

# **Sumter County Parks & Recreation Department**

408 Rucker Street ♦ Americus, GA. 31719 ♦ (229) 924 – 4878 – Office ♦ (229) 928 – 9464 – FAX ♦ [www.SCPRD.org](http://www.SCPRD.org)

Dear SCPRD Participant / Parents,

It is my pleasure to welcome you to the programs of the Sumter County Parks and Recreation Department. We are grateful that you have chosen us to be the youth sports provider for your child's activities. It will be our goal to provide your child with a positive youth sports experience in a safe environment. These programs have been designed to be progressively competitive as a child advances in age. It is our desire to provide sports programs that are available to every child within the age division, regardless of their abilities. It is also our desire to provide post-season, all-star and tournament teams that will allow the chosen players to compete at a higher level while representing Sumter County and that these programs may act as a feeder system to our local area scholastic level programs.

We have an excellent leadership team at the SCPRD. These full-time recreation professionals maintain national level certifications and stay current in their field through continuing education efforts. While our staff is small in number they are well trained, knowledgeable and want to be of service to you. As the executive director of the SCPRD it is my responsibility to ensure that all programs are operated within the approved policies and procedures. Our administrative staff will be held accountable to these policies and will provide our patrons with friendly and efficient customer service. In addition to our full-time and part-time staff we also employ several interns throughout the year as well as multiple volunteers. All interns and volunteers have successfully completed a criminal background check. We do this to help ensure a safe environment for the participants. When available; we will provide volunteer coaches training that leads to a certification for these volunteer coaches.

The rules and regulations, policies and procedures in this booklet have been carefully studied and adjusted throughout many years. All of these have been approved by the Sumter County Board of Commissioners. The Executive Director and staff are charged with following these policies and will be supported 100% by the Sumter County Administrator and the Sumter County Board of Commissioners. If you would like an explanation of any rule, policy or procedure in this book please feel free to ask us. The athletic programs are modeled after the GHSA (Georgia High School Association) with GRPA (Georgia Recreation and Park Association) exceptions. There are also a few local rules and playing requirements within these rules.

Our administrative offices are located inside the Columns at Boone Park Community Center at 408 Rucker Street in Americus. Our website is [www.scprd.org](http://www.scprd.org). Feel free to drop by our offices, give us a call or email us. We want to be of service to you. It is my hope that you will enjoy your time here. I believe that together we can make Sumter County a better place to live, work and play.

Sincerely,  
*Tim Estes*

Tim Estes  
Executive Director

## **ATHLETIC PROGRAMS MISSION STATEMENT**

The Sumter County Parks & Recreation Department will provide organized youth sports programs in a safe environment, with equal opportunity to ALL young people in Sumter County, Georgia, regardless of their physical or mental abilities.

### **ATHLETIC DIVISION GOALS**

1. To introduce children, beginning at the age of five (5) to a variety of sports programs. In programs that require personnel to be nationally certified the beginning age may be under five (5) years of age.
2. To set minimum playing requirements for all youth sports programs and age divisions within those programs that ensures that each participant is given the opportunity to improve and test their skills in a game situation.
3. To make the programs progressively competitive as a child advances in age and to attempt to be a feeder system to the local area scholastic level programs.
4. To emphasize to all participants, parents and coaches that winning is important but that it is equally important to understand the appropriate ways to handle a loss.
5. To form post season all-star or tournament teams for players ages seven (7) years of age and above in a fair, equitable and transparent manner and to encourage those teams to be competitive on the District, State and if applicable the National levels.

### **EFFORTS TO ACHIEVE GOALS**

1. Organize beginner sports programs for five (5) and six (6) year old players that reward them for regular season participation. These beginner programs should emphasize fun and socialization above winning and losing. The beginner sports programs of TEE Ball, Coach Pitch, BUDDY Basketball and FLAG football will NOT keep score and will NOT for post season all-star or tournament teams.
2. Implement written rules, policies and procedures that is available to ALL participants, coaches and parents.
3. Emphasize and closely monitor the playing requirements in each program with a penalty system for those who violate the policy.
4. Evaluate each program on an annual basis to ensure that ample opportunity is being given to the participants.
5. Encouraging children with physical or mental disabilities to be involved in the programs.
6. Continually work with local schools and their athletic staff to make the SCPRD programs a true feeder system.

## ELIGIBILITY TO PARTICIPATE

1. The Sumter County Parks & Recreation Department's youth sports programs are designed for the citizens of Sumter County, Georgia. All advertised program rates are for those who reside in Sumter County, Georgia.
2. While the programs are designed for residents of Sumter County; the Sumter County Board of Commissioners recognizes that residents of other Counties may have a desire to participate as well and have created a policy to allow for "out of County" participation in the local programs. Those residing outside of Sumter County, Georgia MUST pay a registration fee that is equal to double the amount of a Sumter County resident.
3. If a participant resides outside of Sumter County but owns property and pays property taxes in Sumter County, that participant may register at the advertised rate.
4. For programs that are affiliated with the Georgia Recreation and Park Association (GRPA): To be eligible for post-season, all-star teams – a player must either reside or attend school full-time in Sumter County.
5. All participants must register and sign/agree to the waiver and the registration fee must be paid at the time of registration.
6. All equipment that was issued from a previous sport must have been returned before participation in another activity is allowed.
7. Beginning in January 2015: Any player who is in the 9<sup>th</sup> grade or below and meets all other GRPA eligibility and participation requirements, may participate in both scholastic and GRPA athletics during the same season.
8. Those wishing to register for a program must do so during the advertised registration period. Once the registration period has ended, if there are any available spots remaining to ensure that all teams have an equal number of players; those spots will be filled on a first come – first served basis. Once the registration deadline is reached and all teams have an equal number of players no additional registrants will be permitted. Players may then be placed onto a waiting list. If players leave the program, the open spots will be filled from the waiting list in the order they were received (from top to bottom).
9. Participants may NOT request to be placed onto a specific team in drafted leagues for any reason. There are no special considerations given for carpool reasons, neighbors, cousins, etc.
10. Siblings (*inc.* step-children) that are in the same age division will be placed onto the same team unless the parents/guardians request otherwise. In drafted leagues, when one of the children is drafted; the other child will be entered into the next available draft position (Successive order).

## **ALL-STAR SELECTION PROCESS**

**PURPOSE:** The Sumter County Board of Commissioners and the staff of the Sumter County Parks and Recreation Department desire for an All-Star team to be selected in any eligible league to represent Sumter County in GRPA District and/or State level competition. The selection process has been approved by the Sumter County Board of Commissioners. This process is democratic, fair and unbiased and will be supported 100% by the SBoC, County Administrator and Executive Director.

### **SELECTION PROCESS:**

- **Step 1: Kid's Nominations:** Prior to the end of the regular season, an SCPRD Full-Time staff member will meet with each team without their coaches present to nominate up to three (3) of their teammates for All-Star consideration. ***In football, they may nominate up to ten (10) players.***
- **Step 2: Coach's Nominations:** Prior to the end of the regular season, each head coach will be given the opportunity to nominate up to three (3) players from their own team for All-Star consideration. ***In football, they may nominate up to ten (10) players.***
- **Step 3: Official's Nominations:** Since the officials (referee's, umpires, SCPRD staff, etc.) get to see these team's play on a consistent basis – they will be a part of the nomination process as well. The SCPRD staff will meet with the officials to nominate up to three (3) players from each team for all-star consideration. ***In football, they may nominate up to ten (10) players from each team.***
- **Step 4: Creating the Official Ballot:** After steps 1, 2 & 3 have been completed, the SCPRD staff will analyze the data and create an official voting ballot. Any player who received at least two (2) nominations will be placed onto the official voting ballot.
- **Step 5: Coach's Meeting:** Once the official voting ballot has been created; a coach's meeting will be held. The head coach OR their designate will then make the official vote. Only one coach per team will be allowed to vote. The coach will vote for the top # of player's per sport as described below but may NOT vote for a player that was on their regular season team.
  - **Basketball** **8 Players**
  - **Baseball / Girl's Softball:** **10 Players**
  - **Football** **20 Players**
  - **Soccer** **8 Players**

