



# Charles County Department of Recreation, Parks, and Tourism Youth Winter Basketball 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 sports 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 community-based recreational youth leagues are, first and foremost, intended to provide a positive social experience for young boys and girls with an emphasis placed on good sportsmanship, fun, and exercise. The Select 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 Recreation, Parks, and Tourism. Questions and concerns should be brought to the League Coordinator's attention for review. The league coordinator for the indoor youth program is Melvin Allen, Sports Coordinator. Mr. Allen can be reached at 301-932-3470 ext. 5150 or [Allenm@charlescountymd.gov](mailto:Allenm@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. Pass a mandatory NYSCA Certification Course.
  - 4. 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. Keep team bench and surrounding area free of trash.
9. Drugs should never be administered to players, other coaches or spectators. Any coach or player in violation of this rule will be suspended from coaching and/or participation in CCDCS recreation-sponsored programs.
10. Adhere to the Charles County Public School no smoking policy while on school grounds. Including E-Cigarettes
11. Not allow food or drinks or personal basketballs to be permitted in the gymnasium.

### **III. TEAM MEMBERSHIP:**

- A. All players must be registered.
- B. All teams will consist of a minimum of eight (8) players and a maximum of 10 players. (Total registration will dictate the number of players on each team).
- C. Players must be between the ages of 9 and 14 years old. Age determined as of September 1, 2017.
- D. Children can only be rostered on one team.
- E. Players must play within the appropriate age division: 9-10, 11-12, and 13-14 for Boys and 11-14 for Girls. Children are not allowed to play up an age level.
- F. Players **MUST** attend one of the scheduled select league tryouts and be selected by a coach in that age division according to designated boundaries and age. Draft procedures will be distributed at tryouts.
- G. Any player that does not tryout will not be allowed to play in the select division.
- H. Players who are not picked during the select league tryouts will be automatically transferred to the Recreational Basketball program.
- I. Out of County Players
  1. Non-residents of Charles County are welcome to participate, however, in the circumstances where a division has reached a full capacity of teams, rosters with Charles County citizens may be given priority.

### **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. Anyone suspended may not attend any game sites until their suspension has been fulfilled.

1. Tier One: 2 Game Suspension
  - a) A Tier One offense may be issued to any player, parent, coach, or spectator who:
    1. Is ejected from a game by an official 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 the 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 who:
    1. Committed 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 Three 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, spectator who:
    1. Commits multiple Tier One or Tier Two offenses within one 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:**

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:** Games will consist of four (4) quarters comprised of
  - i. 8 minute running quarters.
    - During the last two (2) minutes of each game the clock will stop on all dead ball

situations. The only exception is if a team is ahead by twenty (20) points the clock will continue to run.

- ii. 1 minute between quarters
  - iii. 3 minute half-time
  - iv. (2) 3 minute overtime period(s)
3. **TIMEOUTS:** Coaches may call timeouts. During a game, each team is allowed:
- i. Four (4) full timeouts
  - ii. In case of overtime, each team will receive an extra time out. Time outs left from regulation will carry over.
4. **SUBSTITUTIONS:** Substitutions during the first half may only be made at the 4 minute mark or change of quarter. Substitutions during the second half may only be made during dead ball situations. Please see Section regarding Mandatory Play Rules.
5. **DELAY OF GAME:** There will be no delay of 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 does not 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 (5) 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 (5) players by the time the first quarter has elapsed, the game will be declared a forfeit.
6. There is no dunking or hanging on the rims allowed at any Elementary or Middle school. A technical foul along with a team foul will be issued.
7. During a free throw, players may enter the lane once the ball is released from the shooters hand. The shooter must wait until the ball touches the rim or backboard before entering the lane.
8. Shooters must remain behind the free throw line in all select age groups when completing their free throw attempt. A violation will be assessed if the shooter crosses the line.
9. **FULL COURT PRESS:** A defensive strategy known as *full court press* is allowed for all age levels.
- i. If a team is leading by 15 points in all age levels, the team that is leading cannot full court press.
  - ii. Once the basketball is in possession of the rebounding team, the team leading (if they are on defense) must fall back behind the designated press line.

