall disqualify the offending player or manager for one game (the next game if game is concluded) on a first offense and for the rest of the season on the second offense. Interpreted by the referee, league director or designated supervisor.
15. Any flagrant technical foul will be an automatic suspension for the next game (regular season or playoff).
16. On any ejection or suspension, the player(s) involved are not allowed in the facility.
17. Adult supervision at all time, no teams in the gym without coaches.

Additional Rules of Play

3rd & 4th CoEd

1. No defense outside of arc until last 2 minutes of each half/overtime
2. Any team leading by 15 or more must remain within 1 foot of the key.
3. Press the last two minutes of each half and in overtime.
4. No Press if up by 15.
5. Man-to-man and Zone defense allowed.

5th & 6th CoEd

1. Any team leading by 15 or more must remain within 1 foot of the key.
(Officials discretion)
2. No full court press if up by 15
3. Full court press the last two minutes of each half and in overtime
4. Man-to-man defense or Zone defense allowed.

7th & 8th CoEd

1. No full court press if up by 15.
2. IHSA rules apply
3. Man-to-man defense or Zone defense allowed.

Boys High School

1. IHSA Rules apply

Coaches Responsibilities 3rd- 4th Grade

Safety:

All coaches will be responsible for the behavior of their players and fans. This includes

1. Ensuring the playing area is safe and free of anything that may obstruct play.
 - Only teams scheduled to play or practice shall be on the court.
 - Non-playing siblings must have direct supervision from a parent.
 - Water bottles, clothing, bags, score books are picked up after the game
 - Use first aid supplies, provided to treat minor injuries. Have a working cell phone available in the event you must call 911. **FIRST AID SUPPLIES** are located in the equipment closet @ RV gym. Ice packs, Band-Aids, wipes, gloves, & clipboard with our accident/incident report form that needs to be filled out for all accidents/incidents.
 - **Concussion** protocol. If you think your player has experienced any type of head trauma, collision or any type of fall resulting in being dizzy, not responding like usual, please sit, call parents & call 911. Must get a copy of doctor release form before coming back to practices and games.

- As coaches you are not to make that decision upon return to active participation.

Practices:

Each Team will practice 1x per week except when gym is not available.

A 2nd weekly practice date will be made available based on gym availability.

You must start and end your practices at your scheduled times.

Each Team will have 1 court or ½ court to practice (based on availability)

Stretch before every practice.

Children learn best with small incremental steps.

Try to find an opponent to scrimmage the last 10 minutes of your practice.

3rd- 4th Grade Recommendations.

Individual Fundamentals:

- Chest pass
- Bounce pass
- Right hand dribble
- Left hand dribble
- Defensive sliding
- Pivot
- Strong side lay-up
- Set shot, in shooting range
- Rebound-jump for the ball

Skills or Techniques not allowed:

- **Taking a Charge**

Team Concepts

- Review Offense spacing-practice knowing the “spots”
- Review Defense spacing (zone) practice knowing the “spots”
- Review roles of players. (Point guard, center, guards, forwards, in-bounder)
- 1-2 plays for offense encourage passing and cutting.
- 1-2 plays for defense- playing defense with your feet. Discourage reaches over the top.
- 1 Inbound play under your basket.
- 1 sideline inbound play

Practice Recommendations

1. Short stretch- kids lead.
2. 10-12 Minutes: Individual fundamental. Break into smaller groups or 2 teams
3. 8-10 Minutes: Team Drills, that again address several fundamentals
4. 10-15 Minutes: Team Concept Review
5. 10-15 Minutes: Scrimmage

Coaching Responsibilities 5th 6th 7th 8th and High School Grades

Safety:

All coaches will be responsible for the behavior of their players and fans. This includes

2. Ensuring the playing area is safe and free of anything that may obstruct play.
 - Only teams scheduled to play or practice shall be on the court.
 - Non-playing siblings must have direct supervision from a parent.
 - Water bottles, clothing, bags, score books are picked up after the game
 - Use first aid supplies, provided to treat minor injuries. Have a working cell phone available in the event you must call 911.
 - **Concussion** protocol. If you think your player has experienced any type of head trauma, collision or any type of fall resulting in being dizzy, not responding like usual, please sit, call parents & call 911. Must get a copy of doctor release form before coming back to practices and games.
 - As coaches you are not to make that decision upon return to active participation.