### **STIPULATIONS:**

- Once the above numbers of players have been declared and recorded through the voting process and signed off on as valid and true by all coaches at the coach's meeting, the selected head coach may select up to two (2) additional players to complete the roster. ***IN FOOTBALL, they may select up to five (5) additional players.*** Those additional players **MUST** come from the nomination list on the official voting ballot. If there are no additional players remaining on the ballot, a coach may choose from someone who received only one nomination. If no additional players received a nomination, the coach may then select a player who played in the league and meets all eligibility requirements.
- **To be eligible for nomination, a player MUST have participated in 60% or more of all games and practices.**
- If there are not enough nominations to require a vote, all players nominated will be placed onto the All-Star roster.
- The head coach of the team who wins the regular season league championship will be given the right of first refusal to be the all-star coach. If that coach chooses not to be the all-star coach, it will be passed down to the coach of the second place team and will pass down in successive order.
- A coach who has been ejected for unsportsmanlike conduct during the season will be ineligible to serve as the head coach of the All-Star team.
- The head coach of an all-star team must be certified by a national certification body that is approved by GRPA.
- If 100% of the league's coaches would like for an SCPRD staff member or the designate to be the head coach of the All-Star team – they may sign an affidavit stating this at the all-star selection meeting.
- The SCPRD staff member in charge of each particular program may deny someone the opportunity to coach an all-star team for past conduct deemed to be inappropriate.

- All of the All-Star nominations, ballots, and tally sheets will be made available for public view, upon request, for a period of one year.

### **COACH, PARENT & FAN BEHAVIOR**

- ❖ The SCPRD expects for all persons in attendance to behave in a manner that is reflective of good, moral character.
- ❖ Anyone that is ejected from a contest for unsportsmanlike conduct must:
  - leave the confines of the playing area immediately
  - If continued disruptive behavior occurs they will be asked to leave the facility
  - **MUST** sit out the remainder of the game + the following game
  - May not have any contact with the team until the entire suspension has been served
- ❖ Anyone ejected from an event who refuses to follow the above listed procedure and/or reacts in a way that is deemed to create a hostile environment is subject to banishment from all parks and recreation facilities for a period of up to 1 year.
- ❖ No alcoholic beverages or illegal drugs are permitted on SCPRD property. The discovery of any such items will result in expulsion from the facility and possible arrest.
- ❖ Everyone is asked to “Boost the Players” by restricting your public comments to those of a positive nature. Please follow this simple rule: *“If you have the urge to say something negative and you wouldn’t make this type of comment at your child’s Spelling Bee ...then do not say it here ...in our classroom”.*
- ❖ When travelling to other facilities for local, district or state level competitions; the SCPRD fans are reminded to be on an even higher standard of behavior. All of your actions, both good and bad, reflect on this department. Please represent us in a way that reflects positively on our local agency.

### **TOBACCO POLICY**

- ✚ All buildings owned by the Sumter County Board of Commissioners are tobacco free facilities.
- ✚ At the regional park: There is no smoking allowed inside the complex. Designated smoking areas with “butt receptacles” have been set up outside of the fenced area. Please respect others by smoking only in designated areas.

### **LOITERING / GYM POLICY**

The Columns at Boone Park is a nice facility that is used for gymnastics, cheer, basketball and special events. Due to the large numbers of people occupying the building during basketball/gymnastics season – the SCPRD has been forced to establish a NO LOITERING policy. Patrons are encouraged to attend the games, gymnastics practices, etc. but may not loiter in the hallways and lobby areas. Law enforcement officers and/or SCPRD staff members may request that you attend the event inside a gymnasium or leave the property. If law enforcement is requested to remove you from the property for continual loitering, you may be banned from the property for the remainder of the season.

### **GATE FEES / ADMISSION FEES**

The Sumter County Board of Commissioners and the SCPRD will **NOT** charge an admission fee or gate fee for regular season contest in which both teams from SCPRD are playing. If the SCPRD is playing a team from outside of our program, a gate/admission fee may be charged. For local playoffs, it may be decided that a nominal admission fee be charged with all funds raised being used to offset the costs of uniforms and equipment for the upcoming all-star teams.

## **THE DRAFT (ALL-SPORTS)**

1. Each player that is not a Head coach's child(ren) or an Assistant Coach's child(ren) ***NEEDS*** to attend the skills evaluation. This allows the coaching staff of each team to determine the skill level of the players in the draft.
2. A player who does NOT attend the skills evaluation and is not a frozen player (Head Coach or Assistant Coach's child) will not be eligible to be drafted until all of the players who attended the skills evaluation have been drafted. ***EXCEPTION:****If there are not enough players remaining to be drafted to complete an entire round of the draft...at that time, all players will become eligible to be drafted.*
3. The draft order will be determined by a random draw, prior to the draft beginning.
4. Once the draft order has been determined; the head coach's child from each team will be entered into the #3 draft position.
5. If a team has an assistant coach going into the draft they may freeze that assistant coach's child(ren). That assistant coach's child will be placed in draft position #4.
6. If a coach has multiple children in the same age division (on the same team); those children will occupy the next successive draft spots (*i.e:* #5, #6, *etc.*). **EACH TEAM MAY HAVE ONLY 1 ASSISTANT COACH with a frozen child(ren) going into the draft.**
7. Once the draft begins, it will go in successive order in round 1 (Team 1, Team 2, Team 3, Team 4). At the completion of round 1, the order will reverse (Team 4, Team 3, Team 2, Team 1). The draft order will reverse each round until the players who attended the skills evaluations have been drafted or until there aren't enough players left that attended the skills evaluation to complete a round.
8. Once the Supplemental draft (Selection of players who did NOT attend the skills evaluations) begins, the draft; at that point, will begin in reverse order (Team 4, Team 3, Team 2, Team 1)
9. No team may have more than 7 players of any one age unless that is all that is remaining in the draft.
10. During the draft, a team will have 60 seconds to make a selection. If no selection is made, they will be passed over until the end of the round. This will apply in all rounds except the final round.
11. Once the draft is complete, there will be NO TRADES ALLOWED.
12. The only coaches allowed inside the draft are the head coaches and approved assistant coaches.

## **FEE REDUCTION POLICY**

The SCPRD and the Sumter County Board of Commissioners wishes for every family to have the opportunity to participate in the programs and activities regardless of their financial status. All of our programs operate on a **SHARED COST PHILOSOPHY** and therefore a registration fee, payable at the time of registration, is charged for each program. A fee reduction policy is in effect for all Sumter County residents. To qualify for the fee reduction an applicant **MUST** provide proof of household income by providing a copy of one of the following:

- The previous year's IRS tax return that includes total income and the name of the child being registered.
- *Only if no tax return was filled during the previous year an applicant may provide:*
  - *A DFACS Benefit Statement*
  - *Social Security Benefits Statement*
  - *Proof of residency of the participant in an Americus Housing Authority property*
- Documentation **MUST** be provided to substantiate the child receiving these benefits! (No Exceptions)

In rare cases, a participant may not be named on the documentation but proof of legal guardianship may accompany the documentation. In addition, the applicant **MUST** complete a fee reduction application.

If it is determined that an applicant qualifies for this program, the SCPRD will reduce the registration fee by \$25.00 per applicant. There are **NO FULL FEE WAIVERS**. Programs that cost less than \$65.00 per child will **NOT** be eligible for this program. No additional discounts may be used with fee reductions (*i.e:* Multi-Child Discounts, County Employee Discounts, *etc.*)

## **PROGRAM REFUND POLICY**

If a program is cancelled due to insufficient enrollment: the SCPRD will issue a full and complete refund to all registered individuals.

If a refund is requested, prior to the uniforms being ordered, the individual requesting the refund shall be granted a refund minus a \$5.00 administrative processing fee.

Once the uniforms have been ordered, NO MONETARY REFUNDS SHALL BE GRANTED! The individual requesting the refund will be given the uniform ordered for the participant.

## **SHELTER / FACILITY RENTALS POLICY**

Anyone who has reserved a park shelter or facility that needs to cancel their reservation will be granted a full refund minus a \$5.00 administrative processing fee as long as the cancellation is made at least 24 hours prior to the scheduled rental.

A rental that is cancelled due to weather conditions will be granted a "RENTAL CREDIT" for another available date but may not be granted a monetary refund.

Anyone who desires to rent a shelter, park or facility must do so at least 48 hours in advance of the rental to guarantee cleanliness, availability, staff (if needed), etc.