- iii. 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 official and/or Site Attendant).
  - iv. It is the coach's responsibility to instruct their players where the press line starts. Since the league uses so many different facilities, the press line in most cases will be different. There should be a line clearly defined in each gymnasium; if not, the press line starts at half court. Please ask the Center Coordinator or the Official if you are unsure of where the press line starts.
10. Disrespectfully addressing, baiting, or taunting an opponent will not be tolerated. Penalty will result in two (2) free throws plus possession of the basketball. A technical foul is charged to the offender.
  11. Hand Checking: It is illegal to use hands on an opponent that in any way inhibits the freedom of movement of an opponent or acts as an aid to stop a player in starting or stopping.
  12. Only one coach is allowed to be standing during the game.
  13. If a coach receives a technical foul then both coaches must remain seated on the bench for the remainder of the game.
  14. Teams waiting to play the next game should be seated in the stands or a designated area until their game begins.
  15. 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.
  16. When the game is over, coaches should line up teams to shake hands and show sportsmanship.
  17. Food, Gum, and 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 Site Attendant 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 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 Site Attendant/or 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 site attendant will use their judgment and discretion on the completion of any remaining mandatory play.
- D. **\*\*\*New as of 2018 basketball season 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 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. **9-10 & 11-12 Divisions:** Each player must play at least eight (8) minutes during the first half of each game. Each player must complete any four (4) minute segment of time that the player begins.
- G. **13-14 Division: For 13-14 division only, each player must play at least four (4) minutes during the first quarter of the game. Each player must complete one (1) four minute segment of time in which the player begins. In addition each player must touch the floor in the second half.**
- H. **Players that arrive after the game has started but before the second quarter begins will still be required to play four (4) minutes. Players arriving after the start of the second quarter will not be subject to the Mandatory Play Rule. These players are still required to touch the floor in the first and second half.**
  - 1. Substitutions during the first half will only be allowed at the four (4) minute mark (or as close to the four minute mark as possible), or at the end of the quarter. Exceptions will be either an injury or a player fouling out. The clock will not stop in order to sub in players.
  - 2. Any player that receives three (3) or more fouls anytime during the first half may be substituted. The player must re-enter the game at the start of the second half to fulfill their required mandatory play. It will be the coach's responsibility to ensure that this player still receives their mandatory four (4) or eight (8) minutes of play. Coaches will be able to substitute all other eligible players at will. An eligible player is one that has already received all of their mandatory play.
  - 3. Players that arrive after the game has started but before the second quarter begins will still be required to play eight (8) minutes. Players arriving after the start of the second quarter will not be subject to the Mandatory Play Rule however, these players are still required to play at least FOUR (4) minutes.
- I. This rule will be closely monitored. However, it is the coach's responsibility to comply with this rule (i.e., checking with the Site Attendant at half-time or between quarters to see which players have not fulfilled the mandatory play requirement).
- J. The following procedures will be used if the rule has been violated:
  - 1. Scorekeeper will notify the Site Coordinator with the following information: age division, team name, coach's name(s), players' names and players' numbers.
  - 2. The Site Coordinator will review the incident and make a decision on the situation.
- K. 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.

- L. If a child is not attending practices but showing up only for the games, the mandatory play rule may be waived. The coach must first call 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 following will be the official balls and uniforms provided by the Recreation Division for the 2017-2018 season during games.
  - 1. The 9-10 and Girls 11-14 division will use an intermediate size ball.
  - 2. The 11-12 and 13-14 age boys divisions will use an official size ball.
- B. All players must wear numbered jerseys. Shorts, sweat pants, 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 T-shirt, 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 T-shirt is permitted.** If a T-shirt 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.
- D. If in the opinion of the Official a color conflict of uniforms exists, the home team will wear scrimmage vests during the game, provided by the facility.
- E. Player blood rule in effect. A player whom 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.
  - 1. Mouth pieces are not mandatory but allowed for those who choose to wear them appropriately.
  - 2. Jewelry, ear rings, head/hair ornaments of any kind (beads, pins, etc.) are prohibited.
  - 3. Sweat bands for wrist and head are allowed if worn appropriately.
  - 4. Items worn for religious reasons must be brought to the attention of the Site Attendant.
  - 5. No metal belt buckles allowed.
  - 6. Eyeglasses should be secured with a strap.
  - 7. Casts of any kind, even if padded, are not allowed.
  - 8. Food, Gum, and 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:
  - Boys Division ages 9-10, 11-12, and 13-14
  - Girls Division ages 11-14
- B. Teams will play an (8) eight-game schedule.

- C. Games will be played on Thursday's, Friday's, and Saturdays. A possibility of week night or Sunday make-ups may be necessary if inclement weather dictates.
- D. League standings will be kept for the select league. 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. All league participants will receive a participation award and certificate.
- F. Play Off format TBD.
- G. The tie break procedures will only be used if teams are tied (points) in regular season standings, and will be as follows:
  - 1. Won/Loss record in head to head competition.
  - 2. Point differential in head to head competition.
  - 3. Point differential against entire league.
  - 4. If possible and necessary, a playoff game will be held

## **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. Official judgment calls are not grounds for any protest! The coach must immediately notify the Site Attendant 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 site attendant, a written protest may be made to the league coordinator. If the coach has not addressed the situation with the site attendant for 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 indoor youth program is Melvin Allen, Sports Coordinator. Mr. Allen can be reached at 301-932-3470 ext. 5150 or [allenm@charlescountymd.gov](mailto:allenm@charlescountymd.gov).

## **XI. CANCELLATION PROCEDURES**

Charles County Recreation, Parks and Tourism uses the mobile notification system "RainedOut". This is a free group communication system that allows sports organizations to notify participants about closures and cancellations. Please sign up for your free account prior to the sports season.

Step 1: Go to [www.rainedout.com](http://www.rainedout.com)

Step 2: Search Charles County Recreation, Parks & Tourism

Step 3: Enter your mobile phone number or email address to receive text alerts about closures and cancellations.

Step 4: Once you confirm your mobile phone number or email address, subscribe to any group you think is appropriate for your sports season.



## **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>

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