STATESBORO - BULLOCH
Parks and Recreation

www.bullochrec.com

Parents Information Packet

Junior Boys & Girls Basketball League

Packet includes:

1. Information on Equipment and Gym Rules
2. Important Dates to Remember
3. Concussion information and return to play policy
4. Information on Being a Good Youth Sport Parent
5. Youth Athletic Code of Conduct
6. League Rules
7. Gym Addresses

PLEASE TAKE THE TIME TO READ OVER ALL OF THE ENCLOSED MATERIAL. IT WILL HELP MAKE THIS A GREAT SEASON FOR YOU, YOUR CHILD, AND THE BULLOCH COUNTY COMMUNITY.

THANK YOU.

Website www.bullochrec.com

EQUIPMENT

Provided by the SBCPRD
- Team jersey

Provided by Parents
- Shorts
- Shoes

GYM RULES

1) **ABSOLUTELY NO DRINKS** are allowed in any gym! This includes bottled water.

2) **ABSOLUTELY NO FOOD** is allowed in any gym! This includes gum and packaged snacks.

3) **ABSOLUTELY NO SMOKING** is allowed in any gym.

4) **No extra basketballs** should be brought to the gyms. The SBCPRD will provide any necessary basketballs.

7) **No shooting on any of the gym goals during timeouts, halftimes or between games unless your team is scheduled to be playing at that time.**

8) **ALL PARENTS must remain off of the playing courts during games except in the case of an injured player.

9) ALL PARENTS should follow the rules of conduct as listed in the league rules included in this packet.

Important Dates to Remember

1. 1st Team Practices	Week of November 29th
2. Christmas Holidays	December 20th – January 3rd
3. Martin Luther King Day	January 17th
4. Valentine's Day	February 14th
5. Winter Break	February 14th – February 18th

Concussion
INFORMATION SHEET

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

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

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

CDC HEADS UP

Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

○ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed:_____ Date:_____

Athlete's Signature:_____

○ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed:_____ Date:_____

Parent or Legal Guardian's Signature:_____

Revised January 2019

Sport Parent Code of Conduct

We, the Statesboro Bulloch County Park & Recreation Department, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game(s). Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my quests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sports event.
6. I (and my guests) will not engage in any king of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child to do one's best.
11. I will praise my child for competing fairly and trying hard.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

_____

Parent/Guardian Signature

Young Athlete Code of Conduct

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parent (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to others
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Revised 10/12/21

YOUTH BASKETBALL RULES – JUNIOR LEAGUE

I. ADMINISTRATION

The Youth Basketball Program is an integral part of Statesboro-Bulloch County Parks and Recreation Department's Athletic Program. It will be administered and controlled by the athletic supervisor through a well-organized volunteer coaching staff. The purpose of this program is to provide an enjoyable atmosphere that enhances the advancement of teamwork, sportsmanship, and development of the fundamental skills of basketball through ample opportunities of practice.

A. The Statesboro – Bulloch Parks and Recreation Department (SBCPRD) follows the Rules and Regulations of the Georgia Recreation and Parks Association (GRPA), with exception to the modifications found within the SBCPRD Rules and Regulations.

II. COACHES

Section 1. Each team in the S.B.C.P.R.D. shall have a volunteer coaching staff assigned by S.B.C.P.R.D. Athletic staff. Coaches shall be limited to two per team.

Section 2. Head Coach

A. Must be 20 years of age by September 1 of the current year.
B. Shall be totally responsible for his assigned team and all this implies, in any S.B.C.P.R.D. event.
C. Must be certified by NYSCA to coach
D. Must attend all clinics.

Section 3. Assistant Coach

A. Must be 18 years of age by September 1 of the current year.
B. Are directly responsible and accountable to their head coach in all S.B.C.P.R.D. activities.

III. ELIGBILITY OF PLAYERS

All Junior league teams are composed of players 13-14 years of age.

IV. PLAYER ASSIGNMENTS AND TEAMS

A. All Junior players will be assigned a team by draft system based on player player evaluations.
B. All players in Tiny Mites and Short Stuffs will be assigned a team by S.B.C.P.R.D. Staff.
C. After teams are chosen, coaches must accept all players assigned to their teams. All players must accept their team assignment. No trading is allowed.

V. EQUIPMENT

A. All players must wear the team jersey provided by the S.B.C.P.R.D.
B. Players must furnish their own pants and footwear.
C. Shoes must be worn at all times, and must be smooth and made of soft-soled material for athletic use.
D. A guard, cast or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance – even though covered with soft padding – will not be permitted when worn on the elbow, hand, finger, wrist, or forearm.
E. Any brace worn on the leg must be wrapped by an Ace bandage, or taped to provide a soft padding.
F. The referee shall not permit any player to wear equipment, which in his or her judgement is dangerous or confusing to the other players. I.e., no jewelry of any kind. Soft leather or rubber (elastic) bands may be used to control hair. The S.B.C.P.R.D. will not be responsible for lost or stolen items, which must be left unattended while a person participates.
G. No substance may be attached to a player's uniform unless authorized by the Athletic Superintendent.

