



## **2025-26 YOUTH BASKETBALL LEAGUE RULES**

### **I. OBJECTIVES**

- A. To offer all Rockville youth participants the opportunity to have fun, meaningful participation as they compete in our organized basketball leagues; use of a selection process or cutting players is prohibited.
- B. To offer participants the opportunity to learn fundamental basketball skills in a recreational setting.
- C. To convey the Recreation Department's attitude of fair play and good sportsmanship to the participants, coaches, and spectators.
- D. To provide annual training resources and certification to all coaches, and officials, thus making them aware of their responsibilities to children in sports.
- E. To provide all children the opportunity to play regardless of race, creed, sex, or economic status or ability.
- F. Rockville strongly encourages the participation of women and minorities as volunteer coaches.
- G. Young persons are encouraged to participate as volunteer coaches, however, must be 18 years of age and out of high school to coach without adult supervision.

### **II. SPORTS PROGRAMS SUPERVISORS**

- A. The leagues shall operate under the rules, which will be administered by the Sports Programs Supervisors.
- B. Duties of the Sports Programs Supervisors will include:
  - 1. Provide up-to-date team rosters, parental permission/waiver liability forms, and other necessary team information.
  - 2. Identify player eligibility boundaries; combining teams or redistributing team members as the need arises.
  - 3. Consider and implement basketball league rule updates and changes.
  - 4. Consider and/or determine team "hardship" cases and initiate measures which address the problem, while serving the best interests of the program.
  - 5. General league administration.
  - 6. Determine player eligibility and addition/removal of players from rosters; investigate protests and initiating appropriate disciplinary action. In extenuating circumstances, the Sports Programs Supervisor will gather input from the Superintendent of Recreation.
  - 7. Provide rulings on division eligibility based on birthdate, grade level, and gender exception requests and mainstreaming disabled participants. Note: returning players have priority to register for team they played on last year through deadline. New players requesting a specific team will be placed after the deadline if space is available.
  - 8. Overall supervision and coordination of the winter youth basketball program.

### **III. GYM DIRECTOR**

- A. The Gym Director is employed by the City to supervise the gymnasium and carry out duties and responsibilities assigned by Sports Programs Supervisors. This person does not coach or represent any team in the league.
- B. Specific duties include, but are not necessarily limited to:
  - 1. Inspects the gym for safe playing conditions.
  - 2. Sees that the rules are adhered to by each team in the gymnasium.
  - 3. Handles disputes that arise.
  - 4. When necessary prepares, and submits reports pertaining to player, coach, official, staff and spectator conduct.

5. Has a prime responsibility for checking and controlling the behavior of spectators, game officials, scorer/timers and coaches. If the conduct of an individual(s) prohibits the orderly continuance of a game, the gym director is empowered to take whatever action is advisable and necessary. This may require the removal of a person, or the clearing of the court before the contest is permitted to continue. Further, if the disruption cannot be brought under control and the contest safely continued, rather than assess technical fouls, the game will be suspended or forfeits awarded. These actions will be taken only as a last resort.
6. Provide all game equipment.

