River Forest Park District
YOUTH
BASKETBALL

PHILOSOPHY

The River Forest Park District Recreation Basketball Program provides a healthy environment in which children can have fun and learn the basic fundamentals of basketball. The Recreation Basketball Program is an instructional program and is not meant to be competitive. The purpose of the program is to have fun and learn basic basketball skills, good sportsmanship and the ability to perform as a member of a team.

GOALS

Along with the skills each coach teaches his/her team, the Recreation Basketball Program has four goals it would like the team to work toward throughout the season.

1. Teamwork
    a. To develop skills through drills and the positive support of teammates.
    b. To develop and maintain discipline as a team.
2. Sportsmanship
    a. To teach good sportsmanship, including, but not limited to, proper respect of teammates, coaches, officials, and opposing team members.
    b. To make the player's parents aware of the proper sportsmanship as spectators of a game.
3. Exercise and Physical Conditioning
    a. Through practices, games, and discussions, teach the importance of and provide the opportunity for exercise.
    b. To teach that physical conditioning is part of the game of basketball.
4. Fun
    a. To have fun throughout the entire season!

CODE OF CONDUCT-PARENT

Parents are expected to follow the program rules and treat the staff with respect. All program and/or staff issues, comments or concerns should be directed to the Athletic Manager. A child whose parents verbally abuse staff will be removed from the program. This includes sarcasm, criticism, yelling, screaming and/or negative comments directed at staff and/or other parents. The police will be called to remove any parent who appears out of control.

SPECTATOR CONDUCT

When cheering for the players, please remember to exhibit good sportsmanship. Teaching good sportsmanship is a major goal of this program. If players see spectators being poor sports, they will think it is an appropriate behavior. Yelling at officials, opposing players and coaches is not acceptable. If this happens, offending spectators will be asked to not attend games hosted by the Park District.

River Forest Park District

YOUTH BASKETBALL

COED PREK-K &1st-2ND GRADE BOYS & GIRLS LEAGUES

1. Prior to each game, each team will conduct a 25-minute practice. All games must start 5 minutes after the practice ends!
2. 4 quarters of play.
3. Each quarter shall be 8 minutes in length; running clock, except injury.
4. 2 minutes will be allowed between quarters for substitutions (4 minutes at half time)
5. Each participant shall play a minimum of 2 quarters per game, no exceptions allowed! If you have less than 10 players, no one should play 4 quarters before everyone has played 3 quarters, equal playing time at all times should be followed.
6. Substitutions are made only when the ball is not in play i.e., time-out, out of bounds or free throws.
7. No official score will be kept.
8. No time-outs will be allowed
9. Fouls will be called only as an aid to develop skills. Lane violations will not be called.
10. All common-fouls will result in the ball taken out of bounds. The referees will explain all calls to the players.
11. There will be no game disqualifications because of fouls.
12. Man-to-Man Defense only is allowed. **(No Zone Defenses)**
13. Stealing is allowed on the pass ONLY. No stealing off the dribble.
14. **No pressing allowed.**
    - 14.1. Pickup defense at top of the key (black line) on the defense's side.
15. Teams are encouraged to shake hands after each game, please encourage sportsmanship.
16. The referees/staff are not to be picked on, spoken abusively to, or in any manner degraded. If you think there is an area that needs attention, please contact the Park District for assistance. Again, you are going to be viewed as a role model/leader for many of these children, so please set good examples.

River Forest Park District

YOUTH BASKETBALL

3rd-4th Boys/Girls League Rules 2025-26 Season

Gameplay:

1. 4 quarters of play.
2. Each quarter shall be 8 minutes in length; running clock, except for the last 30 seconds of each quarter, and for time outs.
3. Clock will stop on free throws
4. 2 pointers will be counted for all shots
5. One time out will be allowed per half.
6. Man-to-Man allowed. (No Zone Defenses Allowed)
7. No pressing is allowed
8. Backcourt violations will be called. (Not in place at Lincoln School)
   - 8.1. If the gym is small, the ref can make the call to enforce it or not.
9. 1 minutes will be allowed between quarters for substitutions. 3 Minute Halftime
10. No Double Teams Allowed.

