

LEMONT PARK DISTRICT

Recreational Hoops League



**Makers
of
Memories**

PLAYERS & PARENTS MANUAL



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LEMONT PARK DISTRICT YOUTH ATHLETICS

MISSION

Our mission is to provide high quality, safe and accessible recreation programs, facilities and parks that meet the leisure needs for residents now and in the future by improving the quality of life for the residents with Lemont Park District boundaries.

PARENT/GUARDIAN PLEDGE

As a parent/guardian of young athlete, I understand the important role sports can play in the development of a child's character. I also understand that the highest potential of sports is achieved when everyone involved in a athletic program, including the parents, works to Pursue Victory with Honor.

I promise to help my child and his/her team Pursue Victory with Honor by modeling my behavior at all times after the 6 pillars of character:

Trust

Respect

Responsibility

Fairness

Caring

Sportsmanship

and expecting my child to do the same.



Timeline of Events

Registration September through October, 2009

Assessment Days RIVER VALLEY GYMS

Time 7:00 - 8:30 pm

BOYS

3rd graders Monday, October 26
4th graders Tuesday, October 27
5th graders Wednesday, October 28
6th graders Wednesday, October 28
7th/8th graders Thursday, October 29

GIRLS

3rd graders Monday, October 26
4th graders Tuesday, October 27
5th graders Monday, October 26
6th graders Monday, October 26
7th/8th graders Thursday, October 29

Draft Day (for Coaches Only) November 9th or 10th or 11th

Practice Schedules Available November 9, 2009

1st week of practices November 16, 2009

Coaches Clinic (ASEP Certification) November 5th, 2009

Picture Day February 8, 9, 10, 2010

Game Schedules available (ON LINE) December 18, 2009

The scheduled events and dates are subject to change.
 The League Director will notify all coaches of any time change.



PARENTS RESPONSIBILITIES

- Children are expected to be at all practices and games. Children who do not attend practices and who are not excused from practice by their coach may reduce the amount of playing time for that player in the next scheduled game.
- Parents are encouraged to attend all games to show support for their child/children
- Parents will be responsible for promoting sportsmanship to players, other parents, coaches and officials at all times while at all games and are subject to removal if they display inappropriate behaviors.
- Children must be escorted in and out of the facility for all practices and games.
- All siblings who are not scheduled for a practice or game **MUST BE** supervised at all times in the gym (**DO NOT** play in hallways)

EQUIPMENT

- All players must bring their own basketball for practices and assessment day. Make sure you put your name on your ball.
- T-shirt & gym shoes for practices
- Shoes - rubber soled shoes are suggested. **NO BLACK SOLES** or **HARD SOLED GYM SHOES**. During the snowy, rainy months, please **DO NOT** wear your playing indoor gym shoes outside.



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
- Fill out an Accident Report & then notify the Lemont Park District,
Toni @ (630) 257-6787 x [3005](tel:3005) & @ toni-paolini@lemontparkdistrict.org
or Lisa Bridwell e-mail @ lisa@bridwell.net
- 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 Toni immediately & the park district will be able to get a hold of me.

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
- Fill out accident/incident report and notify the Lemont Park District (630-257-6787)
- Follow up – call parents to see how the child is doing

FOR GAMES STARTING IN JANUARY THROUGH MARCH



Parents and Fans:

Welcome to Lemont Park Districts 2009-10 Recreational Basketball League. We hope everyone has fun. The league will be competitive as well as educational. As we begin, here is some information and rules we think you should know.

1. You are responsible for any children that you bring to the game. The school is not open and everyone must remain in the gym. Children must be supervised when using the restrooms.
2. Gym apparatuses on the wall or extra basketball hoops are not to be used.

It's a safety thing

3. Only water or Gatorade/Powerade in the Gym. **No food, gum, coffee etc.**
4. **Always walk around the perimeter of the basketball courts.** This will help keep the courts clean and safe.
5. Please cheer everyone on, remain positive and save criticism for the proper venue.
6. Please know that the parents who have volunteered to coach your son or daughter have committed their time in many ways:
 1. practice times/and games
 2. attended a draft -4 personal hours prior to the season
 3. agreed to a criminal back-round check
 4. agreed to attend coaching clinics and take the ASEP test – 4-5 hours of personal time.
 5. agreed to taking on test on basketball rules-another few hours.
 6. Are doing this for all the kids.

House Rules that Differ from IHSA Rules

3rd Grade

(Remember, we want to promote team play. Teams must learn to pass, cut, rebound)

1. No 3 point shot (unless it is a last second shot)
2. Defense must not extend beyond the arc. No 3-2 zone defense.
3. Any team leading by 10 or more must have all defenders within 1 foot of the key (officials decision)
4. No press at any time.
5. Officials will use their discretion at the 4 minute, 8 minute, 12 minute marks to encourage substitutions.
6. Running clock until the last 2 minutes of each game.
7. No Stalling above the arc. Must attempt to penetrate, shoot or drive after a few passes around the key (referees discretion)

4th & 5th Grade

(The intent is to promote team play, and allow opportunities for teams to continue to compete despite the score)

1. Defense should not extend past the arc.
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.
4. No Press if up by 15.
5. No Stalling above the arc. Must attempt to penetrate, shoot or drive after a few passes around the key (referees discretion)



6,7th & 8th

1. Any team leading by 20 or more must remain within 1 foot of the key. (Officials discretion.)
2. No Press if up by 15

Common Fouls in the Bonus (7 fouls is bonus)

(3rd thru 6th grades ONLY)

Prior to the last 2 minutes of the second half, the offended team will receive the ball out of bounds plus 1 point if the offending team has committed 7 or more fouls. (We will not go to the f/t line to shoot.)

During the last 2 minutes of the 2nd half (Free throws will be shot if in the bonus, bonus=7fouls) 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.

Shooting Fouls **(3rd – 5th grades ONLY)**

Prior to the last 2 minutes of the second half, shooting fouls will be handled as follows:

- a. 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.
- b. 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.
- c. 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.
- d. After 10 fouls, then shoot 2 free throws (Super Bonus).

All fouls will be shot per normal rules during the last 2 minutes of the second half.

Each team will be allowed three (3) time outs per game. Teams responsible for supplying pre-game balls.

Technical Fouls:

- e. Technical fouls count as personal fouls. 1 assigned to each player on the floor & bench.
- f. All technical fouls will consist of 2 points and the ball awarded out of bounds.
- g. Coaches are responsible for their fans.