Other rental policies for particular facilities are included on the facility rental form.

## **No Alcohol Policy**

All properties owned by the Sumter County Board of Commissioners prohibits the possession, sale or consumption of alcoholic beverages on premises. Any renter discovered with alcoholic beverages will forfeit their rental with no refund and be removed from the property.

## **RENTAL SECURITY POLICY**

When renting a facility from the Sumter County Parks and Recreation Department;

- No event shall extend beyond 12:00 Midnight
- Renters may be granted up to 1 hour after the event to clean up but the event must be completed by 12:00 Midnight.
- Any event that extends past 9:00PM requires the renter to provide a security affidavit with their rental contract. The security affidavit must be from the Sumter County Sheriff's Office, City of Americus Police Department or another P.O.S.T Certified agency showing that a certified security officer shall be on-site to provide security from 9:00PM until the end of the event. The cost of security is the responsibility of the renter. No rental that extends past 9:00PM shall be booked until a security affidavit has been received by the SCPRD and no rental dates will be held. This must be provided at the time of the rental.

- The SCPRD may require the renter to provide additional liability or event coverage due to the nature of the event. Any rental involving wrestling or boxing requires additional event coverage.

# *Be a Class Act!*

**By: Tim Estes; Executive Director – SCPRD**

**When you win ...be gracious not haughty  
People will respect a humble winner.**

**Always give your best effort  
People will respect the way that you played the game.**

**Never question an umpire, referee coach or administrator  
People will appreciate your respect for authority.**

**Encourage your teammates in both good times and in bad  
People will respect you as a leader.**

**If you can't say something positive about your opponent ...just don't talk  
People will respect the way that you lead by example.**

**When an official misses a call ...and they will! Just walk away  
They know the call was missed and will respect you for not showing them up.**

**Be prepared. Practice Hard and know your role  
People will respect your dedication to the team.**

**Control your emotions at ALL times  
You are going to get a raw deal at times ...That's Life!**

**Youth Sports is about Character. Make sure that yours is good  
People will respect you for being a class act!**



# **ATTENTION PARENTS!!!**

At one point during a youth softball game the coach called one of his seven year old players over and asked "Do you understand what cooperation is? What a TEAM is"? The little girl nodded; YES

"Do you understand that what matters is whether win or lose together as a TEAM"? The little girl again nodded; YES!

"So", the coach continued, "I'm sure you know that when an out is called you shouldn't argue, curse, attack the umpire or call him an idiot. You do understand this don't you"? The little girl said "Yes Coach".

The coach went on to say "...and when I take you out of the game so that another player gets a chance to play too that it's not good sportsmanship to call me a jerk"? The little girl nodded in the affirmative.

"Good" said the coach. "Now, could you please go over there and explain all of this to your mother in the bleachers".

## **He's Just A Little Boy**

He stands at the plate with his heart pounding fast.  
The bases are loaded the die has been cast.

Mom and dad cannot help him he stands all alone.  
A hit at this moment would send his team home.

The ball reaches the plate; he swings and he misses.  
There's a groan from the crowd with some boos and some hisses.

A thoughtless voice cries out "Strike out this bum".  
Tears fill his eyes and the game's no longer fun.

So open your heart and give these kids a break.  
It's moments like this a man you can make.

So keep this in mind when you hear someone forget.  
He's just a little boy. He's not a man ...yet!

## **A Letter From An Umpire**

By: Bill Conlin

Donald Jensen was struck in the head by a thrown bat while umpiring a youth baseball game in Indiana. He shook off the blow and finished the game. Later that evening he went to the hospital with a severe headache. He was kept overnight for observation and while sitting in a hospital bed he wrote the following note to parents of youth baseball players:

*Dear Parents,*

*I am an umpire. I don't do this for a living, but for fun and to provide a little extra income so my family can take an annual summer vacation. I played baseball as a child. I watch baseball and I even coached youth baseball for a few years. I enjoy umpiring and I truly attempt to get every call correct. There is one thing that really bothers me and that is the parents who don't understand why I am there and they pass on to their children the bad behaviors that seem to be getting worse every year.*

*Some of you feel that I'm on a power trip. For that reason you often yell at me when I make a mistake. I am trying to be perfect. I don't want your child to get a raw deal. I genuinely try to be fair. Let me ask you a simple question. What would you do if someone yelled at your child every time they made a mistake on the baseball field? What if they called your child an idiot or a loser? How would that make you feel? My own children attend these games on occasion and how do you think it makes them feel when they hear people calling their dad an idiot? I counted the number of calls that I made in a six inning game today and to the best of my ability, I came up with 146 calls. I tried to get every one of them correct but may have missed 1 or 2 of those calls. In a worst case scenario, I would've gotten 98% correct. In most professions that would be considered a fantastic percentage.*

*Let me tell you about the game today. There was a close call that ended the game. A runner from the home team was attempting to score on a passed ball at the plate. The catcher chased the ball down and threw it to the pitcher who was covering the plate and he tagged the runner out. As I was getting my gear together I overheard one of the parents telling their child "It's too bad that you have to lose because of those rotten umpires". Later, at the concession stand, I heard that same player telling another kid "We would've won the game if it wasn't for those lousy umpires". I might have missed the call at the plate. It was a close play but I honestly think I got it right. I can tell you that I gave it my best effort. I was in a good position and my conscience is clear about it.*

*A parent who allows their child to blame an umpire is doing them a terrible injustice. That kind of irresponsibility is bound to carry over into future endeavors of their life. At one point today I wanted to just quit when a pitcher was pantomiming after every call. The kid did this for about 2 innings until finally the coach came out and said "Son, it's time for you to make a decision. You can either be the umpire or a pitcher but you can't do both at the same time". Believe it or not, the kid settled down and pitched a great game. When the game was over the kid followed me to my car and apologized. His dad thanked me for my service and said he couldn't understand how I could take the abuse dished out by many of the parents. That kid learned a valuable lesson today.*

*I can't help but wonder how many more young men are missing the chance to develop into ball players because their parents encourage them to spend their energy blaming umpires rather than working harder to develop their skills. I love the game of baseball. I enjoy being around most of the kids. Yes the money that I earn is important to me because it's the only way...and an honest way for me to afford an end of the summer family vacation. I wish more than anything that the parents would realize that I don't have a personal agenda. If parents would behave appropriately at the ball park, we'd all be better off.*

**The following morning, Donald Jensen; part-time umpire, full-time dad and husband, died of a brain concussion resulting from a thrown bat at a youth baseball game. This letter was found in a notebook beside his bed. It has now been published with the hopes that youth sports parents will read it and understand that they need to control their emotions and their mouth and teach their children to respect authority.**

## YOUTH BASKETBALL LOCAL RULES

### **SECTION A: AGE DIVISIONS / AGE CONTROL**

1. The SCPRD offers the following levels of youth basketball, based on age:
  - a. BUDDY BASKETBALL Co-Ed.....for boys & girls 5 & 6 Years of age
  - b. FLEA DIVISION Co-Ed.....for boys & girls 7 & 8 Years of age
  - c. MITE DIISION Boys.....for boys 9 & 10 Years of age
  - d. GIRLS LEAGUE Girls.....for girls 9 – 12 Years of age
  - e. MIDGET DIVISION Boys.....for boys 11 & 12 Years of age
2. The age control date for youth basketball is a child's age "prior to" January 1<sup>st</sup>. A child's age on December 31<sup>st</sup> will determine their playing age.
3. No player shall be allowed to play above their own age division. The only players allowed to play below their age division are those players with a documented physical or mental disability, who have received approval from the SCPRD staff during the registration process.

### **SECTION B: GOVERNING RULES**

1. All games will be governed by the rules and regulations of the Georgia High School Association with the exceptions found in the Georgia Recreation and Park Association (GRPA) Athletic Manual and this local rule book.
2. Many of the local rules and policies are designed to ensure that ALL players will meet a minimum playing requirement. The basketball program is coordinated by the SCPRD Athletic Manager and will be staffed nightly by the Athletic Manager and/or Recreation Manager, Executive Director.

