



Milford Recreation Department  
Parsons Government Complex  
70 West River Street  
Milford, CT 06460  
phone: 203-783-3280

## **2024-2025 Developmental Basketball League Rules**

The Milford Recreation Department reserves the right to make any decisions it feels to be in the best interest of the leagues, the Milford Recreation Department and/or the City of Milford. Rules not described within this document should be up to the discretion of the League Director.

### **CONTACT**

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### **ELIGIBILITY**

1. Boys and Girls must be in 2<sup>nd</sup> or 3<sup>rd</sup> Grade to participate.
2. All players must be full-time residents, or their parents must be real estate taxpayers in the City of Milford.
3. Registration Fee is \$75.00
4. All efforts will be made by the league director to create teams based upon the child's school and/or their geographic area. All requests by parents and/or coaches are not guaranteed and the final decision is at the League Director's discretion.

### **COACHES**

1. The Recreation Department shall provide each coach with:
  - a. Team Roster
  - b. Rules & Regulations
2. Coaches shall be responsible for conducting about a 15–20-minute practice/lesson prior to the start of the game (See Practice Section).
3. Coaches shall have a basic understanding of the rules and fundamentals of the game of basketball.
4. Coaches will be the referees during the game portion.
  - a. Coaches will make calls and are expected to explain why the call was made to the player.

5. Coaches shall be responsible for rotating their players in and out of the game as equally as possible.
6. Coaches shall never yell, intimidate, or belittle the players. Such conduct will not be tolerated. Coaches should always act in a polite, sportsmanlike way, leading by example.
7. A maximum of three coaches will be allowed on the team bench or on the gym floor during games. ALL COACHES MUST SUBMIT TO A BACKGROUND CHECK BEFORE COACHING.

## **TEAMS**

The Recreation Department/League Director based upon the school and/or geographic location of the players, creates the rosters. Although we try to honor all requests, we can never guarantee them. Teams will be capped at 10 per roster (unless there is an uneven number of players, this number can be altered in the best interest of the league).

## **EQUIPMENT**

The Recreation Department will provide each team with a game ball and a few practice balls. These basketballs should be returned to the Building supervisor at the conclusion of your game.

## **PRACTICE**

1. At the start of each game 58 minutes will be put on the clock.
2. Each game shall consist of a 15-20 minute instructional practice/lesson followed by a simulated game.
3. Each week, there should be a new aspect of the game to focus on be a different skill to focus on. For Example,
  - a. Week #1 Dribbling
  - b. Week #2 Passing
  - c. Week #3 Layups
  - d. Week #4 Shooting
4. Coaches are responsible for teaching the skills to the players and should have a solid understanding of the rules/fundamentals of the game.

## **GAME**

1. After the 15–20-minute practice session has concluded. The teams will play a simulated game against one another with the time remaining.
2. No score or standings will be kept in the Developmental League and the coaches will be the referees.
3. When the referee (coach) makes a call, they should explain what the violation was to the player in an educational and respectful manner.
4. Foul Shots- ONE FOUL SHOT SHALL BE AWARDED ON ALL SHOOTING FOULS. There is no one and on situation. All foul shots should be about 3 feet in from the original foul line. After a foul shot is attempted, the ball becomes live once it hits the rim. All players must wait for the ball to hit the rim before entering the key.
5. No Stealing from the dribbler.
6. No Double Teaming/Crowding on defense.
7. No Guarding players outside the three-point arc.

8. THERE IS NO PRESSING OF ANY KIND. THE OFFENSE IS ALOUD TO PASS HALFCOURT WITH NO DEFENSE.
9. No fastbreaks or baseball passes of any kind. Both the offense and the defense shall be permitted the opportunity to set up.
10. Coaches should establish/agree on a “half-time” to take a short break. Total court time shall be 58 minutes which will be displayed on the scoreboard. Please make sure your team gathers their belongings and exits the gym floor immediately following the game. Players should get changed in the restrooms or stage/lobby area. Any post-game meetings should be held anywhere but the gym so we can stay on schedule.
11. These rules are established to help the kids learn the fundamentals of the game.

### **BLOOD RULE**

A player, coach, or referee who is bleeding or has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered.

### **UNIFORMS**

1. All players who register by the deadline will receive a T-shirt for their team. If you do not have a jersey, you must supply a color shirt as a replacement.
2. All players must wear sneakers. All players are asked not to wear their “game-sneakers” into the gymnasium. Please try to bring them and then change into them.
3. Players must wear athletics pants or shorts. Cutoffs, jeans, etc. are not permitted.
4. No jewelry is allowed and must be removed before the start of the game.

### **INCLEMENT WEATHER**

In the case of inclement weather, Coaches and Parents should visit [www.milfordrecreation.com](http://www.milfordrecreation.com) after 10:00am (or anytime thereafter in the event of inclement weather during the day). Often we must wait until the very last minute to cancel or not cancel so unfortunately the teams playing in the first game may have short notice. We apologize in advance for the inconvenience.

If the games are cancelled, parents and coaches will be notified via email and an alert will be posted on our website.