



## Cresco Park & Recreation 2024-25 Basketball Program



**REGISTRATION DEADLINE FOR ALL AGES:**

***SUNDAY, DEC. 1***

Before registering online, reference this program for students in grades 1-6 for specific activity dates and times along with grade eligibility. All grades mentioned in this program correlate with the **2024-2025** school year.

**Please be prompt with registration, as late registrations are not guaranteed into program.**



**EVERYONE MUST FILL OUT THE ONLINE REGISTRATION.**

Once you begin the registration process, you must complete it entirely. Data typed into the online form will not be saved. Once you submit your registration and we receive it, an email of confirmation will be sent to the email address you provide.

1. Complete the online registration and pay with debit or credit card.
2. Complete the online registration and pay with cash or check.

Drop off or mail registration with payment at: Cresco Fitness Center 316 3<sup>rd</sup> Ave E, Cresco IA 52136  
(If you mail, please include a copy of the emailed registration you receive.)

3. Complete the online registration using the Fitness Center computer with front desk assistance.

**FINANCIAL ASSISTANCE:** Funds may be available through the Howard County Community Action Office if you or your family cannot afford to pay the fees for activities listed on the registration form. For more information, please contact the Howard County Community Action Office (563)-547-4413.

Funds may also be available through the **Issac Wiltgen Legacy Foundation**, a financial assistance program ran through the Cresco Park & Recreation Department. For more information on using this program, please contact the Cresco Park and Recreation Office.



If you would like to donate towards the Issac Wiltgen Legacy Foundation or learn more about it, please visit the following link:  
[About Park & Rec - City of Cresco, Iowa.](#)

**TO MAKE CHANGES TO SUBMITTED ONLINE REGISTRATIONS:**

**CALL OR EMAIL:**

Cresco Park & Recreation: (563)-547-3230 [parks@cityofcresco.com](mailto:parks@cityofcresco.com)  
Cresco Fitness Center: (563)-547-3443 [fitnesscenter@cityofcresco.com](mailto:fitnesscenter@cityofcresco.com)

## **BOYS/GIRLS BASKETBALL: Fee \$40.00 (Non CFC Member \$65.00)**

**Cresco Fitness Center Gym**

**Grades 1-6 (24'-25')**

**Program Session Dates: Monday Nights, January 6, 7, 9, 13, 20, 27, February 3, & 10**

Our Park & Rec. basketball program is a great way to introduce the game to all grade and skill levels. With a heavy emphasis on basic fundamentals, while implementing game-like scenarios, participants will receive an automatic entry into our Free Throw Competition and be rostered for our regular/post season practices and games. Upon completion of our two night mini-camp practices and Free Throw Competition, regular/post season games (including a Championship) will be played against other teams and score will be kept.

### **Program Schedule (details of each night subject to change):**

**January 6 & 7: Practice**

**January 9: FREE THROW COMPETITION & PICTURE DAY: 1<sup>st</sup>/2<sup>nd</sup> shoot from 2<sup>nd</sup> red line, 3<sup>rd</sup>/4<sup>th</sup> shoot from 3<sup>rd</sup> red line, and 5<sup>th</sup>/6<sup>th</sup> shoot from regulation free throw line. Following the Free Throw Contest, players will report to the Upper Aerobics Room. Team photos will be first, with individual pictures being taken after all teams in age group are taken.**

**January 13, 20, 27: Regular Season Games Specific game times for rostered teams TBD, but will be between the regularly scheduled times: 5:30-6:15pm, 6:15-7:00pm, and 7:00-7:45pm)**

**February 3: Playoff Games – specific times for rostered teams TBD, but will be between the regularly scheduled times listed. Seeding will be based on regular season record.**

**February 10: IWLF Championship Games (Championships) will consist of championship games for all teams based on the previous week's winning and losing teams. Overall champions of the winner's bracket will receive the Issac Wiltgen Legacy Foundation Team Trophy to celebrate with, along with 1<sup>st</sup> place medals. Winning teams of the loser's bracket will receive a team trophy to celebrate with also.**

### **Game Times:**

**Biddy Division (1<sup>st</sup> & 2<sup>nd</sup> Grade COED) Times: 5:30-6:00pm**

**Junior Division Boys and Girls (3<sup>rd</sup>/4<sup>th</sup> Grade) Times: 6:00-6:30pm**

**Pro Division Boys and Girls (5<sup>th</sup> & 6<sup>th</sup> Grade) Times: 6:30-7:00pm & 7:00-7:30pm**

### **Practice Times (Including Free Throw Competition)\*:**

**Biddy Division (1<sup>st</sup> & 2<sup>nd</sup> Grade COED) Times: 5:30-6:15pm**

**Junior Division Boys and Girls (3<sup>rd</sup>/4<sup>th</sup> Grade) Times: 6:15-7:00pm**

**Pro Division Boys and Girls (5<sup>th</sup> & 6<sup>th</sup> Grade) Times: 7:00-7:45pm**

\*These are times for practices and free throw competition.

We may shift certain teams/games up or down a slot to accommodate with court availability. See final schedule for specific game times.

Official rosters and specific game times will be posted in December. Volunteers/parent coaches may hold any practices with their team if they wish throughout the season. Teams will be designated by various colors &

names during games and will be detailed on the official roster/game schedule. Players will be asked to wear Park & Rec. basketball shirts each week (included with registration). Cresco Park and Rec. basketball shirts will be available at the CFC Front Desk in December (we will notify all participants when available). Shirts are included with each participant's registration.