### **SECTION C: LENGTH OF GAME / PRE-GAME / SPEED – UP**

1. FLEA DIVISION will play four (4) equal quarters of six (6) minutes each.
2. GIRLS LEAGUE, MITE and MIDGET DIVISIONS will play four (4) equal quarters of eight (8) minutes each.
3. During local play only: the game clock will run continuously except for the final two (2) minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarters. During the final two (2) minutes of each half, the clock will operate by GHSA standards.
4. In ALL competitive leagues during local play, the game clock will be stopped as close to the mid-way point of each quarter as possible (dead ball, made basket, etc.) to allow coaches the opportunity to substitute a player that has not met the local playing requirement for that half. This is NOT a time out! All players, except those being substituted for, must remain on the floor.
5. Prior to the start of each game: Every player on the roster who is in attendance will shoot one free throw. These free throws will be supervised by an official on the floor. A made free throw will be recorded in the scorebook and on the scoreboard. If "TEAM A" has 9 players in attendance and "TEAM B" has 8 players in attendance – then "TEAM B" may have one of their players to shoot an additional free throw so that both teams shoot an equal number of pre-game free throws. This rule allows every player in attendance to have the opportunity to score at least 1 point for their team.
6. SPEED-UP RULE: If a team gains a 20 point advantage – the clock shall run continuously even during the final two (2) minutes of each half. The only time the clock would stop is on a time out.
7. FREE THROWS DURING CONTINUOUS CLOCK: If a shooting foul is committed during a time when the game clock is running continuously: The game clock will be stopped until all players are set and the shooter has received the basketball to begin shooting their free throw(s). Once the shooter has the basketball, the clock will be re-started.

### **SECTION D: SPECIAL PROVISIONS**

1. A team MUST have at least four (4) players to begin a game. If at any time a team falls below four (4) players, the game is declared a forfeit.
2. In FLEA Division only: back court pressure is not allowed after a score or in bound play until the final one (1) minute of the 4<sup>th</sup> quarter and the last minute of any overtime period. If a rebounding team begins what is considered a "Fast Break", the opposing team may defend it in the back court. If an official determines that a rebounding team is NOT attempting a fast break and the opposing team attempts to defend or steal the ball in the back court – a verbal warning will be given on the first infraction. Any additional infractions will result in a one shot technical foul.
3. In MITE DIVISION and GIRLS LEAGUE: There is No Full Court Press during the first half of play.
4. In MIDGET Division: There is no full court press allowed during the first four (4) minutes of the first half.

5. **FREE THROW LINE-UP:** In FLEA and GIRLS LEAGUE basketball, the bottom block will be left open on a free throw. In MITE and MIDGET Divisions, the bottom block is filled on a free throw.
6. **TIME OUTS:** Each team is given four (4) time outs per game ...not per half.
7. **OVERTIME:** If at the end of regulation play the two teams are tied: a two (2) minute overtime period will be played. The game clock shall operate by GHSA standards during this overtime period. This process will continue until a winner is determined on the court.
8. No more than two coaches may be in the bench area during local play.
9. Anyone ejected from a game (player, coach, fan, etc.) will be subject to the ejection policy.
10. A coach may be restricted to the bench for borderline conduct. If a coach is restricted to the bench by an official the coach must remain in a seated position for the remainder of the game except during time outs. If a coach who has been restricted to the bench is penalized again for being out of their seat, it will result in an ejection.
  - a. Any coach that receives a technical foul during the game will be restricted to the bench for the remainder of the contest.
  - b. Anyone that receives two technical fouls during a game will be ejected from the contest.

## SECTION E: PLAYING REQUIREMENTS

- A. In all divisions of youth basketball: every player on a roster and in attendance **MUST** play at least one half of a quarter in each half. (This means in FLEA Division: each player must play in/near 3 minutes per half / In GIRLS, MITE & MIDGET divisions a player **MUST** play in/near four (4) minutes per half.

**NOTE:** To aid in ensuring that coaches are meeting the playing requirement – The clock will be stopped near the midway point of each quarter, at a non crucial time in the game (Dead ball, inbound play, rebound with no fast break, etc.) and the officials will give each coach an opportunity to substitute players into the game who have not met the playing requirement.

**NOTE II:** If, at the midway point of the 2<sup>nd</sup> & 4<sup>th</sup> quarters a player has not entered the game during that half – the gym supervisor will force the coach to enter that player and have them play for the remainder of the half to meet the playing requirement.

**PENALTY:** While the SCPRD will do our best to stay on top of the playing requirements – the ultimate responsibility lies on the head coach of each team. If it is discovered that a player has **NOT** met the playing requirement in any game, the game will be declared a forfeit (if the violating team won the ball game). If the team lost the game – they will forfeit their next win + the player who did not meet the playing requirement will be forced to play an entire quarter during each half the following game and the head coach will be suspended for one game.

- B. **The 24 hour rule:** If a player is consistently missing practice or being disruptive at practice, the coach may notify the supervisor a minimum of 24 hours prior to the next game of their intentions to “bench” the player for an entire game. The SCPRD staff member in charge of the program will then contact the parents of the player to verify the accusation of the coach and may grant permission to the coach to “Bench” a player for valid reasons.
- C. **During a game:** If a player is in need of disciplinary measures, the coach may receive permission from the supervisor in charge of the program (Executive Director, Athletic Manager, Recreation Manager) to remove the player from the game for the remainder of the game. The SCPRD staff member, upon granting permission, will notify the opposing coach, make a notation in the scorebook and will meet with this player and their parent/guardian prior to the next game.

## SECTION F: EQUIPMENT

1. All shoes must be soft soled, non-marking basketball style shoes.
2. The approved basketball in FLEA Division shall be a leather or synthetic 27.0 basketball
3. The approved basketball in GIRLS, MITE and MIDGET Divisions shall be a leather or synthetic 28.5 Basketball
4. Uniforms are provided by the SCPRD. All players should have matching jerseys with legal numbers on the front and the back of the jersey. Legal numbers include: 0, 1 – 5, 10 – 15, 20 – 25, 30 – 35, 40 – 45 and 50 – 55.
5. The official goal for FLEA, MITE and GIRLS Divisions shall be 8 1/2' in height.
6. The official goal for MIDGET Division shall be 10' in height.

## YOUTH BASEBALL LOCAL RULES

### SECTION A: LEAGUES & DIVISIONS

1. The SCPRD offers the following levels of play based on age:
  - a. TEE Ball Co-Ed for boys & girls with a playing age of Five (5)
  - b. COACH PITCH Co-Ed for boys & girls with a playing age of Six (6)
  - c. FLEA League for players with a playing age of Seven (7) and Eight (8) w/Pitching Machine
  - d. MITE League for players with a playing age of Nine (9) and Ten (10) Live Arm
  - e. MIDGET League for players with a playing age of Eleven (11) and Twelve (12) Live Arm
2. The age control date, set by the state association is prior to May 1<sup>st</sup> of the current year. A child's age on April 30<sup>th</sup> determines their playing age for the season.
3. No-One is allowed to play above their age division. The only players allowed to play below their age division are those with documented physical or mental disabilities who have received departmental approval during the registration process. This must be signed off on by the Executive Director.

### SECTION B: GOVERNING BODY

1. The SCPRD youth baseball program will be patterned after the rules and regulations of the Georgia High School Association with the exceptions found in the most current edition of the GRPA Athletic Manual and in these local rules supplements.
2. All divisions of youth baseball will be under the direct supervision of the SCPRD's recreation manager. There is nightly supervision at the regional park complex by either/or the Executive Director, Recreation Manager and/or the Athletic Manager.
3. Good Sportsmanship is not only expected, it is demanded at all times. The SCPRD staff has full authority to remove anyone from the complex for behavior deemed to be inappropriate.

