

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT
2019-2020 YOUTH BASKETBALL BY-LAWS

I. Organization

The Spotsylvania Parks and Recreation Department shall be the sponsoring agent of 16 leagues within the Youth Basketball Program. The Parks and Recreation Director or his designed representative shall be the Executor of the program.

II. Leagues & Equipment

Developmental – Boys and Girls Age 6

Pee-Wee – Boys and Girls Age 7

Bantam Boys – Age 8

Minor Boys – Age 9

Major Boys – Age 10

Junior Boys – Age 11

Senior Boys – Age 12

Prep Boys – Age 13-14

Varsity Boys – Age 15-17

Bantam Girls – Age 8

Rookie Girls – Age 9

Major Girls – Age 10

Junior Girls – Age 11

Senior Girls – Age 12

Prep Girls – Age 13-14

Varsity Girls – Age 15-17

The age determination date is July 31, 2019.

A single elimination playoff tournament will take place at the end of the season in all leagues except Developmental and Pee Wee.

| <u>League</u> | <u>Ball Size</u> | <u>Rim Height</u> |
|---------------|------------------|-------------------|
| Developmental | Women's (28.5in) | 8.5ft |
| Pee Wee | Women's (28.5in) | 8.5ft |
| Bantam Boys | Women's (28.5in) | 8.5ft |
| Bantam Girls | Women's (28.5in) | 8.5ft |
| Rookie Girls | Women's (28.5in) | 8.5ft |
| Minor Boys | Women's (28.5in) | 8.5ft |
| Major Boys | Women's (28.5in) | 10ft |
| Major Girls | Women's (28.5in) | 10ft |
| Junior Boys | Women's (28.5in) | 10ft |
| Junior Girls | Women's (28.5in) | 10ft |
| Senior Boys | Men's (29.5) | 10ft |
| Senior Girls | Women's (28.5in) | 10ft |
| Prep Boys | Men's (29.5) | 10ft |
| Prep Girls | Women's (28.5in) | 10ft |
| Varsity Boys | Men's (29.5) | 10ft |
| Varsity Girls | Women's (28.5in) | 10ft |

III. Purpose

1. To develop character, skill, good sportsmanship, teamwork, and fair play.
2. To teach and/or stress the fundamentals of the game of basketball.
3. To provide the opportunity for fun and enjoyment in a healthful activity.

IV. Coach's Duties

1. To abide by all rules, regulations, and by-laws as set forth by the League and those not covered by the League that are governed by The National Federation of State High School Associations for Basketball Leagues.
(<http://www.nfhs.org>)
2. To insure that each and every team member that participates in the program is in accordance with the stated by-laws.
3. **To maintain proper conduct among team members, assistants, and their followers.**
4. Each team is allowed three coaches (one (1) head and two (2) assistants) to occupy the bench. Assistant coaches must be approved by the Parks and Recreation Department. It is the head coach's responsibility to make sure anyone working with the children has been approved by Parks and Recreation Department (Background Check).
5. To see that the players meet the age requirements.
6. To provide the Parks and Recreation Department with an up-to-date roster and to insure that the roster does not exceed or fall below the levels set forth by the Parks and Recreation Department.
7. To safeguard and maintain all equipment issued by the Parks and Recreation Department and to be directly responsible for the return and/or disposition of that equipment.
8. To notify all team participants of:
 - a) rules, regulations and by-laws set forth by the League.
 - b) scheduled games, play-offs, and practices. The Parks and Recreation Department will notify coaches of their first play-off game. It is then the coach's responsibility to keep up with the schedule for their team.
 - c) cancellations and/or make-ups as indicated by the Parks and Recreation Department.
9. Head coaches are the only coaches to **question** an official about a call. Assistant coaches are not allowed to confront an official concerning a call. Coaches should not leave the team area and enter the stands at any time.
10. The coach may be off his or her seat within a 6-foot coaching box to give instructions to his or her players and/or substitute.
11. Coaches shall remain seated on the bench except to:
 - a) Rise during a charged time-out or intermission.
 - b) Rise and stand in front of their seat to signal players to request a time-out.
 - c) Confer with personnel at a scorer's table to specifically request a time-out for a correctable error.
 - d) Attend to an injured player when beckoned onto the court by an official.
 - e) Spontaneously react to an outstanding play by a team member.
12. The home head coach is to provide a person to keep the score book at the scorer's table. The visiting head coach is to provide a person to keep track of both teams playing time. Failure to do so may result in team forfeit.

