

# HIGH SCHOOL PREP BASKETBALL LEAGUE GUIDELINES



CHARLES COUNTY RECREATION  
**HIGH SCHOOL PREP**  
BASKETBALL & CHEER



# Charles County

## Department of Recreation, Parks and Tourism

### High School Prep League Guidelines

#### I. THE LEAGUE:

- A. **Mission:** To enhance the quality of life of our residents and visitors by providing well rounded recreational and competitive sport programs focusing on building a sense of community and improving the overall quality of life for current and future generations.
- B. **Philosophy:** Charles County Department of Recreation, Parks, and Tourism High School Prep Basketball League is, first and foremost, a recreational sports league intended to provide a positive social experience for young boys and girls with an emphasis placed on good sportsmanship, fun, and exercise. The High School Prep League was formed to provide a level playing field to refine skills and further the advancement of all players. The recreation division has adopted the standards of the National Youth Sports Coaches Association (NYSCA). These standards were developed for all volunteers to follow in developing and administering youth sports for youth.
- C. **Administration:** All leagues will operate under the jurisdiction of the Charles County Department of Recreation, Parks, and Tourism. Questions and concerns should be brought to the League Coordinator's attention for review. The League Coordinator for the HS Prep Basketball league is Travon Royall, Sports Coordinator. Mr. Royall can be reached at 301-932-3470 ext. 5150 or RoyallT@CharlesCountyMD.gov

#### II. VOLUNTEER COACHES:

- A. Prior to the season, all coaches (head coaches and assistant coaches) MUST:
  - 1. Submit a coaching application with contact information.
  - 2. Submit to a mandatory Criminal Background Investigation.
  - 3. Sign and adhere to the Recreation Division Coaches Code of Conduct. Abide by and adhere to the League Guidelines.
- B. The coach will be the team representative and will be responsible for the following:
  - 1. Be the liaison between the League Coordinator/Community Center staff and team members.
  - 2. Attend all coaches/managers' meetings.
  - 3. The conduct of team players, assistant coach, players' parents and team spectators.
  - 4. Head coach is only allowed one (1) assistant coach per team.
  - 5. Inform and distribute to team members and parents all information pertaining to the league (rules, regulations, schedule, make-up dates, parents and players' code of conduct, etc.).
  - 6. Coaches are responsible for ensuring that roster information including assistant coach's name and



current phone number is correct at all times.

7. Reinforce the recreation philosophy to all players.
8. At the time of your first players/parent meeting and/ or practice, ensure and confirm that all players meet the player eligibility criteria as listed in this document.
9. Keep team bench and surrounding area free of trash.
10. Medications/drugs should never be administered to players, other coaches or spectators. Any coach or player in violation will be suspended from participation in Charles County Recreation sponsored programs.
11. Adhere to the Charles County Public School no smoking policy while on school grounds.
12. Not allow food or drinks or personal basketballs to be permitted in the gymnasium.

### III. TEAM MEMBERSHIP:

- A. Divisions are based on grade level. A player may not be more than one (1) year older than the appropriate age for that grade. (Ex. 6<sup>th</sup> grade 12 years old, 7<sup>th</sup> grade 13 years old, 8<sup>th</sup> grade 14 years old).
- B. Players must attend one of the two league designated mandatory tryout days prior to being placed on a team. **Exception:** Once tryouts have concluded, if a school does not have enough players to make a team at any grade, the league coordinator can approve accepting players that did not attend the tryouts if they meet all other eligibility criteria. The league coordinator may also approve players that could not attend tryouts due to medical or any other extreme factors. Documentation maybe required.
- C. Players can only play for the school they attend. If a player lives in Charles County but does not attend Charles County public school, he or she can only play in the school district they are zoned to attend. The only exception to this rule will be if a school does not field a team at every grade level. Only then can the league coordinator approve a player to move to another center. **Exception:** If a private school enters a team into the league, the players must play for the private school they attend. If the private school does not enter a team in the grade, they are in they may play for the school they are zoned for.
- D. A private school enters a team into the league, the players must play for the private school they attend. If the private school does not enter a team in the grade, they are in they may play for the school they are zoned for.
- E. Players can play up a grade level only if there are not enough players to field a team at their appropriate grade level. The only other exception will be if there are not enough players for the older grade level. Any individual exceptions to this rule can only be approved by the league coordinator. Players playing up a grade will be discouraged.
- F. All players must be registered through Charles County Recreation.
- G. All official team rosters will consist of a minimum of eight (8) players and a maximum of twelve



(12) players (total registration will dictate the number of players on each team).