#### IV. **PLAYER ELIGIBILITY AND TEAM MEMBERSHIP**

- A. Players are assigned to teams per their grades and school district.
  - Girls**
  - Grade 4.**
  - Grade 5.**
  - Grade 6.**
  - Grades 7 and 8.**
  - 
  - Boys**
  - Grade 4.**
  - Grade 5.**
  - Grade 6.**
  - Grade 7.**
  - Grade 8.**
  - Grades 9 & 10.**
  - Grades 11 & 12 (12<sup>th</sup> graders must attend high school)**
- All divisions are subject to change depending on interest and registrations.
  - All players must play in the appropriate division for their grade level and gender.
- B. Head coaches knowingly and proven to be using suspended or ineligible players, will be suspended indefinitely from city youth sports programs. All games using suspended or ineligible players will be forfeited. Coaches should check and verify accuracy of player birth date information.
- C. Players shall be assigned officially on the roster of only one (1) team in the league.
- D. The transfer of a player(s) from any team in a league must be submitted in writing to the Sports Programs Supervisor for approval.
  1. No transfers will be permitted after a team has played two (2) regular season games.
  2. General grounds for transfer will include:
    - a. Players moving to a new geographic area.
    - b. Requests to play on a newly established or existing team in a player's area, where in the previous year that player had been playing outside his/her area.
    - c. When a player changes schools without moving geographically and wants to play with his classmates. (The transition from elementary school level to secondary school level does not qualify as a change of schools.) The closure of a school and the reassignment of the youth to new schools should not affect a team's unity from the previous year.
- E. Any player who quits (not transferred from) a team or is removed from a team for disciplinary reasons by a coach must miss at least two (2) regular season games. The fact that a player is quitting or is dismissed from a team must be reported to the Sports Programs Supervisor. After the two-game period, the player may be reassigned by the Sports Programs Supervisor, unless circumstances warrant suspension of the player.
- F. Youth who play on a secondary level school basketball team, including middle school, junior varsity or varsity high school team are eligible to participate in the City recreation league. However, it is recommended that the coach of the school team be verbally apprised the youth has chosen or wishes to participate in both programs.

- G. Players may only be added to a team roster with the specific approval of the Sports Programs Supervisor. Penalty is forfeiture of all games in which the added player participates, as well, as a review of the coach.

## V. PLAYING RULES

National Federation of State High School Basketball Rules will govern play except as modified by these rules

	4 <sup>th</sup> & 5 <sup>th</sup> Grades	6 <sup>th</sup> Grade & up
Red Green Rule	Yes	No
Length of games	4 - 10 min quarters	2 - 20 min halves
Mercy Rule	12 points	20 points
Overtime *	1- 3 min OT	1- 3 min OT
Timeouts	2 per half	2 per half
Free Throw Line	14 ft	15 ft
3 point goal	No	Yes
Lane violation	5 sec	3 sec
Pressing	No pressing 1 <sup>st</sup> 3 quarters. Except when a team is down by the mercy rule.	Anytime
Game Ball **	B1285 (28.5)	B1200 (29.5)

Notes: \*See overtime rule (V. E) for details

. \*\*All Girls Divisions will use the B1285 size ball (28.5).

One (1) additional timeout will be given to each team for the OT period(s).

Any timeouts not used in the second (2<sup>nd</sup>) half carry over to OT.

### A. **RED-GREEN RULE, for 1<sup>st</sup> and 2<sup>nd</sup> quarters of each game:** Pertains to 4<sup>th</sup> and 5<sup>th</sup> Grade Divisions only throughout the entire season including playoffs.

1. Before each game, the coach must divide his players into a red team (first quarter team) and a green team (second quarter team) in the official scorebook. Each unit should have five or more different players. **The red team must start the game and all red team players shall play equally in the first quarter. The green team must start the second quarter and all green team players shall play equally in the second quarter. EXAMPLE:** If a team has twelve players for a team, the coach shall divide his team into two teams of six. One team of six will become the red team and the second team of six will become the green team. Five of the red team players will start in the first quarter. The sixth red team player must be substituted in the first quarter; effort should be made to play all red team players equally in the first quarter. Five of the green team players should be substituted during the second quarter so that all green team players play equally in the second quarter. If a team has only two (2), three (3), or four (4) players at the beginning of the second quarter for the green team, enough red team players can be added to form a full green team of five (5) players. **The selection of the red team players to play with the green team will be at the option of the opposing coach.** If the opposing coach wishes to select, he/she **must designate two** players from the first quarter team, who now become **ineligible to play** in the second quarter; the remaining players would be available on a free substitution basis. This selection shall be made immediately upon the conclusion of the first quarter and reported to the Site Supervisor & Officials. **It is the coaches' responsibility to ensure equal play amongst team players. If a coach needs assistance with monitoring playing time, the coach should designate an assistant coach or team parent to assume this role.**
2. A red team player cannot play on the green unit during the second quarter except as covered below:
  - a. A team must have a minimum of 5 players to start a game. If a team goes below 5 players, the game will be considered a forfeit. If a team is going to have 5 or 6 players the coach must contact the Sports Division for approval by 2pm the Friday before the game to receive prior approval to waive the red/green rule in that specific game. **If the game is a forfeit,**