CHILD ABUSE Mandated Reporter Law

The following persons who, in their professional or official capacity, have reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local Social Services Department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or to the Social Services Department's toll-free child abuse and neglect hotline:

- Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;
- Administrators or employees 18 years of age or older of public or private day camps, youth centers and youth recreation programs;

Mandated reporters are required to report as soon as possible, but no later than 24 hours after having a suspicion of a reportable offense. The Social Services Department's toll-free child abuse and neglect hotline is **1-800-552-7096**. Training and other mandated reporter resources are available at <http://www.dss.virginia.gov/family/cps/index2.cgi>

V. Inclement Weather and Make Up Games

1. Cancellations due to inclement weather will be announced on the cancellation line and through the Spotsy Alert Information Notification System. Cancellations will be placed on the cancellation line as soon as a decision is made. Listen to the announcement carefully. The cancellation line phone number is 898-8546. If weather conditions are questionable and you do not hear a cancellation announcement then you should report for your game.
2. There is a possibility on Saturday mornings that early games may be postponed and later games be played or canceled at a later time. If this occurs, the cancellation will be announced by game time and/or gymnasium. Please pay close attention to these announcements so that no one will forfeit games.
3. Please make all players and parents aware of this policy as to alleviate confusion and to cut down on unnecessary telephone call to the Department.
4. Notification of makeup games should be received within five calendar days. If you have not received notification within five calendar days, it is the Head Coach's responsibility to contact our office. A team not attending a rescheduled game will constitute a forfeit.
5. The Parks and Recreation Department reserves the right to arrange postponed games at its convenience in order to catch up with the schedule. The Parks and Recreation Department also reserves the right to cancel games, if necessary, due to conditions beyond our control. In the event of misunderstandings or error, coaches are urged to contact the Parks and Recreation Department at 507-PLAY (7529).

VI. Conduct of Coaches and Participants

1. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the coaches or players toward officials, players or opponents. Coaches and Players will be subject to disciplinary action if unsportsmanlike conduct is displayed.
2. Any player or coach ejected from the game by an official shall automatically be suspended from the next game to be played by their team. The Spotsylvania Parks and Recreation Department reserves the right to suspend players and coaches for additional games or the remainder of games if it is felt necessary. If a player or coach deviates from this ruling, it will constitute an immediate suspension from the remainder of the league games.
3. If a coach (head or assistant) is ejected from the game, by an official, that coach will be required to take and pass the Sportsmanship Class provided by The National Federation of State High School Sports. (<https://nfhslearn.com/courses/61130/sportsmanship>) The coach that was ejected will have to submit the certificate of completion and date completed to the Recreation Programmers before they can continue to coach. This is in addition to any suspension the coach has to serve.
4. If a player or coach is ejected in the final contest of the season (including playoffs), the penalty shall carry over to the next sports season. (Ex. If ejected in the last basketball game of the season the ejected person will serve their suspension or suspensions the next basketball season.
5. Any player or coach guilty of unsportsmanlike conduct in any manner in the gym or adjacent to the building, toward officials or partisans will be subject to suspension by the officials, Parks and Recreation Department and/or Commission for the remainder of the league games.
6. Any player or coach guilty of striking an official in any manner during or after a game shall automatically be suspended from participating in all leagues sponsored by the Parks and Recreation Department in Spotsylvania County until further notice.
7. If a coach or team follower is ejected from the ball game, they must leave the gym and go to the parking lot and is prohibited from any further contact (direct or indirect) with the team, officials, and park staff for the remainder of the game and after the game. Failure to comply may result in termination of the game. A substitute coach shall be named as a replacement for the ejected coach or the game will be forfeited. (A substitute coach is defined as an adult named by the ejected coach.)
8. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the officials toward coaches, players, or spectators. Officials will be subject to disciplinary action by the Official's Association and the Spotsylvania Parks and Recreation Department if unsportsmanlike conduct is displayed.
9. Coaches, players, substitutes, team assistants, parents, or followers, shall not coach or address any players from the bleachers.
10. If an ineligible player is used, the game in question will be declared a forfeit. If an illegal player is used, then the coach who makes the line-up, along with the illegal player, will be suspended indefinitely.
11. Any player or coach sustaining two technical fouls for unsportsmanlike conduct will be automatically suspended from the game and suspended from the next game played by their team. In the event a player or coach deviates from this ruling, it will constitute forfeiture of that game and possible suspension for the remainder of the season.

