Cresco Park & Recreation
2025-26 Basketball Program

REGISTRATION DEADLINE FOR ALL AGES:

MONDAY, DEC. 15

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 **2025-2026** 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 3rd 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
Cresco Fitness Center: (563)-547-3443 fitnesscenter@cityofcresco.com

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

Cresco Fitness Center Gym

Grades 1-6 (25'-26')

Program Session Dates: Monday Nights, January 5, 6, 8, 12, 19, 26, February 2, & 9

Our Park & Rec. Basketball programs are a great way to introduce the game to all grades and skill levels. With 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 (1/5-1/6) and Free Throw Competition (1/8), regular/post season games (including a Championship) will be played against other teams and scores will be kept (1/12-2/9).

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. 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**: 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. **Also, looking for volunteers to help keep score and officiate.**

*Depending on the number of participants registered, teams will reach a max of 5 players/team (subject to change pending overall 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). The Junior division will use regulation hoops with the biddy ball (27.5).

*Pro Division (5th/6th) will play regulation half court in length (where both teams play and stay on the same hoop). The 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 **off 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 1-minute of additional game play. 2nd OT is alternating free throws. Both teams will have **every** individual player shoot their free throw–the team with the highest team total of makes–wins (with a max of 3 Rounds, if ties continue). 3rd OT: COIN FLIP–Heads/Tails with one team calling the flip.

Timeouts: Each team has **one–30 second timeout per game**. The clock STOPS during the timeout.
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 at the top of the key. Defensive players guarding the ball off the check cannot apply pressure/steal the ball—they must allow for the first pass to happen (only players defending the wings can steal the pass off of the INITIAL check). The inbounder cannot shoot the ball off the check.The inbounder (offensive player receiving the check) may dribble around the 3-pt arc to create an advantage to make a good entry-level pass (they don't have to stay frozen in the same spot—just can't cross inside the 3-pt arc until that first pass has been made). Meaning the inbounder may pass or hand the ball off to a teammate, and again, has the option to dribble outside the three point line to make a good pass. This rule is in place to prevent the inbounder from shooting it right away or going one-on-one the entire game. Therefore, ensuring a chance for all teammates 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(s) must return the ball to the 3-point line with at least one foot touching the 3-point line OR pass it out to their teammate(s) clearing the 3-point perimeter–before they become the offensive team. No throw-ins from out-of-bounds. If the ball goes out of bounds, the ball must be checked 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 attempt, worth 2 points. This prevents the leading team 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).

–A field goal in an opponent's basket will be added to the opponent's score, the opposing team will also then receive possession of the ball.

-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 volunteer ref/Park & Rec. staff member can stop the game to coach/teach a situation or foul.**

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

January 5 & 6: Practice

January 8: FREE THROW COMPETITION & PICTURE DAY: 1st/2nd shoot from 2nd red line, 3rd/4th shoot from 3rd red line, and 5th/6th shoot from regulation free throw line. All participants will shoot the best of 10 free throws. Medals will be given out for the top three places (1st, 2nd, & 3rd). Following the Free Throw Contest, players will report to the Upper Aerobics Room. Team photos will be first, with individual photos being taken after all teams in age group are taken.

January 12, 19, 26: 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 2: Playoff Games – specific times for rostered teams TBD, but will be between the regularly scheduled times listed. Seeding will be based on regular season records.

February 9: 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 Isaac Wiltgen Legacy Foundation Team Trophy to celebrate with, along with 1st place medals. Winning teams of the loser's bracket will receive a team trophy to celebrate with also.

Game Times:

Biddy Division (1st & 2nd Grade COED) Times: 5:30-6:00pm

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

Pro Division Boys and Girls (5th & 6th Grade) Times: 6:30-7:00pm & 7:00-7:30pm

Practice Times (Including Free Throw Competition)*:

5:30-6:15: Biddy
6:15-7:00: Junior
7:00-7:45: Pro

2025 Park & Rec. Sponsors

A huge thank you goes out to all of our Park & Rec. Sponsors who chose to support us during our 2025 season! Because of them we are able to continually enhance and improve our youth programming!

Thank You!

ELITE ($1000+)

CUSB
Cresco Bank & Trust
Gordon Koehler
O'Henry's
Regional Health Services of Howard County

PRO ($500-$999)

Alum-Line
Bob's Electric
CIA Insurance
Fisk Farm & Home
Larson Custom Building
Oak Creek Dental
Precision Overhead Door

JUNIOR ($300-$499)

A&W
Bear Creek Archeology
Culligan Water Conditioning
Dietzenbach Financial – Matt
In Memory of Shay Peckham
Mudslingers
Northeast Iowa Motors
Outdoors & More
Polashek's Locker Service
Schley Cheese Fest

BIDDY ($100-$299)

Can House
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