H. Players can only be rostered on one team.

#### **IV. EJECTIONS AND SUSPENSIONS:**

- a. Consequences for suspensions/ejections will be decided by the Recreation, Parks, and Tourism office based upon a 3 Tier system. Any player, parent, coach, or spectator who is suspended may not attend any game or practice sites until their suspension has been fulfilled. If games are postponed or rescheduled, suspensions are indefinite until games are played.

##### **1. Tier One: 2 game Suspension**

a) A tier one offense may be issued to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:

1. Is ejected from a game or asked to leave a game or practice site by an official or Department of Recreation, Parks and Tourism staff member for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions may result in a 2-game suspension, effective immediately, starting with your teams next scheduled game.
2. Any further ejections may result in suspension from the league.

##### **2. Tier Two: Suspension for remainder of season**

a) Players may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for the remainder of the season.

b) A tier two offense may be issued, at the discretion of the League Director to any player, coach, or spectator based on the following criteria, which includes but is not limited to:

1. Committing multiple tier one offenses within the same season.
2. Strike, shove, bump, trip, or threaten an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County Community Center, Public School, or Park property.

##### **3. Tier Three: 2 Year Suspension**

a) Anyone involved in a tier 3 offense may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for a minimum of two years.

b) A tier three offense may be issued, with discretion from the League Director, to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:

1. Committing multiple tier one or tier two offenses with a year of previous offenses.
2. Is involved in a severe incident that displays excessive or relentless disobedience of our mission, including but not limited to; harassment, fighting, or conduct with intent to harm an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County



Community Center, Public School, or Park Property.

## V. GAME RULES:

A. The Official National Federation of State High Schools (NFHS) will govern league play with the following exceptions:

1. The home team will be the team on the right side of the schedule. (Away vs. Home)
2. TIME: All league games will consist of four quarters comprised of:
  - i. 6 minute quarters
  - ii. 1 minute between quarters
  - iii. 3 minutes between halves
  - iv. Clock will stop on all whistles.
  - v. Clock will run if a team is leading by 20 points or more. Clock will stop on shooting fouls. Clock will stop on all whistles once the lead falls below 20 points.
  - vi. 3 minute overtime period(s) – If a winner has not been declared after the first overtime period, a second overtime will be played. Only two overtime periods will be played before the game is declared a tie.
  - vii. In the case of overtime, each team will receive an extra time out. Time outs left from regulation will carry over.

\*\*\*Certain game rules regarding time between quarters and halftime maybe adjusted for the playoffs.

3. TIMEOUTS: Coaches may call timeouts. Each team receives four (4) full timeouts per game.
4. SUBSTITUTIONS:
  - i. All players must be checked in at the scores table prior to the stoppage of play.
  - ii. **Jr. Prep (6<sup>th</sup>) and HS Prep Girls** - Substitutions during the **first quarter** may only be made at the 3-minute mark or change of quarter. Substitutions during the **second quarter and second half** may only be made during dead ball situations **assuming all players have received all their mandatory playing time**. Please see Section regarding Mandatory Play Rules.
  - iii. **Sr. Prep (7<sup>th</sup>) & HS Prep Elite (8<sup>th</sup>)** - Substitutions may be made during all dead ball situations. *Please see Section regarding Mandatory Play Rules.*
5. DELAY OF GAME: There will be no delay of the game if a team does not have enough players to start the game (players must be dressed and on the court). The clock will start as the game was scheduled. Any team that doesn't have enough players at the start of the game will be penalized in the following manner:



- i. The opposing team will receive two (2) points at the start of the official game and two (2) points for every minute that has elapsed off the game clock until the team being penalized has fielded a complete team (Five Players).
  - ii. If enough players arrive within the first quarter of the game, the game will be played.
  - iii. The time elapsed will not be added back to the official game clock.
  - iv. If the team does not have five players by the time the first quarter has elapsed, the game will be declared a forfeit.
  - v. Time outs may not be used to stop the clock in the case of a delay of game.
6. There is **no dunking or hanging on the rims** allowed at any Elementary school or Middle school. A technical foul along with a team foul will be issued.
7. During free throws, players may enter the lane once the basketball leaves the shooters hand.
8. FULL COURT PRESS: A defensive strategy known as *full court press* is allowed for all age levels.
9. If a team is leading by 15 points in the second half, the team that is leading cannot full court press.
  - i. Once the basketball is in possession of the rebounding team, the team leading must fall back behind the half court line extended.
10. First violation of the No Press rule will result in a team warning. If it is determined that a team is trying to gain an advantage over an opponent a technical foul will be assessed to the offending team for each violation thereafter. If four (4) technical fouls are picked up by the same team, the game will be determined to be over. (This rule will be enforced under the judgment of the game official and/or facility staff).
11. Disrespectfully addressing, baiting, or taunting an opponent will not be tolerated. Penalty will be a technical foul is charged to the offender.
12. Hand Checking: It is illegal to use hands on an opponent who in any way inhibits the freedom of movement of an opponent or acts as an aid to stop a player in starting or stopping.
13. Assistant Coaches are to be seated while the Head Coach is standing. Kneeling is not allowed.
14. If a coach receives a technical foul, both coaches must remain seated on the bench for the remainder of the game. Kneeling is not allowed.
15. Teams waiting to play the next game should be seated in the stands or a designated area until their game begins.
16. No shooting at the baskets is permitted during timeout or intermission. Only the teams warming up for that game should be shooting at the baskets or be on the playing floor.



17. When game is over, coaches should line up teams to shake hands and show sportsmanship.

18. Food, Gum, Drinks will not be allowed in the gymnasiums.

## VI. MANDATORY PLAY RULE:

- A. Purpose of rule: The Purpose of the Mandatory Play Rule is to ensure that every participant is given the opportunity to play and to develop skills during an organized basketball game regardless of ability.
- B. Implementation of the rule: Coaches may reserve the right to restrict play of individuals who require special health precautions. (This must immediately be brought to the attention of the scores table staff for review prior to any scheduled game or upon discovery). It is also the coach's responsibility to notify the opposing team's coach of any health problems. If by chance a situation cannot be clarified by the lead Site Attendant, a written protest may be made. At this time, the official will be notified of the protest and the official scorer will log this into the score book. If the coach has not addressed the scores table /or game official for clarification, the League Coordinator will not accept a protest on the matter.
- C. If a player is removed from the game due to injury or blood, the coach and scores table staff will use their judgment and discretion on the completion of any remaining mandatory play.
- D. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. This is at the discretion of the facility staff on duty and referees.
- E. Coaches are reminded that this league is dedicated to instructing youth in becoming better basketball players. Abuse or violating the Mandatory Play Rule could result in suspension or expulsion of the coach.

### F. Jr. Prep (6<sup>th</sup>) and HS Prep Girls

- 1. Substitutions during the **first quarter** may only be made at the 3 minute mark or change of quarter. Substitutions during the second **quarter and second half** may be made during dead ball situations **assuming all players have received all their mandatory playing time**. Exceptions will be either an injury or a player fouling out.
- 2. Each player must play at least three (3) minutes during the first half of each game. Each player must complete any three-minute segment of **mandatory playing time** which the player begins.
- 3. Any player that receives 3 or more fouls anytime during the first half while obtaining their required mandatory playing time may be substituted for. If a player with 3 or more fouls is substituted out during the first half while obtaining their mandatory playing time, they will not be allowed to re-enter the game until the second half. The player will be required to start the second half and it will be the coach's responsibility to ensure that this player still receives their mandatory three (3) minutes. Coaches will be able to substitute all other eligible players at will.
- 4. Players that arrive after the game has started but before the second half begins will still be required to play three (3) minutes. Players arriving after the start of the second quarter must



touch the floor in the second half.

5. Teams that have more than 10 players are still required to meet the mandatory play requirements. Players that do not fulfill the entire mandatory play time in the first half **must** start the second half and may not be substituted for until all mandatory play has been fulfilled. Exception: injury or fouling out.
6. Each player must touch the floor in the second half.

**G. Sr. Prep (7<sup>th</sup>) & HS Prep Elite (8<sup>th</sup>)**

1. **Sr. Prep and Elite only** - each player must touch the floor in both the first and second half.
2. Players that arrive after the game has started but before the start of the second quarter are still required to touch the floor in the first half. Players arriving after the start of the second quarter and before the start of the 4<sup>th</sup> quarter are still required to touch the floor in the second half.

H. This rule will be closely monitored. However, it is the coach's responsibility to comply with this rule (i.e., checking with the scorer's table at half-time and/or between quarters to see which players have not fulfilled the mandatory play requirement).