12. A coach, player, substitute, team attendant, or follower shall not commit an unsportsmanlike foul, such as:
 - a) Disrespectfully addressing an official.
 - b) Attempting to influence the official's decision.
 - c) Using profanity.
 - d) Disrespectfully addressing and baiting an opponent.
 - e) Objecting to an official's decision by rising from the bench and using gestures.
 - f) Inciting undesirable crowd reactions.
 - g) Squad members not remaining seated on the bench while the clock is running.
13. The penalty for violating any part of rules 10 and 11 will be a technical foul. The second technical foul called for said violation shall cause the violator to be removed from the premises. Refusal to comply may result in forfeiture of the game.
14. Any player or coach receiving four technical fouls during the course of the season and/or playoffs for unsportsmanlike conduct will be suspended from one game.

VII. Protests

1. Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of a referee.
2. Protests that shall be received and considered concern matters of the following types:
 - a) Misinterpretation of a playing rule.
 - b) Failure of a referee to apply the correct rule to a given situation.
 - c) Failure of a referee to impose the correct penalty for a given violation.
3. Protests may involve a matter of judgment in the interpretation of a rule.
4. The notification of intent to protest must be made by the Head Coach or acting Head Coach immediately before the next legal play to the referee and opposing coach and noted on the scorecard. If the protest involves the last play of the game, both teams must be notified before leaving the playing field. (Exception: Player eligibility; Example: playing time, ineligible player, illegal player.)
5. The official written protest must be filed within the working hours of the next day at Spotsylvania Parks and Recreation Department, which is normally 8:00 a.m. to 4:30 p.m., Monday through Friday after the scheduled contest.
6. The written protest should contain the following information:
 - a) The date, time, and place of the game.
 - b) The names of the officials.
 - c) The rule and section of the official rules or local rules under which the protest is made.
 - d) The information, details, and conditions pertinent to the decision to protest.
 - e) All essential facts involved in the matter protested.
 - f) The written protest must be presented with a \$50.00 protest fee.

7. The decision rendered on a protested game must result in one of the following:
 - a) The protest is determined to be invalid, and the game score stands as played.
 - b) When a protest is determined to be valid because of the misinterpretation of a playing rule, the decision will be corrected, and the game shall be replayed from the point at which the incorrect decision was made.
 - c) When a protest for ineligibility is determined to be valid, the offending team shall forfeit the game being played, or the game last played, to the offended team.
8. A decision on the protest will be rendered within seven (7) working days.

VIII. Communicable Disease Procedure:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:

- a. The bleeding must be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- b. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- c. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- d. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- e. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
- f. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- g. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
- h. Contaminated towels should be properly disposed of/disinfected.
- i. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

IX. Rules

Rule 1 General Rules:

1. Games will be played in accordance with the schedule drawn by the Spotsylvania Parks and Recreation Department with the gym and times of games distributed as evenly as possible.
2. Coaches may schedule practice on Sunday; however, no player may be penalized for not attending a Sunday practice. A maximum of three (3) practices and/or games may be scheduled per calendar week. A team that has three (3) games per week will be allowed one additional team meeting. Sunday practices will be counted in the number of meetings per week. A calendar week is Sunday through Saturday. Any coach that deviates from this rule will be subject to suspension. Picture taking is not considered a function.
3. If any player is found in unauthorized places in the school, then that player will be suspended for one game. If the offense is repeated, the player will be suspended indefinitely.
4. The following rules apply while using school facilities:
 - a) Non-playing children should remain in the gym unless supervised by an adult.
 - b) No toys or remote control devices are allowed in schools.
 - c) NO FOOD OR DRINKS ARE ALLOWED IN SCHOOLS.
 - d) Children should remain seated on bleachers while in the gym.
 - e) Tobacco products are not allowed in the schools or on school grounds.
5. The use of any tobacco products is prohibited by Coaches, players, and spectators in the schools or on school grounds during games and practices.
6. Physical examinations for youths participating in the league are highly suggested prior to the beginning of practice and the regular season, but are not required by the department.
7. The Spotsylvania Parks and Recreation will not change the schedule due to players involvement in:
 - a) school activities (including band trips, etc.),
 - b) scout activities,
 - c) church activities,
 - d) or any other activity.
8. The county high schools operate their programs according to the Virginia High School League Rules. The rules state that during the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation does not conflict with the scheduled activities of the school squad or team. No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.
9. No uniform will be replaced unless the damaged item is returned.
10. No uniform will be issued to an individual until all items are returned from previous sports.
11. If a player is traded to another team, then both coaches must be in agreement on the player(s) being traded. All trades must be approved by the Parks and Recreation Department. All trades must be made prior to the first game of the season. All trades must be reported to the Parks and Recreation Department.