### SECTION C: SPEED-UP RULES / LENGTH OF GAMES

1. An inning that has begun must be completed in a time limit game unless the home team is ahead and batting when time expires.
2. A regulation game in TEE BALL is 2 full innings in which all players on both rosters have an opportunity to bat.
3. A regulation game in COACH PITCH is 2 full innings in which all players on both rosters have an opportunity to bat.
4. A regulation game in FLEA Division is 5 innings or 1 hour with a Continuous Batting Order.
5. A regulation game in MITE Division is 6 innings or 1 hour and 30 minutes with a Continuous Batting Order.
6. A regulation game in MIDGET Division is 6 innings or 1 hour and 30 minutes with a Continuous Batting Order.
7. No new inning may begin once the time limit has expired.
8. A new inning may not begin if there is less than 5 minutes remaining on the time limit.
9. During regular season play only: When a game is tied at the end of regulation or when the time limit has expired; the game will be declared a tie and no extra innings or tie breakers will be used.
10. A game that is called due to lightning, rain or unusual circumstances will be considered a complete game and will NOT be rescheduled if 3 full innings or after 2 ½ innings have been played and the home team is ahead.
11. The local MERCY RULE is: 15 runs after 3 innings of play and 12 runs after 4 innings of play, 8 runs after 5 innings.
12. In FLEA League: a courtesy runner may be used for the catcher only. The courtesy runner MUST be the person who made the last "batted" out.
13. In MITE – MIDGET Divisions: aa courtesy runner may be used for the catcher and / or the Pitcher. The courtesy runner MUST be the person who made the last "batted" out. The same person cannot be used to run for the pitcher and the catcher in the same half inning.
14. There are no INTENTIONAL WALKS allowed in FLEA DIVISION. In the MITE & MIDGET DIVISIONS; no player may be INTENTIONALLY WALKED more than once per game. In the event of an INTENTIONAL WALK, the pitcher is NOT required to throw any pitches. Simply notify the umpire who will award the base and the pitcher will be charged for the pitches.
15. While a team is on offense, the coach may be granted one time out per half inning to consult with a batter. This is per half inning ...not per batter! The penalty for additional time outs will be a called strike on the batter.

## SECTION D

### SPECIAL PROVISIONS

1. In all age divisions (to avoid possible forfeitures) a team may begin a game with one fewer than the required number of players. In FLEA Division, a team may begin with 9 players. In MITE and MIDGET Divisions a team may begin with 8 players. When a team begins with fewer than the required number of players and an additional player arrives, the team may immediately insert that player into the line up in the last available batting spot. Also, if a team begins the game with fewer than the required number of players: when that empty spot in the batting order comes to the plate, it is declared an out.
2. For local play only: There is a Continuous Batting Order employed meaning all players in attendance will be in the batting order. Defensively, a player must play in at least every other inning.
3. Any player removed from a game at the request of an umpire or parent will NOT be counted as an out in the Continuous Batting Order unless it causes the team to fall below the required number of players; in which case the empty spot would be declared an out.
4. For local play only in the FLEA and MITE Divisions: There is a five (5) run per half inning maximum...except for the final inning of the game (5<sup>th</sup> inning in FLEA and the 6<sup>th</sup> inning in MITE). Once the 5<sup>th</sup> run has crossed the plate, the two teams will change sides as if the 3<sup>rd</sup> out of an inning had been made. There is NO run limit in the last inning (5<sup>th</sup> in Flea, 6<sup>th</sup> in MITE). In MIDGET Division, there is NO per inning maximum.
5. PITCHING REGULATIONS FOR MITE & MIDGET DIVISIONS:
  - a. The maximum number of pitches that can be thrown in a day is 85 pitches. If the 85<sup>th</sup> pitch is reached during an "at bat", the pitcher may continue until that batter has been declared out or reached base safely.
  - b. A pitcher may throw 30 pitches in a day and be eligible to pitch the next day.
  - c. A pitcher who throws between 31 – 60 pitches in a day will require one calendar's day of rest (not 24 hour rule)
  - d. A pitcher who throws between 61 – 85 pitches in a day will require two calendar's days of rest (calendar days, not 48 hour rule).
  - e. In the case of a double header: a pitcher who throws less than 30 pitches in game one and is removed from the mound shall be eligible to pitch in game two but the pitch count for the day will be a cumulative total with an 85 pitch maximum.
  - f. LOCAL RULE: A pitcher may only return to the mound as a pitcher, after being removed, once per game provided it does NOT violate his eligibility for pitches in a day.
6. Each team, while on defense, may have 3 free charged conferences per game. A charged conference is when a pitching change does not occur and the coach simply wants to discuss things with his pitcher/defensive players. Once all 3 charged conferences have been used, any further visits must result in a pitching change.
7. MODIFIED BASE STEALING RULES:
  - a. A modified form of base stealing shall be used in the MITE and MIDGET Divisions.
    - i. A base runner is required to stay in contact with the base until the pitched ball reaches the front edge of home plate. At this point in the flight of the ball, the runner is permitted to advance at their own risk of being thrown out.
    - ii. A runner is automatically called out for leaving the base before the ball reaches the front edge of home plate. In this case, the pitched ball becomes dead and all subsequent action on the pitch is cancelled. It is considered a "No Pitch" to the batter.
    - iii. The Batter may not attempt to advance to first base on a dropped third strike or if the catcher misses the third strike. All other runners may advance at their own risk.
    - iv. When sliding into a base; a base runner may not attempt a head first slide. The penalty for a head first slide is an out (regardless of the results of the play). A runner diving back to a bag after an overrun is not considered a head first slide. Runners in a rundown may NOT slide into either base head first.
8. Only 3 adult volunteer coaches are allowed inside the fenced area of the ball field.
9. In FLEA DIVISION: when a team is on defense, one coach is requested to stand near the backstop to retrieve passed balls and return them to the pitcher's mound. All other defensive coaches should be within arms reach of the dugout fence.

## SECTION E:

### APPROVED EQUIPMENT

1. Rubber molded cleats and sneakers are approved. No steel spikes may be worn at any division of SCPRD youth baseball.
2. The official bat shall be round and made of wood, metal or other material acceptable for batting as approved by GRPA. Regulation aluminum bats which meet GRPA standards are permitted at all divisions. All bats MUST be on the Little

League Baseball approved bat list and for local play have been approved by the recreation manager and the bat must have the SCPRD hologram sticker on the knob.

3. A bat may not exceed 33 inches in length and all bats must be 2 ¼" diameter at the barrel.
4. All bats must meet the BPF and ABI guidelines as listed on the list of approved bats at: <http://littleleague.org/learn/equipment/approvedcompbats.html>
5. There are no weight restrictions for bats in FLEA, MITE or MIDGET Leagues.
6. If a player is found to be using an illegal/altered bat – the player is immediately ejected. A second discovery of any player using an illegal or altered bat will result in the player's ejection as well as the ejection of the head coach.
7. The official baseball shall meet GHSA standards except in FLEA Division which may use low seamed balls.
8. Gloves and mitts are governed by GHSA rule. A pitcher's glove may not contain White or Gray colors.
9. Catchers must wear full protective gear to include a hockey style mask with extended throat guard, chest protector, shin guards and all male catchers must wear a protective cup.
10. All players shall wear a helmet while batting, running bases and while on deck. A facemask must be attached to the helmet in all age divisions by GRPA rule.

#### **SECTION F: UNIFORMS**

1. A uniform for boys baseball shall include a baseball cap, full length baseball pants extending below the knee and preferably below the ankle, a jersey with factory style, non duplicating number on the back, socks and shoes.
2. Uniforms should be identical in style and color. If a player is out of uniform, the player must be approved by the SCPRD to play so that their eligibility can be verified.
3. Managers/Coaches are not required to be in full uniform but are encouraged to wear similar attire to be identified as an approved coach.
4. If a batboy is used, the bat boy must wear a protective helmet when outside of the dugout.

#### **SECTION G: PLAYING FIELD**

1. Distance between bases in FLEA and MITE is 60 feet
2. Distance between bases in MIDGET Division is 65 feet
3. Pitching distance for MITE Division is 46 feet
4. Pitching distance for MIDGET Division is 50 feet
5. Pitching distance will be measured from the back point of home plate to the front, center edge of the pitching rubber.
6. In FLEA Division: an 8' x 12' box shall be drawn around the pitching machine with the front edge of the box being parallel with the front legs of the machine, extending 12' wide. The box shall be 8' deep. The player in the pitcher's position must have one foot inside this box until the ball is delivered through the machine.

#### **SECTION H: TEE BALL / COACH PITCH TEAM PLACEMENTS**

1. In TEE BALL and COACH PITCH Divisions, there is no draft. Every effort will be made to have an equal number of male and female players on each team. Both of these divisions are non-competitive.