I. The following procedures will be used if the rule has been violated:

1. Scorekeeper will notify the lead Site Attendant with the following information: age division, team name, coach's name(s), players' names and players' numbers.
2. The lead Site Attendant will review the incident and make a decision on the situation.

J. The Mandatory Play Rule may be waived if any of the following occurs:

1. A player who has not fulfilled the requirements of the playing rule is injured and unable to return to the game.
2. An injured player who re-enters the game in order to fulfill the requirements, but fails to do so due to the lack of time remaining (applicable only in the fourth quarter).
3. A player who has not fulfilled the conditions of the playing rule fouls out of the game.
4. Coach's discretion if a player receives a technical foul due to unsportsmanlike conduct.

K. If a child is not attending practices but showing up only for the games, the mandatory play rule may be waived. However, the coach must contact the League Coordinator directly to discuss this situation. After consultation, the League Coordinator may make a decision to waive the mandatory play rule.

**VII. EQUIPMENT:**

- A. The HS Prep Girls division will use an intermediate size ball (28.5). Jr. Prep (6<sup>th</sup>), Sr. Prep (7<sup>th</sup>) & HS Prep Elite (8<sup>th</sup>) boys divisions will use an official size ball.
- B. All players must wear numbered jerseys. Shorts, sweatpants, and sneakers are allowed. Boots or





hard soled shoes of any kind are not allowed. Team colors are predetermined by the League Coordinator.

- C. The only uniform provided is a jersey, which must be tucked in, and must be worn for each scheduled game. Not having a game shirt may result in a player not being able to participate in the game. No alteration of the league jersey is permitted. If a jersey is determined to be altered, the player will not be permitted to play until a new shirt is ordered, paid for, and received by the participant.
1. Player blood rule in effect. A player who is bleeding or has blood on their uniform must leave the court for immediate medical attention. Bleeding must be stopped, the wound dressed, and no fresh blood is to be on the uniform before the player is allowed to return.
  2. Mouth pieces are not mandatory but allowed for those who choose to wear them appropriately.
  3. Jewelry, earrings, head/ hair ornaments of any kind (beads, pins, etc.) are prohibited.
  4. **Players are to wear same color t-shirt as jersey if they choose to wear an undershirt.**
  5. Sweat bands for wrist and head are allowed if worn appropriately.
  6. Items worn for religious reasons must be brought to the attention of the lead Site Attendant.
  7. No metal belt buckles allowed.
  8. Eyeglasses should be secured with a strap.
  9. **Casts of any kind, even if padded, are not allowed.**
  10. Food, Gum, Drinks will not be allowed in the gymnasiums.

### VIII. PROGRAM FORMAT:

- A. The program is designed for boys and girls to participate in the following age divisions: (All grade levels will be county-wide)
1. Boys - 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Divisions
    - i. Jr. Prep – 6<sup>th</sup> Grade
    - ii. Sr. Prep – 7<sup>th</sup> Grade
    - iii. HS Prep Elite – 8<sup>th</sup> Grade
  2. Girls:
    - i. HS Prep Girls - 6<sup>th</sup> through 8<sup>th</sup> Grade
- B. Teams will play an (8) eight-game schedule. Games will be played on weeknights and some



Saturdays.

- C. Regular season play will consist of an (8) eight game season. Each league is contingent upon having at least (4) four teams. A single-elimination tournament for the top six (6) teams of each division will be held at the conclusion of the regular season. If a league consists of six (6) teams or less, then the top four (4) teams of each division will advance to the single-elimination tournament.
- D. League standings will be kept for all leagues & division. Standings will be updated weekly and will be posted on our website, [www.charlescountyparks.com](http://www.charlescountyparks.com). All age levels will be county-wide.
- E. Tie Break Procedures. **The tie break procedures will only be used if teams are tied in regular season standings, and will be as follows:**
  - 1. Win/Loss record in head to head competition.
  - 2. Points allowed in head to head competition.
  - 3. Points allowed against the entire league.
  - 4. If necessary, a coin flip will take place.

\* \*If three or more teams are tied, prior to #2 Win/Loss record in head to head competition between all tied teams will be used. If teams are still tied, total points allowed in head to head competition between all tied teams will be used prior to number 2.