VI. PRACTICE REQUIREMENTS

A. A player is to attend all practices unless he/she has a legitimate excuse in writing from a parent or guardian. This excuse must be turned in to the S.B.C.P.R.D. staff no later than 15 minutes prior to game time. Legitimate excuses include participants being ill and school field trips out of town, the S.B.C.P.R.D. Athletic Staff will consider all other excuses.
B. Practice sessions will be limited in length to 1 hour.
C. Practices will be limited to one per week if a team has two games that week, and twice per week if a team has only one game that week. (Maximum is 3 meetings/week)
D. Failure to meet practice requirements will result in the player being allowed to play only in the second half of the next scheduled game, not to exceed 8 minutes of the game clock.

VII. PLAYING TIME

A. It is recommended that each player play at least half of each half if practice requirements are met.
B. It is recommended that each player start the beginning of the game or after the half time intermission.
C. If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:
D. 1st offense: Verbal warning
E. 2nd offense: Written warning
F. 3rd offense: Suspension of coaching duties

G. ***Any confirmed violations may result in immediate dismissal.

VIII. GAMES

A. Games are to be scheduled, published, and announced by S.B.C.P.R.D.
B. Game management shall be provided by S.B.C.P.R.D.
C. Player requirements for games:
   1. All players must report to their game sight at least 15 minutes prior to the designated game time.
   2. All players must be in approved uniforms.

IX. CONDUCT

A. The Youth Basketball Program is constantly in the public eye. Therefore, it is in the best interest that each participant adhere to a high standard of conduct and maintain an atmosphere of friendly competition.
B. S.B.C.P.R.D. officials, coaches, players, spectators, and any other persons Administered hereunder, shall conduct themselves in a gentlemanly manner, exercising due restraint and acting responsible under generally accepted principles of good conduct.
C. S.B.C.P.R.D. coaches should stress hustle, self-discipline, and the will to give a good effort at all times. Coaches should promote respect for and pride in the S.B.C.P.R.D. sports programs and all of Bulloch County. Coaches should also promote the importance of good discipline and good academics in the respective classrooms of the players.
D. Any coach, team member, scorekeeper, or fan who physically abuses in any way a game official, league supervisor, or employee of the S.B.C.P.R.D. will be automatically suspended from the activity in question.
E. Fans, players, and coaches who verbally abuse other players, fans, officials will be asked to leave the facilities.
F. All individuals not directly involved with the event in progress must remain off of the playing surface and away from the team bench. Failure to do this could result in suspension for the remainder of the activity in question.
G. No unnecessary roughness will be tolerated.
H. If a player uses profanity or slams the ball to the floor because of a referee's call, a technical foul will be called. If flagrant, the player may be ejected.
I. Repeated violations of any of the above policy statements may result in expulsion from any activities sponsored by the S.B.C.P.R.D.
J. Any player ejected from a contest must contact the Youth Supervisor to set up a meeting before the player will be allowed to participate any further.

X. IN SERVICE TRAINING AND EVALUATION WITH COACHES

Each coach and assistant coach will be required to attend in service training sessions provided by S.B.C.P.R.D. for his particular league.

XI. PLAYING RULES (JUNIOR LEAGUE)

A. Duration of Game

1. Playing time shall consist of 40 minutes, divided into two halves of 20 minutes with a running clock for the first 19 minutes (clock will stop for injuries and time-outs). The last minute of the first (1st) half & second (2nd) half will be regulation time with the clock being stopped on all dead balls, fouls, etc.

2. If a team is leading by 15 points or more during the last 2 minutes of the 2nd half, the clock will continue to run.

3. The intermission between halves shall be 5 minutes in length.

B. Team Time Outs

1. Each team may have two (2) time outs per half.
2. A team leading by 15 points cannot call a time out during the last 4 minutes of the second half.
3. The throw-in after a time out will be from the closest spot from the location of the ball at the request of the time out. NOTE: Time outs in excess of the allotted number will not be granted.

H. Scoring for Junior League

1. A field goal from inside the 3-point arc will count 2 points.
2. A field goal from outside of the 3-point arc will count 3 points.
3. All free throws will count 1 point.

I. Substitutions

1. Substitutions can only be made during dead ball situations and time outs.
2. All Substitutions must report to the scorekeeper's table of that court.

J. Fouls and Penalties

1. Technical Foul
   A. The referee may forfeit a game if any player, squad member, or bench personnel fails to comply with any technical penalty, or reportedly commits a technical foul or other act which makes a travesty of the game.
   B. All technical fouls will result in 2 free throws and possession of the ball from the spot nearest to where the violation occurred.
   C. The 2nd technical foul is considered flagrant and the player is disqualified from the game and banished from the court to the lobby. The 2nd technical foul on a coach is also considered flagrant and the coach is banished from the premises including the parking lot.
   D. An unsportsmanlike foul includes, but is not limited to, acts or conduct such as:
      1. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
      2. Using profanity;

3. Baiting an opponent or obstructing his or her view by waving hands near his or her eyes.

E. Delay the game by such acts as:
   1. Preventing the ball from being made live promptly;
   2. Attempting to gain an advantage by interfering with the ball after a goal;
   3. Failing, when in control, to immediately pass the ball to the nearer official when a violation is called.