12. Standings in each league will be determined by: a) league record; b) head-to-head competition between tied teams; c) pre-season drawing. When more than three teams are tied for a position, the position will be determined by the pre-season draw.
13. After completion of a game, both teams and coaches shall form two lines to congratulate each other and show good sportsmanship.

Rule 2: Game Timing and Time Outs Regulations

1. Games in all youth leagues shall consist of four quarters of eight minutes each with intermissions of one minute after the first and third quarters, and five minutes between halves. This time is running time, with the clock stopping for timeouts and free-throws. The clock stops on all technical fouls. The last two minutes of the second and fourth quarter will be a regular clock. The overtime period shall be four minutes with the last two minutes being a regular clock. There shall be only one overtime period during regular season games (not in effect for playoff games).
 - a. A substitution time out will be called at the half way mark of each quarter (4:00 min.) and overtime period or periods (2:00 min.). This will be for substitutions only. Players will remain on the court unless a team calls for a charged time out. **Coaches may substitute players at any time; not just at the half way mark of each quarter and overtime period or periods.**
2. Games will begin as scheduled when five members of a team are present, but a five-minute grace period will be allowed for all games beginning at their specified times when a team has less than five players present.
3. A team must have five players present to begin a game but if it has no substitutes to replace disqualified or injured players, it may continue with fewer than five players.
4. Each team's basket for pre-game warm-up and for the first half shall be the basket furthest from it's bench.
5. Time-outs – Each team is entitled to four charged time-outs of one minute during a regulation game. One additional time-out will be allowed for each overtime period. Successive time-outs shall not be granted after expiration of playing time for the fourth quarter and any extra period.
6. In all jump ball situations other than the start of the game and each extra period, the teams will alternate taking the ball out-of-bounds for a throw-in.

Rule 3: Players, Substitution, and Equipment

1. Player Participation: **All players in attendance must play for at least 16 minutes and ½ of the overtime period(s).** If a player receives five fouls, he/she is disqualified and will not adhere to the playing time requirements.
2. A player who misses two or more consecutive games and/or practices is required to play only half the minimum time stated.
 - a. This rule does not apply if a player misses a practice held on Sunday.
 - b. If a player is exempt from playing the minimum, the coach should notify full-time personnel at the Recreation Department during office hours only which are 8:00 a.m. – 4:30 p.m., Monday – Friday. Contact shall be made with staff by personal conversation by at least 12:00 Noon the day of the game (except Saturday, which shall be made by 12:00 Noon on Friday).
 - c. The opposing coach and the official scorekeeper should be notified as well. A player who is injured and cannot play or meet the playing time requirements must be called to the official's attention at that precise time.
 - d. The officials and coach will in turn make a notation of the injury in the official scorebook.
 - e. A forfeit may be declared if the minimum playing time requirements are not adhered to.
3. If an ineligible player is used, then the coach who makes the line-up along with the illegal player will be suspended indefinitely.
4. If an ineligible player is used, the game in question will be declared a forfeit.
5. No individual will be allowed to participate with a cast or other hard protective device.
6. Player who wears eyeglasses shall wear a safety strap to keep them in place.
7. No jewelry or earrings (including starter earrings) shall be worn. No exceptions.
8. Long hair should be secured with rubber bands and/or soft fabric head bands. Plastic head bands, beads and barrettes are illegal to wear during the basketball games.
9. Safety concerns – Problems have arisen because of long hair and fingernails. Hair must be secured in a manner so that it could not pose a hazard to an opponent. Fingernails should also be cut to a length that will prevent them from causing possible injury. The referee has the right to act should this problem, or others of similar nature, occur by having the player removed and having the hazard corrected before the player will be allowed to re-enter the game at the next dead ball situation.
10. Players are not allowed to wear sweatpants, long pants, multi-colored shorts, cut-offs, jams, beachwear, or any other types of shorts with zippers, or buttons. Players are required to wear a type of gym shorts. Gym shorts with pockets are permissible.
11. Players cannot play unless they are wearing their game jersey in its original form (sleeves shall not be cut or frayed in any manner) issued by the Spotsylvania Parks and Recreation Department. Teams may print their team name or players name or initials on their jerseys. **No nicknames are permitted.**
12. A player's shirt must be worn inside his or her pants. The pants shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game and may not return prior to the first opportunity for such player to re-enter.