Substitutions:

1. Each participant shall play a minimum of 2 quarters per game, no exceptions allowed!
   - 1.1. If you have less than 10 players, no one should play 4 quarters before everyone has played 3 quarters, equal playing time at all times should be followed.
2. Coaches must submit their roster rotation sheets Saturday before the game.
   - 2.1. No adjustments to roster rotations on gameday unless a technical foul/ejection/Injury/Illness occurs.
3. Substitutions are allowed on the quarter only, exceptions for injuries/ejections

Fouls:

1. Fouls will be called only as an aid to develop skills.
2. Shooting fouls will be at the discretion of the referee, (players will be moved in front of the free throw line).
3. There will be no game disqualifications because of fouls.
   - 3.1. ENCOURAGE KIDS TO PLAY CLEAN!

Overtime:

1. In case of a tie at the end of regulation, overtime will be a (1) two-minute running clock.
   - 1.1. Excluding playoffs and the championship game, these may result in additional periods to ensure a result.
2. No substitutions in overtime (unless for injury) players on the floor at the end of regulation must stay on the floor.
3. No timeouts during overtime.
4. At the start of overtime the ball goes to the team with the possession arrow.

River Forest Park District
YOUTH
BASKETBALL

5. Pressing is allowed.
6. If there's a tie after overtime the game ends in a tie-unless its playoffs.

Grace Rule:

1. Only go into effect in the 4th quarter if one team has a 15-point advantage or more, the coach must call a time out and "tactfully" instruct their team to slow down play of game. (i.e. legitimately pass three times before shooting, etc.)
    1.1. If your team is up by 15 points or more, you must pass the ball a minimum of 3 times before shooting a basket.

Sportsmanship:

1. Teams must line up and shake hands after all games.
2. Players and coaches are expected to show respect and sportsmanship to all players, coaches, officials, and spectators. Failure to do so may result in a disciplinary action from the Park District.

Positive Cheering Rule / Behavior Management:

1. Any negative cheering heard or seen by an official or park district employee by a spectator will be penalized.
    1.1. 1st offense - will result in a warning.
    1.2. 2nd offense - will result in the team receiving a technical foul.

River Forest Park District
YOUTH
BASKETBALL

5th-6th Boys/Girls League Rules 2025-26 Season

Gameplay:

1. 4 quarters of play.
2. Each quarter shall be 8 minutes in length; running clock, except for the last 30 seconds of each quarter, and for time outs.
3. Clock will stop on free throws
4. Official score will be kept. (2's and 3's)
5. One time out will be allowed per half.
6. Offensive 3 Second Violations will be called.
7. Man-to-Man & Zone Defenses allowed.
8. No pressing during the first half, pressing is allowed in the 2nd half, only if you are not leading by more than 10 points.
   8.1. Backcourt violations will be called.
9. 1 minutes will be allowed between quarters for substitutions. 3 Minute Halftime

Substitutions:

1. Each participant shall play a minimum of 2 quarters per game, no exceptions allowed!
   1.1. If you have less than 10 players, no one should play 4 quarters before everyone has played 3 quarters, equal playing time at all times should be followed.
2. Coaches must submit their roster rotation sheets Saturday before the game.
   2.1. No adjustments to roster rotations on gameday unless a technical foul or ejection occurs.
3. Substitutions are allowed on the quarter only, exceptions for injuries/ejections

Fouls:

1. Each player will be allowed five (5) fouls per game. The player will foul out on the 5th personal foul.
2. On the 5th team foul in a quarter, "double" bonus free throws will be awarded – 2 foul shots will be awarded.
   2.1. Team fouls reset each quarter.
3. When Foul Shots Occur:
   3.1. Players in the lane may leave on the release of the ball from the free throw shooter.
   3.2. The shooter may not leave the free throw line and may not be touched until the ball has hit the rim.
4. Technical Foul - A technical foul will be called on a player, coach or spectator who is trash talking, swearing or commits an intentional foul that is beyond the "normal" spectrum of the game.