#### **IX. LEAGUE REGULATIONS:**

- A. Protests: Rule interpretations and player eligibility are the only grounds for protest and must be protested at the time of the incident, and before play resumes. Judgment calls made by game officials are not grounds for any protest! The coach must immediately notify the lead Site Attendant and/or scores table of their intent to protest. The protest will be logged in the score book.
- B. If by chance a situation cannot be clarified by the lead Site Attendant, a written protest may be made to the League Coordinator. If the coach has not addressed with the lead Site Attendant for an on the spot clarification, the league coordinator will not accept a protest on the matter.
- C. Formal protests must be submitted in writing to the League Coordinator within two (2) business days of the incident. The cost of the protest is \$100.00. If it is determined that the protest is valid and upheld than the \$100.00 will be returned.
- D. League Coordinator has final say in all league decisions.
- E. The league coordinator for the HS Prep Basketball league is Travon Royall, Sports Coordinator. Mr. Royall can be reached at 301-932-3470 ext. 5150 or RoyallT@CharlesCountyMD.gov.

#### **X. CANCELLATION PROCEDURES:**

Charles County Recreation utilizes the Charles County Citizen Notification System (CNS) to provide updates on program or facility cancelations and closures due to inclement weather. Sign up to receive free text messages or emails at [www.charlescountymd.gov/switching-alert-systems](http://www.charlescountymd.gov/switching-alert-systems). Notifications will also be uploaded onto the Department of Recreation, Parks, and Tourism Facebook feed.



## CONCUSSION FACT SHEET

### WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is the greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

#### Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

#### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion

- Ensure that they follow their coach’s rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly
- Learn the signs and symptoms of concussion.



## **WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- **Seek medical attention right away**
  - A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports
- **Keep your child out of play**
  - Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion**
  - Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**Remember, you can't always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It's better to miss one game than the whole season.**

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>

## **Sudden Cardiac Arrest (SCA)** **Information for Parents and Student Athletes**

**Definition:** Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes' risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

**Causes:** SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

### **Warning Signs of SCA**

- SCA strikes immediately.
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
- No response to tapping on shoulders
- Does nothing when asked if he/she is OK
- No pulse



## Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

**Warning signs of potential heart issues:** The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

**Risk of Inaction:** Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Information used in this document was obtained from the American Heart Association ([www.heart.org](http://www.heart.org)), Parent Heart Watch ([www.parentheartwatch.org](http://www.parentheartwatch.org)), and the Sudden Cardiac Arrest Foundation ([www.sca-aware.org](http://www.sca-aware.org)). Visit these sites for more information.

## Frequently Asked Questions about Sudden Cardiac Arrest (SCA)

### What are the most common causes of Sudden Cardiac Arrest (SCA) in a student athlete?

SCA is caused by several **structural** and **electrical** diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are **inherited**, which means the tendency to have these conditions is passed from parents to children through the genes. Some of these conditions are listed below.

1. *Hypertrophic cardiomyopathy (HCM)*: HCM involves an abnormal thickening of the heart muscle and it is the most common cause of SCA in an athlete.
2. **Coronary artery anomalies**: The second most common cause is congenital (present at birth) abnormalities of coronary arteries, the blood vessels that supply blood to the heart.
3. **Other possible causes of SCA are:**
  - a. *Myocarditis*: an acute inflammation of the heart muscle (usually due to a virus).
  - b. Disorders of heart electrical activity such as:
  - c. *Long QT syndrome*.
  - d. *Wolff-Parkinson-White (WPW) syndrome*.
  - e. *Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)*.



- f. *Marfan syndrome*: a condition that affects heart valves, walls of major arteries, eyes, and the skeleton.
- g. Congenital aortic valve abnormalities.  
*Commotio Cordis*: concussion of the heart from **sudden blunt non-penetrating blow** to the chest
- h. Use of recreational, **performance-enhancing** drugs, and **energy drinks** can also bring on SCA.

### **How can we minimize the risk of SCA and improve outcomes?**

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One important strategy is the requirement for a yearly pre-participation screening evaluation, often called a sports physical, performed by the athlete's medical provider. Since the majority of these conditions are inherited, **be aware of your family history**, especially if any close family member:

1. had sudden unexplained and unexpected death before the age of 50.
2. was diagnosed with any of the heart conditions listed above.
3. died suddenly /unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.

### **Take seriously the warning signs and symptoms of SCA**

Athletes should notify their parents, coaches, or school nurses if they experience any of these warning signs or symptoms. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school's various preventive measures.

If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes will be excluded from sports pending further evaluation and clearance by their medical providers.