**the game shall be continued as a scrimmage from the start of the second quarter with those rostered players in uniform. Officials and staff will continue to perform their jobs as if it were an official game.**

- b. In case of INJURY, ILLNESS, OR DISQUALIFICATION, a red team player may be substituted for a green team player in the second quarter if just ten (10) players are present. This situation must arise at that game. The selection of the red team player is made at the option of the opposing coach (See Playing Rules 2a).
- c. A green team player may replace a red team player at any point during the first quarter, but then he/she cannot play with the green team during the second quarter. This rule only applies if more than ten (10) players are present. (The coach must retain at least five (5) green team players for the second quarter).
3. If any violations of the above rules occur, the Gym Director needs to be notified immediately so the violation may be rectified. Repeated and/or blatant violations may result in further punitive measures, including suspension of the coach from the team's next league game, or a period of time deemed necessary by the Sports Office.
4. **Every player shall experience an equal amount of playing time in the second half, however free substitution is allowed. At the start of the fourth quarter, the Gym Director will notify the coach as to which player(s) have not yet played in the second half or experienced a minimal amount of playing time in the third quarter. Each of these players must play in the fourth quarter to increase their playing time. The goal shall be that all players get an equal amount of playing time.**
5. If a coach feels a player on the opposing team has either played too little or too much, the coach should inform the Gym Director. The gym director has the authority to inform a coach if a player has not experienced enough playing time or if a player has experienced too much playing time. If the gym director informs the coach of such occurrence, the coach must follow the instructions provided by the Gym Director. Please note: official playing time is not recorded by City of Rockville staff.

**B. "EQUAL PLAY RULE CONCEPT": 6<sup>th</sup> THROUGH 12<sup>th</sup> GRADE DIVISIONS**

1. All team players in attendance at games and entered in the official scorer's book, must participate in each half, unless the player has a health-related problem or does not regularly attend practices or games (inexcusable absences). Players arriving late in the half or after its completion should participate in the second half according to rule. **Coaches should be tolerant of absences from team practices for church, school, and other family activities.** The Gym Director must be notified prior to the start of the game as to any player(s) who will not be participating.
2. The official scorers and staff have been instructed to notify the Gym Director in the second half by the 10-minute mark, as to which youth have not played or have experienced minimal amounts of playing time. Appropriate substitutions shall be made to conform to the spirit of the rules.
3. **The "Equal Play Rule Concept" shall be adhered to in the 6<sup>th</sup> through 12<sup>th</sup> Grade Divisions. Every player shall experience approximately (6) six minutes of court time in each half. It is the coaches' responsibility to ensure equal play amongst team players. If a coach needs assistance with monitoring playing time, the coach should designate an assistant coach or team parent to monitor.** During the post-season tournament, coaches are only required to play (substitute) the same number of players as the team with the fewest number of players; however, every reasonable effort shall be made to play all players equally.
4. The gym director has the authority to inform a coach if a player has not experienced enough playing time or if a player has experienced too much playing time. If the gym director informs the coach of such occurrence, the coach must follow the instructions provided by the Gym Director. Please note: official playing time is not recorded by City of Rockville staff.
5. Repeated and/or blatant violations of the "equal play rule" may result in the suspension of the coach from either the team's next league game, or for a period of time deemed fair by the Sports Office.

**C. STARTING THE GAME**

1. At least 15 minutes prior to the scheduled game time, the Gym Director is requested to meet with coaches (representatives) of both teams to confirm the official scorebook with names and numbers of all players who will be playing that day.
2. The game shall start and continue play with a minimum of 4 players. If a team is not able to field 4 players at any time during the game, that team will forfeit the game. If a team forfeits, coaches can elect to continue the game as a scrimmage with a running clock.
3. Grace Period: the game shall start at its scheduled time unless a team has too few players to field a team. In that case, the clock shall start and a grace period not to exceed 10 minutes shall begin. After the grace period has ended, if a team has too few players to field a team, the game will be a forfeit by the team with too few players.