River Forest Park District
YOUTH
BASKETBALL

4.1. Coaches who violate the coaches pledge may also receive a technical foul.

5. A technical foul will result in 2 free throws, and the ball for the other team. Substitutions are allowed during a technical foul. The team may choose anyone to shoot the free throws.
6. A player who is called for a technical foul will be taken out of the game and not allowed back in for one quarter's length of time, a second technical foul in the same game will be an automatic ejection.
7. If a coach is called for a technical foul, they will be warned that an additional technical in the same game will result in an automatic ejection.
8. Any player, coach who is ejected from a game must leave the property and is subject to receive a suspension of 1-3 games.
9. Flagrant Foul - A flagrant foul will be called when a player commits an intentional foul which causes immediate harm to another participant (i.e. a punch thrown, a push, shove or kick). It doesn't matter whether it could lead to a fight or not.
   9.1. A player who receives a flagrant foul in a game will be immediately ejected from the game and is subject to receive a suspension of 1-3 games.
10. All technical and flagrant fouls will be looked at by administration before determining a suspension.

Overtime:

1. In case of a tie at the end of regulation, overtime will be a (1) two-minute running clock.
   1.1. Excluding playoffs and the championship game, these may result in additional periods to ensure a result.
2. No substitutions in overtime (unless for injury) players on the floor at the end of regulation must stay on the floor.
3. No timeouts during overtime.
4. At the start of overtime the ball goes to the team with the possession arrow.
5. Pressing is allowed.
6. If there's a tie after overtime the game ends in a tie-unless its playoffs. Fouls from the 4th quarter do not reset before overtime.

Grace Rule:

1. Only go into effect in the 4th quarter if one team has a 25-point advantage or more, the coach must call a time out and "tactfully" instruct their team to slow down play of game. (i.e. legitimately pass three times before shooting, etc.)
   1.1. If your team is up by 25 points or more, you must pass the ball a minimum of 3 times before shooting a basket.

Sportsmanship:

River Forest Park District
YOUTH
BASKETBALL

1. Teams must line up and shake hands after all games.
2. Players and coaches are expected to show respect and sportsmanship to all players, coaches, officials, and spectators. Failure to do so may result in a disciplinary action from the Park District.

Positive Cheering Rule / Behavior Management:

1. Any negative cheering heard or seen by an official or park district employee by a spectator will be penalized.
   1.1. 1st offense - will result in a team warning.
   1.2. 2nd offense - will result in the team receiving a technical foul.
2. Coaches, players or spectators will be ejected if:
   2.1. They verbally or physically harass an official in a threatening manner or display unsportsmanlike conduct, as determined by the official or coordinator.
   2.2. They physically assault any other person.
   2.3. They intentionally collide with another manager, coach or player
   2.4. They leave their designated area in a hostile manner.
   2.5. They use foul language.
   2.6. Technical or Flagrant fouls.

River Forest Park District
YOUTH
BASKETBALL

7th-8th Boys/Girls League Rules 2025-26 Season

Gameplay:

1. 4 quarters of play.
2. Each quarter shall be 8 minutes in length; running clock, except for the last 30 seconds of each quarter, and for time outs.
3. Clock will stop on free throws
4. Official score will be kept. (2's and 3's)
5. One time out will be allowed per half.
6. Offensive 3 Second Violations will be called.
7. Man-to-Man & Zone Defenses allowed.
8. No pressing during the first half, pressing is allowed in the 2nd half, only if you are not leading by more than 10 points.
   8.1. Backcourt violations will be called.
9. 1 minutes will be allowed between quarters for substitutions. 3 Minute Halftime