Practices:

Each Team will practice 1x per week except when gym is not available.

You must start and end your practices at your scheduled times.

Each Team will have ½ court to practice.

Stretch before every practice.

Children learn best with small incremental steps.

Try to find an opponent to scrimmage the last 10 minutes of your practice.

Individual Fundamentals:

- | | |
|---|--|
| <input type="checkbox"/> Chest pass | <input type="checkbox"/> Defensive sliding |
| <input type="checkbox"/> Bounce pass | <input type="checkbox"/> Pivot |
| <input type="checkbox"/> Right hand dribble | <input type="checkbox"/> Right/left hand lay-up |
| <input type="checkbox"/> Left hand dribble | <input type="checkbox"/> Set shot, in shooting range |
| <input type="checkbox"/> Triple Threat Position | <input type="checkbox"/> Rebound,-jump for the ball |
| <input type="checkbox"/> Shot fake | <input type="checkbox"/> Proper pick/screen |

Team Concepts

- Review Offense spacing
- Review Defense spacing
- Review roles of players. (Point guard, center, guards, forwards, in-bounder)
- 1-2 plays for offense: man, zone and a full court press-break.
- 1-3 plays for defense- man and zone and a full court press
- 1-2 Inbound plays under your basket.
- 1 sideline inbound play

CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
 - Forgets an instruction
- Is unsure of game, score, or opponent
 - Moves clumsily
 - Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
 - Can't recall events prior to hit or fall
 - Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
 - Nausea or vomiting
- Balance problems or dizziness
 - Double or blurry vision
 - Sensitivity to light
 - Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
 - Concentration or memory problems
 - Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. Remove the athlete from play.
2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.

5. Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:

Be back to doing their regular school activities.

Not have any symptoms from the injury when doing normal activities.

Have the green-light from their health care provider to begin the return to play process.

For more information and to order additional materials free-of-charge, visit: www.cdc.gov/HEADSUP

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Lemont Park District

Behavior Management Policy

Behavior

All participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make programs safe and enjoyable for all participants. Additional rules may be developed for specific programs as deemed necessary by staff.

The agency insists that all participants comply with a basic behavior code. All participants shall:

1. Show respect to all participants, staff, and volunteers. Participants should follow program rules and take direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from threatening or causing bodily harm to self, other participants, or staff.
4. Show respect for equipment, supplies, and facilities.

The following infractions will constitute utilization of the discipline procedures.

1. Harming ones' self such as, but not limited to:
 - a. Leaving grounds without permission.
 - b. Leaving designated group without permission.
 - c. Climbing on objects that are not recommended by staff.
 - d. Physical damage to self.
 - e. Possession, use or transfer of alcohol, illegal drugs, tobacco or tobacco products.
2. Harming others such as, but not limited to:
 - a. Fighting
 - b. Throwing objects at or near others.
 - c. Bringing or using weapons, i.e., knives, glass, sharp objects, etc.
 - d. Hitting, kicking or biting others.
 - e. Extreme verbal abuse.
 - f. Profanity
 - g. Showing disrespect to other participants and staff.
 - h. Other aggressive behavior including any verbal or physical bullying.
3. Damage to Property
 - a. Vandalism
 - b. Tantrums resulting in damage to property.
 - c. Breaking, damaging or destroying property.
4. Theft
 - a. Taking any item that does not belong to the child.

Discipline

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual's situation. The park district reserves the right to dismiss a participant whose behavior endangers his or her own safety or the safety of others.