**The teams are coached by parents/volunteers and games are refereed by Park & Rec. staff/volunteers. We need parents/volunteers willing to coach these teams! If you are willing, please indicate so on the registration form.**

\*Exact rules and regulations will be posted on [www.cityofcresco.com](http://www.cityofcresco.com) and are included at the end of this program.

**In the event of severe weather, all cancellations will be made 30 minutes prior to the start of the event and be posted on the City of Cresco website and Cresco Fitness Center/ Cresco Parks and Rec Facebook pages.**

## **Game Format, Rules, & Season Information**

\*This season, **teams will be playing 3 on 3 for ALL (1st-6th grade)** divisions to improve the quality of teaching, skill development of players, enjoyment of the program, and a better understanding of the game of basketball for all. Our focus is to emphasize proper floor spacing, passing and cutting, and helping our youth work together in seeing the ball and seeing their opponent.

\* Priority #1: **In order for this season and every season to be SUCCESSFUL: We need at least one parent coach per team.** If you are interested in coaching, please indicate so on the registration form.

\*Depending on the number of participants registered, teams will reach a max of 5 players/team (subject to change pending numbers).

\*Parents/coaches, it is suggested to substitute players every 3–5 minutes to get everyone fair playing time.

\* **Biddy** (COED 1st/2nd) games will be 1/4 court in length (where both teams play and stay on the same hoop). Biddy will use the *lowered attachable hoop* with the biddy ball (27.5).

\***Junior Division** (3rd/4th) will be 1/4 court in length (where both teams play and stay on the same hoop). Junior division will use *regulation hoops* with biddy ball (27.5).

\***Pro Division** (5th/6th) will be played half court in length (where both teams play and stay on the same hoop). Pro division will use regulation hoops with women's ball (28.5).

\*With ALL divisions playing 1/4 to 1/2 court in length, possession switches between teams after every made basket. The defensive team can also win possession via a *steal off of a pass, block or defensive rebound*. Possession can also be turned over in case of violations (*traveling, double dribble, etc.*). Once the defense takes control of the ball inside the 3-point line, they need to dribble it out or pass it to a teammate outside the 3-point line before they can take a shot. The ball can be moved around the court either by passing or dribbling. To improve gameplay and overall coaching, players will NOT be allowed to steal the ball of the dribble.

\*\*The 3-point lines will be taped on all four courts once season begins for **1st-4th grade**.

**\*\*5th-6th grade** will play with regulation half court (meaning regulation 3-pt line).

### **3 on 3 Basketball Rules:**

**Time & OT:** Games are 20-minutes with continuous clock, **except for the last minute** of the game and **OT**. The clock **DOES** stop after a made basket under a minute or on a dead ball (out of bounds, foul, violation, etc.).

**Overtime:** 1st OT is *sudden death* for one minute (first made basket). 2nd OT is *alternating free throws*. The 1st team to make a free throw with the opposition missing, wins (with a max of 3 Rounds). 3rd OT: *Heads/Tails with one team calling the flip*.

**Timeouts:** Each team has one 30 second timeout per game. The clock continues to run during the timeout, unless there is a timeout called with less than 1 minute remaining.

**Possession, Substitutions, & Defense:** Jump balls alternate possession. Substitutions can be done by any team after a dead ball or made basket. **Zone defense is not allowed.**

**Inbound Rules:** Ball must be checked on any dead ball or change of possession. The team checking it can't cross the three-point line until it is passed or dribbled. The inbounder can't shoot the ball off the check. Inbounder may pass or hand the ball off to a teammate or has the option to dribble outside the three point line. This rule is in place to prevent the inbounder from shooting it right away or going one-on-one the entire game and not allowing other players to get a chance to be involved.

- 1st violation of inbounder crossing 3-point line or shooting it receives a warning and a replay of possession.
- 2nd violation is loss of possession and thereafter.

On a rebound, steal, or air ball, the defensive player must return the ball to the 3-point line with at least one foot touching the 3-point line before they become an offensive player. **No throw-ins from out-of-bounds.** If the ball goes out of bounds, check it at the top of the key.

### **Scoring/Fouls/Free Throws**

A basket made inside the three-point line is worth two points, and a basket made *outside the three-point line* is worth three points for all levels.

- Shooting fouls on a made basket will result in an automatic 3-point play.
- For shooting fouls that do not go in: The team fouled receives possession at the top of the key.

If a team fouls **3 times under the last minute**, it goes to the bonus. One free throw for 2 points. This prevents the team leading from just fouling and the ball getting rechecked the entire time.

On free throws, if the offensive team gets the rebound, *they don't have to take it back to the three-point line*.

If the defensive team rebounds the ball, they must take it behind the three-point line in efforts to gain possession of the ball.

On free throws, the ball is played on the release, and players line up just like a normal game (with 1 player from the shooting team on each side of the paint, as well as 1 defender on both sides of the paint— both working for position to secure the rebound).

Technical fouls will result in 2 points and the ball.

Ball must be checked during non-shooting fouls.

**Sportsmanship: SPORTSMANSHIP REQUIRED by all participants and spectators. We are here to help our kids develop in basketball and HAVE FUN. If we have issues with this, we will ask you to leave.**

**\*\* Any parent volunteer coach/Park & Rec. staff can stop the game to coach/teach a situation or foul. In this situation, the person coaching/teaching must ask for clock to be stopped\*\***

## **2024 Park & Rec. Sponsors**

*A huge thank you goes out to all of our Park & Rec. Sponsors who chose to support us during our 2024 season!  
Because of them we are able to continually enhance and improve our youth programming!*

***Thank You!***

### **ELITE (\$1000+)**

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O'Henry's  
Regional Health Services of Howard County**

### **PRO (\$500-\$999)**

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Hometown Accounting  
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