Substitutions:

1. Each participant shall play a minimum of 2 quarters per game, no exceptions allowed!
   1.1. If you have less than 10 players, no one should play 4 quarters before everyone has played 3 quarters, equal playing time at all times should be followed.
2. Coaches must submit their roster rotation sheets Saturday before the game.
   2.1. No adjustments to roster rotations on gameday unless a technical foul or ejection occurs.
3. Substitutions are allowed on the quarter only, exceptions for injuries/ejections

Fouls:

1. Each player will be allowed five (5) fouls per game. The player will foul out on the 5th personal foul.
2. On the 5th team foul in a quarter, "double" bonus free throws will be awarded – 2 foul shots will be awarded.
   2.1. Team fouls reset each quarter.
3. When Foul Shots Occur:
   3.1. Players in the lane may leave on the release of the ball from the free throw shooter.
   3.2. The shooter may not leave the free throw line and may not be touched until the ball has hit the rim.
4. Technical Foul - A technical foul will be called on a player, coach or spectator who is trash talking, swearing or commits an intentional foul that is beyond the "normal" spectrum of the game.

4.1. Coaches who violate the coaches pledge may also receive a technical foul.

5. A technical foul will result in 2 free throws, and the ball for the other team. Substitutions are allowed during a technical foul. The team may choose anyone to shoot the free throws.
6. A player who is called for a technical foul will be taken out of the game and not allowed back in for one quarter's length of time, a second technical foul in the same game will be an automatic ejection.
7. If a coach is called for a technical foul, they will be warned that an additional technical in the same game will result in an automatic ejection.
8. Any player, coach who is ejected from a game must leave the property and is subject to receive a suspension of 1-3 games.
9. Flagrant Foul - A flagrant foul will be called when a player commits an intentional foul which causes immediate harm to another participant (i.e. a punch thrown, a push, shove or kick). It doesn't matter whether it could lead to a fight or not.
   9.1. A player who receives a flagrant foul in a game will be immediately ejected from the game and is subject to receive a suspension of 1-3 games.

Overtime:

1. In case of a tie at the end of regulation, overtime will be a (1) two-minute running clock.
   1.1. Excluding playoffs and the championship game, these may result in additional periods to ensure a result.
2. No substitutions in overtime (unless for injury) players on the floor at the end of regulation must stay on the floor.
3. No timeouts during overtime.
4. At the start of overtime the ball goes to the team with the possession arrow.
5. Pressing is allowed.
6. If there's a tie after overtime the game ends in a tie-unless its playoffs. Fouls from the 4th quarter do not reset before overtime.

Grace Rule:

1. Only go into effect in the 4th quarter if one team has a 25-point advantage or more, the coach must call a time out and "tactfully" instruct their team to slow down play of game. (i.e. legitimately pass three times before shooting, etc.)
   1.1. If your team is up by 25 points or more, you must pass the ball a minimum of 3 times before shooting a basket.

Sportsmanship:

1. Teams must line up and shake hands after all games.

River Forest Park District
YOUTH
BASKETBALL

2. Players and coaches are expected to show respect and sportsmanship to all players, coaches, officials, and spectators. Failure to do so may result in a disciplinary action from the Park District.

Positive Cheering Rule / Behavior Management:

1. Any negative cheering heard or seen by an official or park district employee by a spectator will be penalized.
   1.1. 1st offense - will result in a team warning.
   1.2. 2nd offense - will result in the team receiving a technical foul.
2. Coaches, players or spectators will be ejected if:
   2.1. They verbally or physically harass an official in a threatening manner or display unsportsmanlike conduct, as determined by the official or coordinator.
   2.2. They physically assault any other person.
   2.3. They intentionally collide with another manager, coach or player
   2.4. They leave their designated area in a hostile manner.
   2.5. They use foul language.
   2.6. Technical or Flagrant fouls.