**D. LENGTH OF GAMES**

1. **4<sup>th</sup> and 5<sup>th</sup> Grade Divisions:** Each game will consist of - four (4) ten (10) minute quarters.
2. **6<sup>th</sup> through 12<sup>th</sup> Grade Divisions:** Each game will consist of two (2) twenty (20) minute halves.
3. **RUNNING CLOCK** – The clock will stop on all time outs only. During the last **two (2) minutes** of the Second HALF in games that are played in halves and during the last **two (2) minutes** of the FOURTH QUARTER of those games played in QUARTERS, the clock will stop on all whistles.

**E. MERCY RULE**

1. **4<sup>th</sup> and 5<sup>th</sup> Grade Divisions** – When a team is ahead by 12 or more points anytime during the game, teams must drop back to the 28-ft. line or line designated by the officials. **Teams that are down by the mercy rule may full-court press at any time during the game until the deficit is less than the mercy rule.**
2. **6<sup>th</sup> through 12<sup>th</sup> Grade Divisions** –When a team is ahead by 20 or more points anytime during the game, teams must drop back to the 28-ft. line **or line designated by the officials.**
3. **All Divisions:** If the mercy rule is reached, the clock will continue running and only stop on team timeouts and/or official timeouts. If a team is ahead by 30 or more points, the scoreboard will be turned off, but the official game books will be kept.

**F. FULL COURT PRESS RULE**

1. **4<sup>th</sup> and 5<sup>th</sup> Grade Divisions:** No full court press allowed until the 4<sup>th</sup> quarter of the game unless a team is down by the mercy rule. Full court press includes pressing at all times. The ball must be allowed to cross half court before defense can be played.
2. **4<sup>th</sup> and 5<sup>th</sup> Grade Divisions:** When a team is ahead by the mercy rule anytime during the game, teams will not be allowed to press in the back-court and the offensive team must be able to bring the ball cross the 28-ft. line, or line designated by the officials, before defense can be played.
3. **6<sup>th</sup> through 12<sup>th</sup> Grade Divisions:** When a team is ahead by the mercy rule anytime during the game, teams will not be allowed to press in the back-court and the offensive team must be able to bring the ball cross the 28-ft. line, or line designated by the officials, before defense can be played.

**Press Violation** – A warning will be issued to the defensive team and the ball will be awarded to the offensive team at half court.

**G. OVERTIME PERIODS**

1. All Divisions: In the event of a tie game during the regular season, there will be one (1) three-minute overtime period. **The clock will stop on all whistles for the last (1) minute of the overtime period.** If the score is still tied following the overtime, the game shall end as a tie.
2. During the play-offs, in all divisions, there will be three-minute (3) overtime periods until a winner is declared. **The clock will stop on all whistles for the last (1) minute of the overtime period.**

**H. TIMEOUTS**

1. Each team will be given two (2) timeouts per half. Unused timeouts from first half **do not** carry over to the second half. During any overtime period, each team will be granted one additional timeout. Timeouts not used in the second half of the game carry over into overtime periods.
2. Timeouts in excess of the allotted number may be requested and shall be granted during regulation playing time or any overtime period at the expense of a technical foul for each.

**I. COACH(ES) BENCH DECORUM- No more than (2) two certified coaches on Team Bench.**

**Coach(es) must remain seated** on the bench at all times while the clock is running or is stopped except to:

1. **Coaches Bench Decorum- only one (1) coach may stand in front of the bench at any time. Head coach and assistant coach cannot alternate standing at any time during the game. The coaches' box will include the entire length of the bench.**
2. **By state association adoption,** the head coach may be off the bench in front of his or her seat within the confines of the designated coach's box to give instructions to his or her players and/or substitutes;
3. **Confer with bench personnel and players** within the confines of the bench area during a charged timeout or the intermission between quarters and extra periods;
4. **Rise and stand in front of their seat** to signal players to request a time out;
5. **Attend an injured player** when beckoned onto the court by an official;
6. **Replace or remove** a disqualified or injured player within the confines of his or her bench. **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.
7. **The coach shall replace** a disqualified or injured player in 30 seconds when a substitute is available.

**PENALTY** for Violation #1:

*First violation:* warning.

*Second violation:* technical foul to the coach and he/she must remain seated on the bench for the remainder of the game.

