

Charles County

Department of Recreation, Parks, and Tourism

Youth Volleyball

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:** The Charles County Youth Volleyball League is first and foremost a recreational sports league. The purpose of this league is to provide an opportunity for Charles County residents to participate in an organized sanctioned volleyball league.
- C. **Administration:** The league will operate under the jurisdiction of Charles County Department of Recreation, Parks, and Tourism (all guidelines are subject to review and changes may be made at the discretion of the League Coordinator.) Any questions and concerns should be brought to the League Coordinator's attention for review. The league coordinator for the indoor youth program is Austin Flowers, Recreation Program Supervisor. Mr. Flowers can be reached at 240-349-3047 or Flowersa@charlescountymd.gov.
- D. **League Format:** The program is designed for boys and girls to participate in the following CO-ED age divisions:
 - 1. 5th & 6th grade
 - 2. 7th & 8th grade
 - 3. 9th-12th Grade
 - 4. If there are insufficient registrations, locations, or age groups may be combined
 - 5. Games will be played on various weeknights
 - 6. League standings will not be kept for the volleyball league
- E. **Out of County Players:** Non-residents of Charles County are welcome to participate, however, in the circumstance where a division reaches a full capacity of teams, rosters with Charles County citizens may be given priority.

II. COACHES/MANAGERS:

- 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 NAYS (National Alliance for Youth Sports) Certification
 - 4. Sign and adhere to the Recreation Division Coaches Code of Conduct
- B. The coach will be the team representative and will be responsible for the following:
 - 1. Be the liaison between League Coordinator and team
 - 2. Attend all coaches/managers meetings
 - 3. Inform team members and parents all information pertaining to the league (rules, regulations, schedules, etc.)

4. The conduct of team players, assistant coach, player's parents and team spectators
5. Obtain and submit all league information required such as registrations, rosters, etc.
6. Reinforce the recreation philosophy to all players
7. Responsible for keeping team bench and surrounding area free of trash resulting from team members and team spectators.
8. Ensure team members clear the bench area, including behind the bench area, in a timely manner, no more than 15 minutes, after the game has concluded.

III. VOLUNTEER COACHES:

- A. The coach will be the team representative and will be responsible for the following:
 1. Head coach is only allowed one (1) assistant coach per team.
 2. Coaches are responsible for ensuring that roster information including assistant coach's name and current phone number is correct at all times.
 3. Reinforce the recreation philosophy to all players.
 4. Keep team bench and surrounding area free of trash.
 5. 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 Recreation division sponsored programs.
 6. Adhere to the Charles County Public School no smoking policy while on school grounds.
 7. Not allow food or drinks or personal basketballs to be permitted in the gymnasium.

IV. CODE OF CONDUCT:

- 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 have been fulfilled.

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.

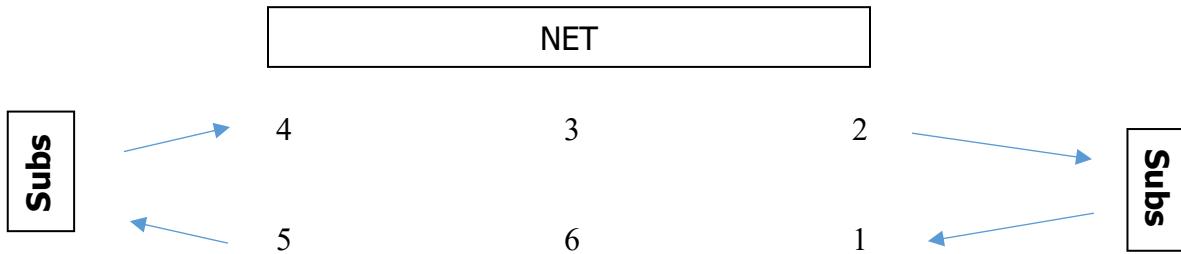
V. GAME RULES:

The league will play by USAV Rules and Regulations with the following modifications:

- 1. Net Height & Volleyball Size:
 - 5th & 6th Grade
 - Net height 7'0"
 - Volley-Lite Volleyball
 - 7th & 8th Grade/9th-12th Grade
 - Net Height 7'4"
 - Regulation Volleyball
- 2. The ceiling is in play. (Exception: The ball becomes dead if it contacts above the opponents playing area or if it contacts above the playing team's area and then falls into the opponents playing area.)
- 3. **The Rally system of scoring will be implemented.**
 - 5th & 6th Grade - Three (3) games to 15 points with a cap of 17. A point will be scored on each serve.
 - 7th & 8th Grade/9th-12th Grade - Three (3) games up to 25 points with a cap of 27. A point will be scored on each serve.
- 4. All matches have a forty-five (45) minute time limit. (5-minute warm-up, 40-minute playing time).
 - Regardless of the score in the third game, games will end at the end of the designated time.
- 5. Each team will be allowed one (1) 30-second timeout per game. Teams are not allowed to call a timeout within the last five (5) minutes of a match. This rule will be enforced at the discretion of the referee.
- 6. The “LET SERVE” will be in effect. The Let Serve will allow a served ball that contacts the net and continues into the opponent’s court to remain in play. If the served ball does not enter the opponent’s court after hitting the net, then the service attempt will be declared a fault.
- 7. **Serving Rule - 5th & 6th Grade Divisions**
 - Players in the 5th and 6th grade divisions are permitted to begin serving from the 10-foot line. Following each successful serve that crosses the net, the player must advance to the next designated service mark, located two feet farther back from the previous mark.
 - Each court will be clearly marked with ten evenly spaced (2-foot) service lines to indicate the allowable serving positions. Players are required to resume serving from the most recent mark from which they successfully served. Players may not restart from the 10-foot line at the beginning of each new service opportunity.
 - This rule is designed to promote progressive skill development and support the overall pace of play. It must not be manipulated or used in a manner that provides an unfair competitive advantage.
- 8. A team may start and play a match with five (5) players. (When only five (5) players are used to play

a game of a match, the hole where the sixth player should be will rotate, and the serve is lost in the sixth player's serving position.)

9. When more than six players are present for the game, all players must sub in and out during the full length of the game. A player(s) must substitute every side out. The person playing in the #2 (front right) position and/or the #5 (back left) at the time of the side out may sub out and one of the subs will become the server or front left position.



10. No players will be designated as the Libero.
 11. League coordinator has final say on all discrepancies.

VI. MANDATORY PLAY RULE:

- A. All youth leagues will have an established minimum play rule per game for all children regardless of ability.
- B. 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.
- C. 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.
- D. 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.
- E. Coaches are reminded that this league is dedicated to instructing youth in becoming better volleyball players. Abuse or violating the Mandatory Play Rule could result in suspension or expulsion of the coach.
- F. When more than six (6) players are present for the game, all players will sub in and out during the full length of the game as described in Game Rules #9.
- G. 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. A player who has not fulfilled the conditions of the playing rule is ejected from the game.

VI. EQUIPMENT:

- A. All players must wear athletic wear, (t-shirts, shorts, sweat pants, and sneakers, etc.) Boots or hard soled shoes of any kind are not allowed.
- B. The only uniform provided is a game jersey, which must be tucked in, and must be worn for each scheduled game. Not having a game jersey 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.
- C. 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.

- D. Due to safety concerns, Charles County Recreation, Parks, & Tourism does not recommend wearing beads in the hair, however, if beads are to be worn, at the discretion of the referee, Department of Recreation, Parks, & Tourism staff, or league representative they must be securely fastened close to the head and covered with a soft covering so as to not increase the risk to athletes, teammates or opponents.
- E. Jewelry and earrings are prohibited.
- F. Sweat bands for wrist and head are allowed if worn appropriately.
- G. Items worn for religious reasons must be brought to the attention of the Site Attendant.
- H. No metal belt buckles allowed.
- I. Eyeglasses should be secured with a strap.
- J. Casts of any kind, even if padded, are not allowed.
- K. Food, Gum, Drinks will not be allowed in the gymnasiums.

VII. 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 with the 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 indoor youth program is Austin Flowers, Recreation Program Supervisor. Mr. Flowers can be reached at 240-349-3047 or Flowersa@charlescountymd.gov.

VIII. INCLEMENT WEATHER POLICY:

- A. All coaches will be notified of any cancellations via email. Notices will also be posted on our website.
- B. Coaches are responsible for notifying parents of any cancellations

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 car 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), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (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.