F. Bench personnel shall not:
   1. Commit an unsportsmanlike foul. This includes, but is not limited to, acts or conduct such as:
      - Disrespectfully addressing an official
      - Attempting to influence an official's decision
      - Using profanity
      - Disrespectfully addressing or baiting an opponent
      - Objecting to an official's decision by rising from the bench or using gestures
      - Inciting undesirable crowd reaction
      - Squad members not remaining seated on the bench unless spontaneously reacting to an outstanding play by a member of the team and immediately returning to their seats, or reporting to the score's table.
      - Entering the court unless by permission of an official to attend to an injured player.

   Penalty: 2 Free Throws. The technical foul is charged to the offender and to the head coach.

   2. Coaches must remain seated on their benches at all times while the clock is running or it is stopped except to:
      - Confer with bench personnel and players within the confines of the bench area during a charged time out, or the intermission between halves and extra periods.
      - Rise and stand in front of their seats to signal players to request a time out.
      - Confer with personnel at the scorer's table to request a time out for a correctable error.
      - Confer with personnel at the scorer's table to request a time out prevent or rectify a timing or scoring mistake or an alternating possession mistake.
      - Attend to an injured player when beckoned onto the court by an official.
      - Replace or remove a disqualified or injured player within the confines of his or her bench; the coach shall replace a disqualified or injured player in 30 seconds when a substitute is available.

NOTE: Coaches may rise in front of their seats to spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player(s), but must immediately return to their seat.
Penalty: 2 Free Throws (Technical Foul)

2. Personal Fouls
   A. In Junior League, each player will be allowed 5 personal fouls, or 1 flagrant foul before he/she is disqualified for the remainder of the game.
   B. Bonus free throw (1 & 1) will begin with the team's 7th personal foul during the half.
   C. Double bonus free throw (2 shots) will begin with the team's 10th personal foul during the half.

E. Violations and Penalties (Clarifications)
   1. A kicked ball is intentionally striking it with the knee or any part of the leg below the knee, including the foot.
   2. A player shall not excessively swing his or her arm(s) or elbow(s), even though there is no contact with an opponent.

XII. GENERAL INFORMATION

1. In the Junior League, the game will begin with a jump ball in the enter court. After the start of the game, all jump ball situations will result in alternating possession (including the start of the second half).

2. No Special Defensive Rules – Teams may play full court defense the entire game.

3. There will be a ten (10) second count for the offensive team to move the ball across half court. Backcourt violations will be called.

4. Players
   A. The Junior League teams are played with 5 players. A team must have at least 4 players in order to start the game.

5. Game Time
   Game time is forfeit time and both teams must be ready to play when called by the referee.

6. A lane violation will be the three (3) second rule in Junior (the same as in high school).

7. Free Throws
   All players must wait for the ball to hit the rim before entering the lane.

Awards

1. Trophies will be awarded to the 1st and 2nd place teams at the end of the season

2. League Standings will be determined by winning percentage.

   Winning percentage is figured by wins/losses/ ties.
   Win= 1 Point
   Loss= 0 Point
   Tie= .5 Point

   The percentage is figured by Total Points divided by Total Games Played.

   In the event of a tie in the league rankings the tie breaker will be head-to-head competition. If the teams remain tied after head-to-head competition, the next tie breaker would head-to-head record against the next highest ranked team in the league. This will continue down through the ranks until a winner is determined. If the teams remain tied after the head-to-head records a coin flip will be used to determine the winner.

Addresses for the Rec Complexes

Location	On schedule	Address
Brooklet Elementary	(BKE)	600 West Lane St, Brooklet, GA 30415
Julia P. Elementary	(JP)	421 West Main Street, Statesboro, GA 30458
Langston Chapel Elementary	(LC)	150 Langston Chapel Rd, Statesboro, GA 30458
Langston Chapel Middle	(LCM)	156 Langston Chapel Road, Statesboro, GA 30458
Mattie Lively Elementary	(ML)	204 Debbie Dr, Statesboro, GA 30458
Mill Creek Elementary	(MC)	239 Beasley Rd, Statesboro, GA 30461
Nevils Elementary	(NEV)	8438 Nevils-Groveland Rd, Statesboro, GA 30458
Portal Elementary	(P)	328 Grady Street South, Portal, GA 30450
Portal Middle & High	(PHS)	27245 Highway 80 West, Portal, GA 30450
Sallie Z. Elementary	(SZ)	1200 Cawana Rd, Statesboro, GA 30461
Southeast Bulloch Middle	(SEBMS)	9124 Brooklet/Denmark Hwy, Brooklet, GA 30415
Southeast Bulloch High	(SEBHS)	9184 Brooklet/Denmark Hwy, Brooklet, GA 30415
Statesboro High	(SHS)	10 Lester Rd, Statesboro, GA 30458
Stilson Elementary	(ST)	15569 Highway 119, Brooklet, GA 30415
William James Middle	(WJ)	18809 Highway 80 West, Statesboro, GA 30458