*Third Violation:* technical foul to coach and ejection from the game.

**PENALTY** for Violations #2-6: **(All cases) 2 free throws. In 2-6, the foul is charged to the head coach. If flagrant, the offender shall leave the building.**

**J. FREE THROW LINE**

1. 4<sup>th</sup> and 5<sup>th</sup> Grade Divisions: The free throw line shall have its farthest edge fourteen feet (14) from the plane of the face of the backboard.

**K.** 'One and one' or the bonus situation is a free throw on the (7<sup>th</sup>) seventh personal foul; Bonus Free Throw beginning with the (10<sup>th</sup>) tenth team foul of each half whether or not the 1<sup>st</sup> free throw is successful.

**L. 3 - POINT FIELD GOAL** - Applies only to 6<sup>th</sup> through 12<sup>th</sup> Grade Divisions.

**M. LANE VIOLATIONS**

**4<sup>th</sup> and 5<sup>th</sup> Grade Divisions:** The rule pertaining to three seconds in the lane has been changed to five seconds.

**N. PROTESTS**

Will be accepted by the Sports Programs Supervisors as to player eligibility only. Teams using ineligible players may forfeit games. **COACHES SHALL BE RESPONSIBLE FOR THE ELIGIBILITY OF THEIR PLAYERS.**

**O. NO Touching the Rim (Before, during or after games)**

No touching of the rim is allowed in the City of Rockville program, or in Montgomery County Public School gyms. The player will be **assessed a Class “B” technical foul. Depending on the severity of the infraction;** ejected from the current game and one additional game suspension may be enforced.

**P. NO Grabbing the Net/Dunking (Before, during or after games)**

No grabbing of the net **or dunking** is allowed in the City of Rockville program, or in Montgomery County Public School gyms. If a player is caught intentionally **grabbing** the net, that player will be **assessed a Class “B” technical foul. If a player is caught dunking, a Class “A” technical will be assessed and the player ejected.** If this is at the start of the game then the ball will be awarded to the offended team (2 shots plus the ball at half court). **If a player is caught grabbing the net, the player will be ejected from the current game and depending on the severity of the infraction, one additional game suspension may be enforced.**

**Q. NO Slapping the Backboard (Before, during or after games)**

Intentionally slapping the backboard is not permitted. If a player intentionally slaps the backboard, the player will be issued a warning. If that player continues to intentionally slap the backboard a **Class “B” technical foul** will be charged to the player. Depending on the severity of the continued offense, it may be determined that a player ejection is necessary.

**R. Technical Fouls**

**If a coach is assessed with a Class “A” Technical; all coaches must sit on the bench for the remainder of the game.**

**If a player is assessed with any class technical; the coach will be allowed to stand.**

**1. Technical Foul Class (not limited to)**

**a. Class “A”**

**Using foul language**

**Addressing an official, city staff personnel, another player or coach in an adverse manner.**

**Arguing calls**

**Dunking before, during or after the game.**

**Fighting.**

**Taunting opposing players/bench.**

**b. Class “B”**

**Touching or grabbing the net.**

**Intentionally slapping the backboard.**

**Illegal substitution.**

**Using a Time-out when none are available.**

**VI. GENERAL LEAGUE ADMINISTRATION**

**A. TEAM ROSTER**

1. Each coach must receive a department issued team roster (including players' names, addresses, telephone numbers, and birthdates); and any late registration form/fees must be submitted to the Sports Programs Supervisor with prior approval.
2. Teams with outstanding paperwork will not be scheduled for games or receive team uniforms until the items are received in the Sports Office.

**B. FINANCIAL ASSISTANCE**

Financial assistance for the basketball program is available through the Rockville Recreation Fund for City of Rockville residents only. The scholarship subsidizes the resident fee for a youth participant with certain limitations. "Youth" is considered anyone 17 years old or younger, or

anyone still a student in high school. The participant must apply in person for scholarships at the time of registration.