13. Team members are prohibited from removing his/her jersey and/or pants/skirt with in visual confines of the playing area. The penalty is a technical foul.
14. A player who has been injured to the extent that the coach or any bench personnel is beckoned and/or comes onto the court shall be directed to leave the game. Unless a time-out is requested by his/her team and the situation can be corrected by the resumption of play.
15. A player who is bleeding, has an open wound, has an excessive amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the game. Unless a time-out is requested by his/her team and the situation can be corrected by the resumption of play. The bleeding must be stopped and the open wound covered. If the uniform can not be cleaned of the blood the player will not be allowed to participate.

Rule 4: Fouls and Violations

1. It is basket interference to reach through the basket from below and touch the ball outside the cylinder.
2. Personal and technical fouls are combined for player disqualification.
3. A player shall not excessively swing his/her arm(s) or elbow(s) even without contacting an opponent. To do so is a violation.
4. After a goal or awarded goal, the team not credited with the score shall make the throw-in from the end of the court where the goal was made and from any point outside the end line. A team retains this privilege if the scoring team commits a violation or fouls (before the bonus is in effect) on the ensuing throw-in if the resulting throw-in spot would be on the end line. Any player of the team may make a direct throw-in or he/she may pass the ball along the end line to a teammate outside the boundary line.
5. The Head Coach is ejected when he receives his second direct technical foul.
6. No dunking is allowed in the youth basketball games, warm ups, and/or practices. (The penalty for violating this rule will be a technical foul and an automatic ejection.)
7. A team warning will be issued for interfering with the ball following a goal; thereafter, a technical foul will be issued.
8. Players shall not lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

Rule 5: Free Throw

1. Players are awarded three free throws if a player is fouled in the act of shooting an unsuccessful 3-point attempt. (Applies to Senior, Prep, and Varsity leagues only.)
2. If a foul is considered intentional during an unsuccessful 3-point attempt, then three free throws are awarded to the player who is fouled and the ball will be given to that player's team. (Applies to Senior, Prep, and Varsity leagues only.)
3. Delay of game during free throws – If the officials determine that huddles or contact with the free thrower is delaying the game, the official shall issue a warning to the team.

4. Following the warning, similar delays by players of that team results in a technical foul charged to the team. This rule does not apply after a time out or intermission. Warnings must be noted with the official scorer.
5. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
6. A bonus free throw is the 2nd free throw awarded for a common foul (except a player control foul) as follows: (personal and technical fouls are combined to reach the bonus)
7. Beginning with the team's 7th foul in each half and the 8th and 9th foul, the bonus is awarded only if the 1st free throw is successful.
8. Beginning with a team's 10th foul in each half the bonus is awarded whether or not the 1st free throw is successful.
9. No free throws are awarded for a double personal foul, a double technical foul, or a simultaneous technical foul by opponents. An alternating possession throw in follows.
10. During free throws, players along the lane may enter the lane on the release of the ball. Shooter and players outside the lane may enter the lane once the ball has hit the rim or backboard.
11. During multiple free-throw personal fouls, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted.

X. Bantam Division Rules

1. **No defense can be played beyond the 3-point arc. The only two exceptions are on fast breaks and Rule two (2) stated below. If defense is played beyond the 3-point line the play will be blown dead and a warning will be issued to the team. Any infractions after that will result in a team technical foul.**
2. **During the last two (2) minutes of the game a team may apply defense beyond the 3-point arc but not in the backcourt, unless a fast break occurs. There shall be NO double teaming or trapping outside the 3-point arc. The defensive team must stay behind the 3-point arc until the ball and player crosses mid court before defense can be played.**
3. During the last two minutes of the game, a team may not call time-out while the ball is in that team's backcourt unless it is done immediately after a goal and before the ball is thrown inbounds. A time-out may be called as soon as the ball crosses the half-court mark. The referee will award the ball at $\frac{3}{4}$ court for the throw-in after this time-out is called. On the throw-in the player may not throw the ball into his own backcourt. To do so is a backcourt violation.
4. During the last two minutes of the game, if a foul occurs after the ball is brought across mid-court; the ball may not be thrown into team's own backcourt on the throw-in. To do so is a backcourt violation.
5. The basket height shall be 8 $\frac{1}{2}$ feet from the floor.
6. Free throws will be shot from the regular foul line.
7. There is no three (3) second violation.
8. There is no three point shot line.