#### **SECTION I: FLEA LEAGUE SPECIFIC RULES**

1. All pitching is done with a JUGS jr. electric pitching machine. The speed of the machine shall be set on the digital readout at 40 MPH.
2. One umpire is employed to feed the machine and make all calls for local play.
3. When a batted ball hits the machine or the cord, prior to an attempt being made by a defensive player, the ball is immediately declared dead and the batter is awarded 1<sup>st</sup> base. If there are base runners who are forced up due to this award, they may advance to the next base. If a runner is not forced, they will remain at the base they occupied prior to the pitch.
4. If a thrown ball hits the machine or cord, it shall be declared a dead ball and treated as if the ball went outside of the field of play. All runners will be awarded the base they were attempting to reach + one base.
5. The player in the pitcher's position must have one foot inside the 8' x 12' box until the pitch is delivered through the machine.
6. There is NO BUNTING in FLEA Division.
7. There is NO STEALING in FLEA Division.

8. A defensive player/team must deny any advancement of the offensive team before "Time Out" will be granted by the umpire. Coaches, ***PLEASE DO NOT TEACH*** your players to get the ball into the infield and call time out thinking that this will stop all runners ...it will not! Once the umpire, in their judgement, feel like no advancement may occur, they will then grant time out.
9. Four outfielders will be used in FLEA Division. Those outfielders **MUST** be in Left Field, Left Center Field, Right Center Field and Right Field. A "short fielder" positioned directly behind the 2<sup>nd</sup> base bag is **NOT** permitted.
10. All outfielders **MUST** be in the outfield grass at the time of the pitch.

#### **SECTION J: COACH PITCH SPECIFIC RULES**

1. All batters will hit from a ball pitched overhand by the coach.
2. The batting order shall consist of all players on the roster who are present and each batter shall hit in both innings.
3. There are no called strikes in Coach Pitch, however, if a batter swings and misses three times they are declared out. No additional pitches are permitted. The kids need to learn that 3 strikes equals an out.
4. Any batter/runner that is declared out must return to the dugout and may not remain on base.
5. There are no "lead-offs", bunting or stealing in coach pitch baseball.
6. A base runner must maintain contact with the base until the ball is hit.
7. All players that are present will play defensively. Please only place one defensive player at 1<sup>st</sup> base, 2<sup>nd</sup> base, short stop and 3<sup>rd</sup> base. There may be 2 players near the pitcher's mound...one on the left and one on the right side of the coach/pitcher. All other players should be scattered out in the outfield.
8. An inning shall end after all batters on the roster and in attendance have batted.
9. There will be no official umpire in Coach Pitch. Coach's are asked to be honest in determining whether a player is safe or out and make it enjoyable for the kids.
10. Defensive coaches (up to 4) are permitted in the field but please do not interfere with a live ball.
11. No official score is kept in Coach Pitch Baseball.

#### **SECTION K: TEE BALL RULES**

1. All batters must hit from a tee and do not have the option to hit a pitched ball.
2. The batting order shall include all players present
3. If the batter has not hit the ball after 5 attempts, a coach may assist the player in hitting the ball from the tee.
4. **PLEASE REWARD DEFENSIVE PLAYERS AND PLAYS BY CALLING A LEGITIMATE OUT AND OUT!** Congratulate the batter/runner on a great effort but explain to them that they are out and that they must leave the field and return to the dugout. Being on base needs to be earned!
5. There are no "leadoffs, stealing or bunting in TEE Ball. A hit ball must go outside of the dirt circle at home plate to be fair.
6. A base runner may advance when a hit ball has travelled into fair territory.
7. There will be no umpire and no official score is kept in TEE Ball.
8. Defensive coaches (up to 4) may be in the field but may not interfere with a live ball.
9. There is **NO INFIELD FLY** rule in TEE Ball ...did you really have to ask?
10. Batting helmets must be worn by all players while batting, on deck or on base.
11. Games shall be complete after 2 full innings in which all players on both teams have batted in each inning.

#### **SECTION L: COVER-ALL**

**NOTE:** While we have attempted to cover each situation that may occur, if there is a ruling that must be made that is not covered through GHSA, GRPA or these local rules – the SCPRD staff will make a ruling and it shall be official.



## Girl's Fast Pitch Softball Rules

### SECTION A AGE DIVISIONS / CONTROLS

1. The SCPRD will offer three age divisions of Girl's Fast Pitch Softball, based on age. If these divisions do not have enough participation, the SCPRD reserves the right to combine age divisions to create two larger divisions.
  - a. FLEA Division for girls 7 & 8 years of age W/PITCHING MACHINE
  - b. MITE Division for girls 9 & 10 years of age W/PITCHING MACHINE
  - c. Midget Division for girls 11 & 12 years of age LIVE ARM
2. If there are not enough girls to create these three divisions, the SCPRD may create two divisions which would be:
  - a. MITE Division Girls 7 – 9 Years of age W/MACHINE
  - b. MIDGET Division Girls 10 – 12 Years of age LIVE ARM
3. The age control date for Girls fast pitch softball is January 1<sup>st</sup> of the current year. A player's age on January 1<sup>st</sup> of the current year determines their playing age.

### SECTION B GOVERNING RULES

1. The league will be played by the rules of ASA Fast Pitch Softball with the current exceptions found in the most current edition of the GRPA Athletic Manual and this local rule book.
2. The use of the GHSA rules for pitching requirements that pertain only to the pitcher being required to have one foot...the pivot foot being in contact with the pitcher's plate when the ball is released will be used for local competition.

### SECTION C COURTESY RUNNERS

1. At any time, the offensive team in the MIDGET DIVISION may use a courtesy runner for the pitcher and/or catcher. The same runner may not be used for both positions in the same half inning. The courtesy runner, since we use a continuous batting order, must be the person who was the last "batted" out.
2. In FLEA and MITE DIVISIONS, there may be a courtesy runner used for the catcher only. The courtesy runner must be the person who was the last "batted" out.
3. Coaches are encouraged to use a courtesy runner for their catchers to help speed the game. It is NOT mandatory.

### SECTION D SPEED UP RULES / LENGTH OF GAME

1. A FLEA Division game shall be five (5) innings or 1 hour time limit with a continuous batting order
2. A MITE Division game shall be Six (6) innings or 1 hour and 15 minute time limit with a continuous batting order
3. A MIDGET Division game shall be Six (6) innings or 1 hour and 30 minute time limit with a continuous batting order
4. During regular season play only: if two teams are tied at the end of regulation play or at the end of an inning after the time limit has expired – the game will be declared a tie and no extra innings or tie breakers will be played.
5. In the local playoffs: if two teams are tied at the end of regulation the International tie breaker will be used:
  - a. INTERNATIONAL TIE BREAKER: *The last recorded out will be placed on 2<sup>nd</sup> base to start the half inning. This is NOT a sudden death playoff! A full inning will be played using this method until a winner is determined.*
6. A game called due to lightning, rain or unusual circumstances will be considered a complete game and will NOT be rescheduled after 3 full innings have been played or after 2 ½ innings if the home team is ahead and batting when the game is called.
7. There are NO INTENTIONAL WALKS in FLEA Division. In MITE and MIDGET Divisions, the intentional walk is permitted but no player may be walked more than once per game. In MIDGET Division, no pitches need to be thrown, the coach may simply notify the umpire who will award the base to the hitter.
8. MERCY RULE: In all age divisions, for local play only ...the MERCY RULE is 15 runs after 3 innings, 12 runs after 4 innings and 8 runs after 5 innings.
9. For local play only – there will be a 5 run per inning maximum in both FLEA and MITE softball. Any team that scores five runs in their offensive half inning will at that point "max out" for the inning and will go on defense as if the 3<sup>rd</sup> out of the inning has been made. This will apply in FLEA and MITE Division only and will not apply in the last inning of the game (5<sup>th</sup> inning in FLEA and the 6<sup>th</sup> inning in MITE) which will be unlimited scoring.

10. While on offense, an offensive coach may be granted one time out per half inning to consult with a hitter. The penalty for additional time outs shall be a called strike on the batter.