Procedures

Upon registration or entry into the program, the parent/guardian should be solicited for any information regarding special accommodations needed for the participant. If any of these special accommodations are behavior related, the parent/guardian should be contacted for information about any behavior modification programs in place at school or home. Attempts should be made to utilize these in the program. Also, the inclusion coordinator from the Special Recreation Association (SRA) should be contacted for guidance. Documentation should be maintained regarding any problem behaviors, special accommodations, and behavior modification programs.

If the participant exhibits inappropriate actions, the following guidelines should be followed:

1. Program leaders should determine the severity of the action and immediately take steps to correct it. These may include but are not limited to:
 - **Verbal Warnings:** Verbal warnings will be given for actions. More than one verbal warning may be given depending on severity of action.
 - **Time-Outs:** A supervised time-out from the program. The parent/guardian will be notified by the Recreation Supervisor and written documentation will be provided. The type of time-out may vary according to the situation (observational: from sidelines of activity; exclusion: away from the group but within view of the activity; seclusion: time-out area with staff member present away from view of the activity). If physical restraint is used to protect against injury, the time-out should be documented on an incident report and given to the full-time supervisor.
 - **Written Documentation:** Written documentation will be sent home to a parent or guardian, or the participant if he or she is an adult, to be signed and returned. The parent/participant will also be called by the Recreation Supervisor.
 - **Program Suspension:** The participant will be suspended from the program for up to three days. The suspension will be in effect the first day following the offense. The parent/participant will be notified by the Recreation Supervisor and written documentation will be provided. When determining the timeframes of suspension, staff should consider the severity of the actions; the length of the program or activity; any past behavior issues with the individual; and willingness to improve their inappropriate behavior.
 - **Program Dismissal:** Depending on the situation and the severity of the offense, the participant may be permanently dismissed from the program following any offense.
2. Communication between staff and parent should be ongoing regarding any further incidences of inappropriate behavior. Some other options may be discussed with the parent/guardian including:
 - Transfer to another program where inappropriate behavior may be less prone to occur.
 - Limited/reduced timeframe that participant is allowed to attend the program.
3. Appeals by the participant and/or participant's parent/guardian should be directed to the Executive Director or the Director of Recreation.

When to Contact the Police:

- If a participant makes a direct threat of hurting himself, call the parent/guardian immediately. If a parent/guardian is not available, call the police.
- If a participant becomes overly aggressive and violent, call the police.

EMERGENCY PROCEDURES

Procedures for Serious Injury

- Remain calm
- Assess the situation
- Call an ambulance immediately
- Call the parents immediately
- DO NOT MOVE the child - apply ice or bandages
- Notify the Lemont Park District,
Pedro's Office (630) 257-6787 x 3009
MOD 312-639-3908
- Keep players away from the injured person
- Follow up - Call parents to see how the child is doing
- If a trip to the hospital is needed by ambulance and the parents cannot be contacted, a COACH must accompany the child to the hospital. Call Pedro immediately. If unable to reach Pedro, please call the park district and they will be able to get in touch with Pedro.

Procedures for non-serious injury

- Apply ice or bandage
DO NOT move child until you recognize the non-serious nature of the injury
- **I** ce
- **C** ompression
- **E** levation
- Contact parents
- Notify the Lemont Park District (630-257-6787) or MOD 312-639-3908

Follow up – Call parents to see how the child is doing

**RETURN SIGNED COPY TO THE
LEMONT PARK DISTRICT**

**REC HOOPS LEAGUE
COACHES MANUAL**

2024-2025 SEASON

I have received, read, understand and agree to abide by the standards set forth by the Lemont Park District Rec Hoops Basketball League.

Date

Grade-Level

Coach Name/Print

Coach Signature

**E-MAIL/SCAN OR DROP OFF TO THE LEMONT PARK DISTRICT SERVICE DESK
@ THE CORE OR CENTENNIAL COMMUNITY CENTER.
pflores@lemontparks.org**