9. No stalling will be allowed.
10. All other rules applying to the Bantam Division are as used by the National Federation of State High School Associations.

XI. Rookie and Minor Division Rules

1. **If a team has a 15-point lead at any point during the game, the team with the lead must use a zone defense from inside the three-point arch. If a team presses or defends outside the three-point arch, a team technical foul may be assessed on the head coach. Anytime the score becomes less than 15 points, a man to man defense may be applied again.**
2. No backcourt pressure other than against a fast break from the opposing team.
3. The defensive players must stay inside the three-point line until the ball and the player crosses the mid-court line. If backcourt pressure is applied, then a team technical foul may be assessed.
4. During the last two minutes of the game, a team may not call time-out while the ball is in that team's backcourt unless it is done immediately after a goal and before the ball is thrown inbounds. A time-out may be called as soon as the ball crosses the half-court mark. The referee will award the ball at $\frac{3}{4}$ court for the throw-in after this time-out is called. On the throw-in the player may not throw the ball into his own backcourt. To do so is a backcourt violation.
5. During the last two minutes of the game, if a foul occurs after the ball is brought across midcourt, the ball may not be thrown into his own backcourt on the throw-in. To do so is a backcourt violation.
6. The basket height shall be 8 $\frac{1}{2}$ feet from the floor.
7. Free throws will be shot from the regular foul line.
8. There is no three (3) second violation.
9. There is no three point shot line.
10. No stalling will be allowed.
11. All other rules applying to the Rookie and Minor Divisions are as used by the National Federation of State High School Associations.

XII. Major and Junior Division Rules

1. If a team has a 15-point lead at any point during the game, the team with the lead can not employ a press or back court pressure. The team with the lead must use a zone defense from inside the three-point arch. If a team presses or defends outside the three-point arch, a team technical foul may be assessed on the head coach. Anytime the score becomes less than 15 points, a team may use a man to man defense, and if in the last two (2) minutes of the game teams can apply back court pressure.
2. Backcourt Pressure
 - a. No backcourt pressure other than against a fast break from the opposing team. If backcourt pressure is applied, then a team technical foul may be assessed. However, during the last two (2) minutes of the game a team may apply backcourt pressure.
3. There is no three point shot line.
4. All other rules applying to the Major and Junior Divisions are as used by the National Federation of State High School Associations.

XIII. Senior, Prep, and Varsity Division Rules

1. If a team has a 15-point lead at any point during the game, the team with the lead can not employ a press or back court pressure. The team with the lead must use a zone defense from inside the three-point arch. If a team presses or defends outside the three-point arch, a team technical foul may be assessed on the head coach. Anytime the score becomes less than 15 points, backcourt pressure and a man defense may be applied again.
2. A successful attempt from the field beyond the 19-foot 9-inch arc counts 3 point.
3. All other rules applying to the Senior, Prep, and Varsity Divisions are as used by the National Federation of State High School Associations.
4. The county middle schools and high schools operate their programs according to the Virginia High School Basketball League Rules. The rules state that during the sports season for the relevant sport, a student may, while a member of a school squad or team, engage in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation does not conflict with the scheduled activities of the school squad or team. No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.

Spotsylvania Parks and Recreation Department Youth Sports Concussion Policy

Spotsylvania Parks and Recreation Department has created the following policy that will be in effect as of **August 2015** and beyond for all youth sports leagues.

Objective:

To establish a policy that will provide ALL youth sport coaches and parents associated with the Spotsylvania Parks and Recreation Department with guidelines relating to how to recognize signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as mandatory rules concerning the return to action for the participant.

Criteria:

A concussion can be caused by a blow to the head, jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. This impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured. Youth athletes are particularly vulnerable to the effects of a concussion. Even what appears to be a "minor ding or bell ringer" has the real risk of catastrophic results when an athlete is returned to action too soon. Second impact syndrome, which in some cases can be fatal, is a direct result of returning to game action before all symptoms have cleared. While most players heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain which can have life threatening consequences. Therefore, continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete/participant is our greatest concern during any practice or game. Officials, coaches, and parents are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, parents, and officials should be looking for signs of concussion in all athletes and shall immediately remove any suspected concussed participant from play.