## **SECTION E SPECIAL PROVISIONS**

1. A team may start and/or continue a game with one fewer than the required number of players. This means in FLEA and MITE Division a team may begin or continue with nine (9) players. In MIDGET Division, a team may begin/continue with eight (8) players. When a team is playing with one fewer than the required number – the empty spot in the batting order will be declared an out (NO Exceptions). If a player arrives late, they may be inserted into the line-up immediately and must be placed at the bottom of the order.
2. During local play only: we will employ a continuous batting order meaning that all players on the roster and in attendance will be placed into the batting order. There is free defensive substitution and all players must play at least every other inning defensively. If a player starts an inning defensively, they must complete that inning defensively unless approved by the SCPRD staff person on site.
3. Any player removed from the game by an umpire or parent will NOT be counted as an out in the continuous batting order unless it causes the team to drop below the required number of players. (10 in FLEA and MITE / 9 in MIDGET).
4. While a team is on defense in the FLEA Division, one defensive coach is encouraged to position themselves near the backstop to retrieve passed balls and return them to the umpire at the machine.
5. There is NO STEALING in FLEA Division only.

## **SECTION F APPROVED EQUIPMENT**

1. Rubber molded cleats or sneakers are approved. NO STEEL SPIKES are allowed at any age division.
2. The approved softball shall be a .47 COR optic yellow softball. The FLEA and MITE Divisions shall use an 11 inch softball while the MIDGET Division shall use a 12 inch softball.
3. Helmets with a facemask must be worn by all players while batting, on base or on deck. Chin straps are recommended but are NOT mandatory. There are NO HEADFIRST SLIDES allowed at any age division. A player who dives back into a bag after an over-run is not considered a head first slide. The penalty for sliding head first into a base is an automatic out.
4. Youth softball catchers must wear a mask with an extended throat protector, chest protector and shin guards.
5. Legal bats are listed on the ASA website at [www.asasoftball.com](http://www.asasoftball.com).

## **SECTION G UNIFORMS/PLAYING FIELD**

1. A uniform for girls, fast-pitch softball shall consist of matching jerseys with factory style, non duplicated numbers on the back, full length softball pants extending below the knee, socks and shoes. A visor or cap will be issued with the team uniform and is recommended but not mandatory.
2. Bases for all age divisions shall be 60 feet apart.
3. A pitching machine for FLEA and MITE Divisions shall be set 40 feet from home plate.
4. The Pitcher's Plate in MIDGET Division shall be 40 feet from home plate.

## **SECTION H FLEA / MITE w/Machine SPECIFIC RULES**

1. In FLEA Divisions, the machine shall be set on the digital readout at 34 MPH for FLEA.
2. In MITE Divisions, the machine shall be set on the digital readout at 37 MPH for MITE.
3. One official shall be stationed behind the machine to feed the machine and make all calls.
4. When a batted ball hits the machine or the cord prior to any defensive attempt being made on the ball, it is considered a dead ball single. The batter will be awarded first base and any runners who are forced up will advance one base. If the dead ball single does NOT force the base runner, the base runner will remain at the base they occupied prior to the pitch.
5. When a thrown ball hits the machine or cord while a defensive play is being made it is considered a dead ball and played as if the ball left the field of play. The runners will get the base in which they were attempting to reach + one additional base.
6. An 8' deep by 12' wide box will be drawn around the pitchers plate and the player in the pitchers position must have at least one foot inside of the box (even with or behind the legs of the machine) when the pitch is delivered through the machine.
7. A 40' arc shall be drawn from foul line to foul line and no defensive player may be inside the arc until the ball is hit.
8. There are NO intentional walks in FLEA Division! In MITE Division, no player may be intentionally walked more than once per game.

9. Ten defensive players are used in both FLEA and MITE Divisions. These positions include: Left Field, Left Center, Right Center, Right Field, 3<sup>rd</sup> base, short stop, 2<sup>nd</sup> base, 1<sup>st</sup> base, catcher and pitcher. Coaches may position their fielders as desired within the rules ...all outfielders must be in the outfield grass upon the pitch being delivered through the machine.
10. Bunting is NOT allowed in the FLEA Division! Bunting is allowed in the MITE Division with the following notations:
  - a. The player in the pitchers position must be inside the box until the ball is delivered through the machine
  - b. Penalty for being outside the box prior to the pitch being delivered is a dead ball single. The batter will be awarded 1<sup>st</sup> base and any runners that are forced to move up will advance one base.
  - c. There are no "Slash Bunts". A player who squares to bunt must either make an attempt to bunt or take the pitch. A player who squares to bunt, pulls back and then takes a full cut will be declared out immediately and all subsequent action on the play is cancelled. This call will be made whether contact is made by the hitter or not.
11. There is NO stealing in FLEA Division. In MITE Division a player can steal with the following limitations:
  - a. A player may not steal home
  - b. A player may attempt to steal a base once the pitch reaches the plate but may only advance one base
    - i. If a throw from the catcher becomes an overthrow – the runner attempting to steal may NOT advance to another base...however:
      1. In the case of runners on 1<sup>st</sup> and 3<sup>rd</sup> and the runner at 1<sup>st</sup> base attempts to steal to 2<sup>nd</sup> base and the throw becomes errant ...at this time, the runner from 3<sup>rd</sup> base may attempt to reach home.
      2. In this same scenario, if the throw from the catcher does NOT become errant – the runner at 3<sup>rd</sup> base must remain at 3<sup>rd</sup> base. (DEFINITION OF ERRANT THROW: Any throw from the catcher that extends past the baseline that is created by the runner attempting to steal.)
  - c. Runners must maintain contact with the base until the pitched ball reaches the front edge of home plate.
    - i. Penalty for leaving the base early will result in the runner being declared out.
  - d. If a thrown ball hits the machine or the umpire on a steal attempt – all runners are awarded one base.
  - e. The infield fly rule is NOT in effect in FLEA Division but shall be in effect for MITE Division.
  - f. A courtesy runner may be used for the catcher only in leagues that use a pitching machine. The courtesy runner must be the last batted out.
  - g. A defensive player MUST deny any offensive advancement of the offensive players before the umpire will grant "Time Out". Coaches ...please do not teach your players to get the ball into the infield and simply ask for time out. It will NOT be granted unless the defensive team, in the umpire's judgment, denies likely offensive advancement.

## SECTION I

## PLAYING REQUIREMENTS

1. If a game ends early due to rain, lightning or MERCY RULE – the playing requirement shall be pro-rated.
2. In all divisions a continuous batting order shall be used and each player must play defensively in at least every other inning.
3. The penalty for a coach not meeting the playing requirement shall be forfeiture of that game. If the team lost anyway, it shall result in forfeiture of the team's next win. If a 2<sup>nd</sup> violation occurs in the season it shall result in the suspension and possible expulsion of the coach.

# **YOUTH FOOTBALL RULES / POLICIES**

## **SECTION A                      GOVERNING RULES / AGE DIVISIONS / AGE CONTROL**

1. Rules that are not specifically addressed in this book will revert back to the Georgia High School Association rules with the most current exceptions found in the GRPA athletic manual.
2. The SCPRD will offer youth football in the following divisions, based on age:
  - a. FLAG League                      for players ages 5 & 6
  - b. FLEA League                      for players ages 7 & 8
  - c. MITE League                      for players ages 9 & 10
  - d. MIDGET League                      for players ages 11 & 12
3. The age control date for youth football is prior to September 1<sup>st</sup> of the current year. A player's actual age on August 31<sup>st</sup> determines their playing age for the season.
4. No player may play in a league above their own age division. The only players allowed to play below their own age division are those with documented physical or mental disabilities who have received written approval from the SCPRD staff during the registration process.

