

# Charles County

## Department of Recreation, Parks, and Tourism

### Pee-Wee Basketball 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 Pee-Wee Basketball league is first and foremost, a recreational sport league. The Pee-Wee basketball 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 Charles County Department of Recreation, Parks, and Tourism. Questions and concerns should be brought to the League Coordinator's attention. The league coordinator for the indoor youth program is Travon Royall, Sports Coordinator. Mr. Royall can be reached at 301-932-3470 ext. 5150; [royallt@charlescountymd.gov](mailto:royallt@charlescountymd.gov)

#### II. NEW RULES: COVID 19

- A. No team/spectator gathering(s) allowed throughout the parking lots.
- B. Face Coverings/Masks must be worn at all times by spectators, staff, coaches and players on the bench. Those actively playing are not required to wear mask.
- C. Coaches and officials are encouraged to use electronic whistles.
- D. Athletes/Players are to maintain 3 feet social distancing when on the sidelines.
- E. Basketballs will be provided. No sharing of personal items or belongings. No team snacks will be allowed in the facility.
- F. Avoid high fives, handshakes, fist bumps, or hugs.
- G. Athletes/Players are to keep their belongings in a designated area and three (3) feet apart.
- H. Spectators must wear face covering/mask and maintain three (3) feet social distancing from others.
- I. Please notify the Department of Recreation, Parks and Tourism immediately if a player, coach, official, spectator, are experiencing symptoms or received a positive test result so proper tracing procedures and schedule adjustments can be implemented to reduce the spread.

#### III. SKILLS DEVELOPMENT:

Emphasis will be placed on the development of basic basketball skills such as dribbling, passing, shooting techniques, teamwork, and **SPORTSMANSHIP**.

#### IV. SPORTSMANSHIP:

All players, coaches and spectators will be required to maintain good sportsmanship, always.

#### V. AGE:

All Children must be between the ages of:

5-7 (boys & girls) years old as of September 01, 2021

**VI. EQUIPMENT:** 6-7 year old boys play on 9' baskets and 5 year old boys & 5-7 year old girls will play on 8' baskets. All leagues will use a youth 27.5 basketball.

- A. All players must wear numbered jerseys. Shorts, sweatpants and sneakers are allowed. Boots or hard soled shoes of any kind are not allowed. Team colors are predetermined by the League Coordinator.
- B. **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.**
- C. 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.
- D. 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, earrings, 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, Drinks will not be allowed in the gymnasiums.

**VII. ROSTERS:** Each team will be limited to a maximum of 10 players.

**VIII. UNIFORMS:** T-SHIRTS will be provided by the League Coordinator and will be worn during all games. Children will be required to wear proper athletic attire (i.e. jogging pants, shorts, t-shirts, sneakers, etc.) during practices and games. The Department of Recreation, Parks, and Tourism will not sanction or be held liable for the purchase of awards, uniforms, etc. by volunteer coaches. No alterations of the uniform shirt will be allowed.

**IX. 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.
  - 4. Sign and adhere to the Department of Recreation, Parks, and Tourism Coaches Code of Conduct.
  - 5. 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 DRPT 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 soccer balls to be permitted in the gymnasium.

## **X. EJECTIONS AND SUSPENSION:**

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

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

- a) A tier one offense may be issued to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:
  1. Is ejected from a game or asked to leave a game or practice site by an official or Department of Recreation, Parks and Tourism staff member for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions may result in a 2 game suspension, effective immediately, starting with your team's 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 within a year of previous offenses.
  - 2. Is involved in a severe incident that displays excessive, relentless, or malicious 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.

**XI. GAME RULES:**

- A. One coach will be allowed to enter the basketball court solely for the purpose of assisting with skills development of children.
- B. All 5 and 6-7 year old games will be played with four (4), six (6) minute running quarters. Clock stops on all free throw attempts.

**XII. MANDATORY PLAY RULE:**

- A. All children available during games will be required to play (except injuries). Players will play an entire three (3) minutes for 6-7 boys, and 5-7 girls division from the start of the clock to the end of the three minute segment for the quarter. Substitutions will be allowed only for injuries.
- B. At the three (3) minute mark in each quarter, the clock will stop. Coaches will substitute the remaining players into the game at this time. (THIS WILL OCCUR AT THE HALFWAY MARK DURING EACH QUARTER.) Violation of this "bench clearing" substitution at the halfway mark must not occur.
- C. The clock will only stop during substitutions, timeouts, free throws and/or all whistles during the last 30 seconds of each game.
- D. Fouls that occur during the act of shooting will be awarded two (2) shots.
- E. All defenses will be zone. No man to man defense will be allowed.
- F. Bonus Shots: Awarded after the sixth foul. Each foul that takes place from that point will be awarded bonus shots.
- G. The players cannot be disqualified from participating if they exceed five fouls (Children cannot foul out of the game).
- H. Double-Dribbling will be a relaxed violation.
- I. "Traveling" calls will be relaxed, but "running" with the ball will be a violation.
- J. All shot attempts that enter the basket will result in a change of team possessions (including all foul

shots).

- K. During all "throw-ins" after a basket has been made, after a violation, or after a rebound has been controlled by a player, the defensive players will retreat to behind the top of the key. **A defensive strategy known as a full-court press will not be allowed in the Pee Wee Basketball League.**
- L. Each team will be allowed two (2) one-minute timeouts per game.
- M. Only games canceled because of inclement weather or school functions will be rescheduled by the League Coordinator. Games will not be rescheduled or changed from the original game schedule for personal reasons. No other cancellations will be acknowledged.
- N. All participants will receive a participation certificate.

### **XIII. CANCELLATION PROCEDURES**

- 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 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>

Updated 11/10/2021