When in doubt, sit them out! It's far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

What to look for:

Concussions can appear in many different ways. We know that a person does not have to lose consciousness to suffer a concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as those mentioned below shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health-care professional.

1. PROBLEMS IN BRAIN FUNCTION:

- a. Confused state – dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory Problems – can't remember assignment on play, opponent, score of game, or period of game; can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by participant – headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought, or a conversation.

Youth Sports Concussion Policy
Page 2

2. **SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

3. **UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive, or very silly manner; non-typical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seems out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."

4. **PROBLEMS WITH BALANCE AND COORDINATION:** Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

Seek medical help immediately if...

Most concussions do not result in emergency care. However, if symptoms worsen, or you notice behavioral changes or any of the following, seek care immediately:

➤ Headaches that worsen; seizures, neck pain; very drowsy, can't be awakened; repeated vomiting; increasing confusion or irritability; weakness, numbness in arms and legs; inability to recognize people/places, less responsive than usual.

If you observe any of the above signs, call your doctor or go to the emergency room immediately.

Role of Coaching Staff:

Coaches/Coaching Staff will NOT be expected to "diagnose" a concussion. That is the job of an appropriate health-care professional. Coaches/Coaching Staffs will be asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. If a member of a youth team coaching staff observes questionable signs, symptoms, or behavior, he/she must remove the participant from the game for further evaluation and notify the parent/guardian.

The responsibility of further evaluating and managing the symptomatic participant falls upon the head coach, parent/guardian or appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHALL NOT be allowed by the coach or parent/guardian to return to play.

Role of Game Officials:

Neither officials, nor coaches, will be expected to "diagnose" a concussion, as that is the job of an appropriate health-care professional. Officials are being asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. Officials will not be asked to make what could be perceived to be a medical opinion. If an official observes questionable signs, symptoms, or behavior, the official must notify the coach and remove the participant from the game for further evaluation.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, and/or an appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete **SHALL NOT** be allowed by the coach or parent to return to play. The official does not need written permission for an athlete to return to play after evaluation, nor does the official need to verify the

Youth Sports Concussion Policy
Page 3

credentials of the appropriate health-care professional. Ensuring compliance is the responsibility of the head coach and NOT the game official.

Spotsylvania Parks and Recreation Department Required Course of Action when an athlete is suspected of sustaining a concussion:

1. Remove athlete from any activity (game or practice).
2. Notify parent or guardian.
3. Any participant suspected of having a concussion should be evaluated by an appropriate health-care professional within a day of the "injury". NOTE: An "appropriate health-care professional." A Physician, Physician Assistant, Osteopath Physician, or Athletic Trainer licensed by the Virginia Board of Medicine; a Neuropsychologist licensed by the Boards of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
4. No participant may return to play or practice on the same day after a concussion has been diagnosed, nor until evaluated by an appropriate health-care professional.
5. Any participant with a concussion shall be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or league play. This clearance shall be in the form of a written letter signed by the healthcare professional. One copy must be supplied to Spotsylvania Parks and Recreation Department and one must be supplied to the head coach prior to any return to play. The formulation of a gradual return to play protocol should be a part of the medical clearance.

NOTE: Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete may return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

These guidelines shall be applied to all sports related activity.

Coaches Compliance:

Any coach that disregards the safety and well being of a youth sport(s) participant as it relates to concussions will be suspended indefinitely from coaching. Additionally, any coach that misuses this policy to prohibit an otherwise, healthy, fit, uninjured player from participating will be suspended indefinitely from coaching.

We strongly suggest taking one of the following course on concussions.

<http://www.cdc.gov/headsup/youthsports/training/index.html> or <http://nfhslearn.com/courses/38000>

These courses can be found on our website at <http://www.spotsylvania.va.us/parksandrec>

**Senate Bill 652, the 2010 General Assembly
Code of Virginia § 22.1-271.5
House Bill 410 & Senate Bill 172, the 2014 General Assembly
Code of Virginia § 22.1-271.5
and
House Bill 1096, the 2014 General Assembly
Code of Virginia § 22.1-271.6**

The Spotsylvania Parks and Recreation Department has provided these by-laws for each coach to read and fully understand. If you have any questions concerning any of these rules, you should make it known before signing this document.

I hereby pledge that I have read and understand these by-laws.

League _____

Team _____

Signature _____

Date _____