**C. UNIFORMS**

1. Players will be required to wear shirts furnished by the City of Rockville; also required are gym shorts or basketball pants. Players may not wear sweat pants while on the court but are encouraged to have them while on the bench. Shorts with pockets are discouraged, but not restricted. Jeans and bathing suits are not acceptable.
2. Players will not be allowed to wear jewelry of any kind during games. Taping of earrings, etc. is not acceptable.
3. Players are discouraged from wearing tights or undergarments that extend below the uniform shorts.
4. Logo/Trademark: As noted in CI, the City will furnish, as part of the registration fee, basketball shirts to all teams.

**D. TEAM PARENT MEETING**

Teams are strongly encouraged to have a minimum of one team/parents meeting during the season. It should be communicated that parents need to demonstrate the positive benefits of youth sports experience by attending games, practices, or team social events; or by taking the time to volunteer or assist in the various team role positions. Parents should also read, sign, and return to the team coach the City of Rockville Standards for Spectator Behavior and Parents Association for Youth Sports (PAYS) Code of Ethics Pledge. If you registered your child online, you have already read and signed this document. Parents should also read and understand the 'Dear Parent' Letter. Both forms can be found on the City's website at [www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports), under Resources at the bottom of the main sports page

**E. SPONSORS**

Sponsors are encouraged and will be accepted from service clubs, business establishments, citizen associations and qualified individuals (No liquor dealers, beer establishments, or cigarette advertisers will be sponsors).

**F. INCLEMENT WEATHER POLICY**

1. In case of inclement weather on the day of a game, we will place a pre-recorded message on the Sports Weather information line, **240-314-5055**, concerning the status of play. All decisions will be made by approximately 7:30 a.m. on Saturdays, and approximately 10:00 a.m. on Sundays. If there is inclement weather on the day of the practice and facilities are closed the weather line will be updated by approximately 3pm.
2. School closings on a Saturday do not necessarily affect school operations on Sunday. Listen for information daily and be sure to call **240-314-5055** for all practice/game updates for City of Rockville Sports Division programs.

**G. FACILITY RULES**

1. No smoking or drinking (includes alcoholic and non-alcoholic beverages) is allowed in Montgomery County Public School facilities. Teams reported as violating this policy will be reprimanded and risk punitive measures. We must maintain good relations with the schools or we may lose the use of their facility.
2. **Coaches, players, spectators, etc. are not to bring their personal basketballs to the game, as they will not be allowed in the gymnasium.**

**VII. RULES OF CONDUCT**

**A. PLAYER CONDUCT**

1. Players are expected to exhibit good conduct and sportsmanship before, during, and after games and practices. Unsportsmanlike fouls include, but are not limited to:
  - a. Disrespectfully addressing or contacting an official/City staff/anyone or gesturing in such a manner as to indicate resentment;
  - b. Attempting to influence an official's decision;



- c. Using profanity;
  - d. Baiting an opponent or obstructing his vision by waving hands near his eyes;
  - e. Climbing on a teammate to secure greater height to handle the ball;
  - f. Knowingly attempting a free throw to which the player was not entitled.
2. A player who commits a flagrant foul as defined by Federation Basketball Rules is disqualified and, based on the reports of the Gym Director and game officials, will be suspended from the team's next played league game as per the Sports Division or for a period of time deemed fair by the league.
    - a. A flagrant foul may be personal or technical. It may be unsportsmanlike and may or may not be intentional. If personal, it involves violent or savage contact, such as striking with the fist or elbow, kicking, kneeing, running under a player who is in the air, or crouching or hiping in a manner which might cause severe injury to the opponent. If it is a non-contact foul, it involves extreme, some-times persistent, vulgar, and abusive conduct.
  3. **Any player who taunts, baits, insults or threatens an opponent, game official, City staff or anyone by language or gesture that is deemed profane, threatening, and discriminatory or in bad taste shall be ejected from the game. Players fighting or using objects with intent to harm will be immediately ejected and can face a suspension up to one (1) year depending on the severity of the incident.**
  4. A player who has accumulated two (2) technical fouls as the result of actions prohibited by Federation Basketball Rules or these Bylaws will be disqualified from the game and removed from the bench. The player must sit in the spectator bleachers/area. If unsportsmanlike conduct continues player/parent will be removed from the gym depending on the severity of the actions which lead to the disqualification, and based on the reports of the Gym Director and game officials, the player/parent may be suspended from the team's next played league game, or for a period of time deemed fair by the league.
  5. If a player is ejected from a league game, that player will be suspended from the team's next played league game or for a period of time deemed fair by the league. If a player is suspended from the next league game, he/she can attend the game and sit in the stands (not on the players' bench).

## **B. COACHES' CONDUCT**

1. **It is the responsibility of the coach to control his own behavior and that of his assistant(s) and spectators. No coach or spectator shall enter onto the court without the official's permission.**
2. Coaches are expected to exhibit good conduct and sportsmanship before, during, and after games and practices. Unsportsmanlike fouls include, but are not limited to:
  - a. Disrespectfully addressing an official or City Staff;
  - b. Attempting to influence an official's decision;
  - c. Using profanity;
  - d. Disrespectfully addressing or baiting an opponent;
  - e. Objecting to an official's/city staff decision by rising from the bench or using gestures;
  - f. Inciting undesirable crowd reactions.
3. The (2nd) second technical foul charged directly to the head coach will result in disqualification and ejection outside the building. If a coach is ejected from a league game, the coach **will** be suspended from the team's next league game as per the Sports Division or, if deemed necessary by the league, for a period of time. A coach or team follower who has been suspended from the next league game is not permitted in the gym the following played league game.

## **C. SPECTATOR CONDUCT**

1. Parents or guardians of each participant are requested to read and sign the City of Rockville Standards for Spectator Behavior and Parents Association for Youth Sports (PAYS) Code

of Ethics Pledge. If you registered your child online, you have already read and signed this document. Coaches will keep these forms with their team records. Parents or guardians are also requested to read and understand the 'Dear Parent' letter.

2. No person connected with a team in any capacity, including team followers (spectators) shall taunt, bait, insult or threaten an opponent, game official, City staff or anyone by language or gesture that is deemed profane, threatening, and discriminatory or in bad taste. **PENALTY:** Warning to coach or coaches, by Gym Director/city staff. If repeated and/or flagrant, game will be stopped and offender(s) will be removed from gym (ejected) with possible forfeit of game to offender team. **Coaches are responsible for the conduct and actions of their team followers.**
3. Any spectator who is removed from a gym before, during or after a game for unsportsmanlike behavior will be suspended for the next played game per the Sports Division. This rule applies to all spectators and coaches who also serve as spectators in different divisions.

**NOTE:** At gyms where spectators demonstrate excessive verbal or physical abuse or assault upon officials, opponents, City staff, anyone, the City of Rockville Recreation and Parks Department reserves the right to refuse service to those teams until definite assurances of the discontinuance of these practices are given by the team's coach or representative.

**D. EJECTIONS/SUSPENSIONS**

1. Coach/Player/Spectator/Parent/Guardian Ejection:  
If ejected from a league game, that individual **will** be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
2. A player or coach who does not serve his suspension shall be denied participation in the league for a period of not less than one year and his team shall forfeit all games in which he participated.
3. A coach who knowingly uses a suspended or ineligible player shall forfeit his coaching position, and the team shall forfeit all games in which the player participated.

**E. Players, Coaches & Spectators**

Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens anyone shall be suspended for at least 1 year from the date of the incident.

**VIII. DRUG AND ALCOHOL-FREE ENVIRONMENT**

- A. The use of alcohol and illegal substances by coaches, parents (spectators), staff or game officials is prohibited at all youth basketball games and practices. The use of tobacco at any team function is strongly discouraged and use is prohibited in the gymnasium during games.
- B. Coaches and players in violation of the substance use prohibition will be subject as follows:
  1. 1st Offense: Coach and player or parent will be suspended for 2 games and all practices in between.
  2. 2nd Offense: Suspension of remainder of season.

**IX. CONCUSSION AWARENESS**

To help keep kids in the game for life, we ask that all coaches, parents, and participants become aware of concussion signs, symptoms, and prevention. The City of Rockville Sports Division has provided concussion awareness information on the last page of this document and on our website at [www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports). Please review and become familiar.





Any participant who may appear to have or has a concussion may not return to play until the Sports Division has received a note from the participant's doctor that states the participant has been approved to continue sport activity. The note must be received prior to the next league activity. This includes all practices and

games. City of Rockville staff has the authority to sit a participant out of the sport activity if any signs/symptoms of concussion are noticed. The purpose of this policy is to keep all participants safe and healthy.

### What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

**Symptoms of concussion usually fall into four categories:**

 <b>Thinking/ Remembering</b>	 <b>Physical</b>	 <b>Emotional/ Mood</b>	 <b>Sleep</b>
-Difficulty thinking clearly	-Headache -Fuzzy or blurry vision	-Irritability	-Sleeping more than usual
-Feeling slowed down	-Nausea or vomiting -Dizziness	-Sadness	-Sleep less than usual
-Difficulty concentrating	-Sensitivity to noise/light -Balance problems	-More emotional	-Trouble falling asleep
-Difficulty remembering new information	-Feeling tired, having no energy	-Nervousness or anxiety	

Some symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. The signs and symptoms of a concussion can be difficult to sort out.

### When to Seek Immediate Medical Attention

#### **Danger Signs in Children**

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
- Will not stop crying and cannot be consoled.
- Will not nurse or eat.

#### **Danger Signs in Adults**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened.

- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness (*a brief loss of consciousness should be taken seriously and the person should be carefully monitored*).

## League Expectations, Policies/Disciplinary Measures

### MISSION

The City of Rockville's Youth Sports Division mission is to promote participation in a safe, recreational setting to encourage fun, physical activity, teamwork, and sportsmanship. Programs are designed to meet participant needs for physical activity, social interaction, mentorship through positive coaching, fundamental skill development, and instill lifelong values in each participant.

### EXPECTATIONS

The City of Rockville provides league rules that dictate how the program is operated and governed. In addition to these rules, coaches are required to get fingerprinted by the City of Rockville, become NYSCA (National Youth Sports Coaches Association) certified and sign a *Coaches Code of Ethics Pledge*. Parents/Guardians are strongly encouraged to read and sign the *City of Rockville Standards for Spectator Behavior and Parents Association for Youth Sports (PAYS) Code of Ethics Pledge* and return to your coach for the season. Both of these pledges represent the requirements that coaches and parents must embrace and use to serve as a role model to all participants. The City of Rockville requires participants, coaches, spectators, and parents to exhibit good conduct and sportsmanship before, during, and after games and practices. Examples of good sportsmanship and conduct include but are not limited to:

- Fairness
- Ethics
- Respect
- Sense of fellowship
- Teamwork
- Positively encourage and congratulate all players and opponents as well as officials, city staff
- Understanding and promoting that this is a recreational league

### POLICIES/DISCIPLINARY MEASURES

*City of Rockville Sports Supervisors reserve the right to amend disciplinary measures below if investigation deems it necessary*

THE TERM "INDIVIDUAL" INCLUDES THE FOLLOWING: MANAGER, CAPTAIN, PLAYER, OR SPECTATOR. A TEAM IS RESPONSIBLE FOR THE CONDUCT OF ITS INDIVIDUAL PLAYERS AND SPECTATORS. MISCONDUCT MAY RESULT IN PENALIZING AN INDIVIDUAL OR TEAM FROM ALL CITY OF ROCKVILLE LEAGUES.

- Coach/Player/Spectator/Parent/Guardian Ejection
  - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
- Ineligible Players
  - A coach who knowingly uses a suspended or ineligible player shall forfeit his/her coaching position, and the team shall forfeit all games in which the player participated.
- Unsportsmanlike conduct:
  - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time

during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.

- Unsportsmanlike conduct includes, but is not limited to:
  - Disrespectfully addressing an official or City Staff
  - Using profanity
  - Attempting to influence an official's decision
  - Baiting an opponent or obstructing his vision by waving hands near his eyes
  - Disrespectfully addressing or baiting an opponent and/or own team
  - Objecting to an official's decision by rising from the bench or using gestures or raising voice
  - Inciting undesirable crowd reactions.
- Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens anyone shall be suspended for at least 1 year from the date of the incident or longer if deemed necessary by the league. After the suspension is served, the individual can return to programs on a probationary period for a minimum of 1 year.