## **SECTION B                      SPECIAL PROVISIONS**

1. The playing field in FLAG, FLEA and MITE Divisions shall be 80 yards in length.
2. The playing field for MIDGET Division shall be the regulation 100 yards in length.
3. The width of the field at all age divisions shall be GHSA regulation.
4. KICKOFFS:
  - a. There are NO kickoffs in FLAG and FLEA Leagues. The ball is placed on the 20 yard line to begin the game, after a score and/or to begin the 2<sup>nd</sup> half.
  - b. In MITE League; all kickoffs will occur from the 30 yard line
  - c. In MIDGET League; all kickoffs will occur from the 40 yard line.
5. Any kickoff that goes out of bounds untouched will be placed at the 35 yard line or at the point in which the ball went out of bounds, whichever is of greater advantage to the receiving team.
6. **WEIGHT RESTRICTIONS:**
  - a. FLAG = No Weight Restrictions
  - b. FLEA = 100 lbs.
  - c. MITE = 125 lbs.
  - d. MIDGET = 150 lbs.
  - e. A player; to be eligible to carry the ball or catch a pass from scrimmage must weigh at, or less than the above weight for their age division.
  - f. Any player that weighs above the weight limit will have a red, vertical, stripe placed on the back of their helmet. Any player with a red, vertical stripe on their helmet must play in a down lineman position (tackle – tackle). The coach of each team is responsible for maintaining the stripe.
7. **PUNTS:**
  - a. There are NO FAKE PUNTS at any level of SCPRD youth football.
  - b. In FLAG League: a team has 4 plays to reach the first down marker. If the line to gain is not reached during those 4 downs, the ball is turned over. There are No Declared Punts in FLAG FOOTBALL.
  - c. In FLEA League; there are no actual punts. If a team declares their intention to punt, the officials will mark off 25 yards and place the ball ready for play ...however, at no team may a receiving team have the football spotted below the 10 yard line.
  - d. In MITE League; all punts are dead ball punts. When a team declares their intention to punt – the center must snap the ball to the punter. All offensive players except the punter and the center must be on a knee. All defensive players except a maximum of 2 players designated to receive the punt must be on a knee at the line of scrimmage. There are No returns! Once the punter has secured the snapped football and kicks it from behind the line of scrimmage, wherever the ball is secured by the offense is where the ball will be put into play.

- e. In MIDGET League; the punt starts out as a dead ball. Once the punter is in control of the football, the official will blow the whistle to signal that the ball is live. The defensive team must have at least seven players on the line of scrimmage and may have up to 2 deep men back to return the punt. There may be up to 2 players allowed to be stationed 5 yards off the line of scrimmage (where line backers would normally play). The intent of this rule is to keep the receiving team from developing a wedge prior to the ball being punted. By rule, the MIDGET League punt becomes live once the official blows the whistle – at this point the punt becomes returnable and also allows the defense an opportunity to block the punt. AGAIN – NO FAKE PUNTS ALLOWED!
- f. Delay of game may be called during a punt even though the punt formation is considered a dead ball.

#### 8. EXTRA POINTS / FIELD GOALS

- a. **FLAG & FLEA:** 1 point for a successful run / 2 points for a successful pass from the 3 yard line
- b. **MITE LEAGUE:** a team may get a 2 point conversion by kicking the ball successfully through the uprights. Even though the field is an 80 yard field, for a P.A.T attempt the involves a kick, the line of scrimmage will be the 3 yard line, the holder will set up at the 10 yard line. The ball is snapped to the holder and no rush can occur. The defense may stand at the line of scrimmage and raise their hands but may not jump or rush. The holder may do whatever is necessary to secure the ball and place it on a tee. The tee may be a standard kicking tee or a block. The kicker then attempts the kick. The holder does NOT have to hold the football on the kick if using a standard kicking tee. For a team to gain a 1 point P.A.T – they simply need to have a successful play into the end zone; run or pass, from 3 yards out.
- c. **MIDGET LEAGUE:** a team may get a 2 point conversion by kicking the ball through the uprights. The line of scrimmage would be the 3 yard line. The attempt is a dead ball kick, no rush is allowed, but the defensive players at the line of scrimmage may stand and hold their hands up in an attempt to block the kick. The ball will be snapped by the center from the 3 yard line with the holder at the 10 yard line. The holder must place the ball onto the ground or a kicking block. Once the holder has successfully placed the ball into position on the ground or on the block – the official will blow the whistle and the kicker must immediately attempt a kick. To gain a 1 point P.A.T – a team must successfully run or pass into the end zone from the 3 yard line.
- d. **IN MIDGET LEAGUE (Local Play Only):** All touchdowns scored during the first half of play must be followed by a 2 point P.A.T attempt. This is an attempt by the SCPRD to develop successful special teams players (kickers/holders) for the middle schools. During the second half of each game, coaches may choose to attempt a 2 point or a 1 point conversion.
- e. **FIELD GOALS in MIDGET DIVISIONS ONLY:** a field goal may be attempted from anywhere on the field in the same manner as 2 point P.A.T attempts. Wherever the line of scrimmage is – the holder must set up seven (7) yards behind the actual line of scrimmage. A successful kick through the uprights will result in 3 points.

#### 9. LENGTH OF GAMES / MERCY RULE / OVERTIME

- a. **FLAG: 2 EQUAL HALVES OF 20 MINUTES WITH A RUNNING CLOCK.** The only time the clock will stop is during time outs, injury or after a score and during the PAT attempt.
- b. **FLEA, MITE & MIDGET Leagues** will play four equal quarters of eight (8) minutes each with a running clock. The clock will operate by GHSA standards during the final two minutes of each half (2<sup>nd</sup> & 4<sup>th</sup> quarters). The only time the clock will stop other than during the last two minutes of each half is on time outs, injuries or after a score during the P.A.T. Once the ball has been whistled into play after a P.A.T ...including on the kickoff – the clock will begin.
- c. **MERCY RULE:** Once a team gains a 21 point or greater advantage the clock will run continuously including during the final 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters. The only way a team may stop the clock after a 21 point or greater advantage has been reached is through a time out or injury. If the team that is losing ever cuts to the deficit to below 21 points, the clock will revert back to regular rules.
- d. **OVERTIME PROCEDURES:** If a game is tied at the end of regulation play in FLAG League – there is no overtime and the game is ended. In FLEA, MITE and MIDGET Leagues, the ball will be placed on the 10 yard line and each team will be given 4 downs to attempt to score. In MITE and MIDGET Leagues, if the two teams remain tied after a single overtime period, ALL additional overtime periods will result in a scoring team attempting a 2 point conversion after scoring a touchdown.

#### 10. COACHES SPECIFICATIONS:

- a. In FLAG and FLEA Leagues, one coach may be on the field for each team. Once the offensive or defensive huddle has been broken, the coach on the field must retreat at least 10 yards behind the line of scrimmage. If a coach enters into the 10 yard zone after the huddle is broken, the referee will call a 5 yard delay of game penalty.
- b. In FLEA League, a coach on the field may not communicate with the players once the huddle is broken. If a coach on the field verbally communicates with a player after the huddle is broken, it will result in a 5 yard delay of game penalty.

- c. In MITE and MIDGET Leagues, coaches are not permitted to be on the field and must enter their plays via signals or through verbal communication from the sidelines.
- d. In ALL age divisions, a team may have no more than 3 adult coaches inside the fence. All coaches must have successfully completed a background check and been cleared by the SCPRD for volunteer status.
- e. In addition to the three permitted coaches, each team may have one, non uniformed waterboy. This must be a minor and may not be a 4<sup>th</sup> adult.
- f. ALL coaches on the sidelines must stay within the designated coaches boxes which extend to the 25 yard line on both ends of the field.
- g. GRPA and the SCPRD do not permit electronic communications (i.e: headsets, phones, etc.)

## SECTION C MISC.

- 1. In FLEA League: a defensive player is not permitted to line up directly over the center. As a result of this rule, there are no quarterback sneaks permitted between the two guards. If the quarterback runs up the middle between the guards, he must be lead by a blocking back. Penalty for a quarterback sneak between the guards in FLEA League is a 5 yard illegal formation penalty.
- 2. Offensive and defensive lineman playing tackle to tackle must be in a 3 or 4 point stance. Defensive ends may be in a 2 point or no stance. Linebackers playing between the tackles must be at least 3 yards off the line of scrimmage at the time the ball is snapped. Outside linebackers must be at least 1 yard off the line of scrimmage on the snap. RULE OF THUMB: There must be a clear dividing line to the officials of who is playing on the defensive line and who is playing a linebacker position. Linebackers/Defensive backs may not walk up to the line of scrimmage.
- 3. There are no linebacker or defensive back blitzes allowed at any age division of SCPRD football. In the rule above (Section C rule 2), all defensive backs must be at least 3 yards off the line of scrimmage if between the tackles on the snap and at least one yard off the line of scrimmage at the snap if outside the tackle box.

## SECTION D EQUIPMENT REQUIREMENTS

- 1. All players in the FLEA, MITE and MIDGET Leagues are required to wear a NOCSAE approved helmet with a mouthpiece that attaches to the helmet's facemask. Also required are shoulder pads, football pants that cover the knees and include hip pads, thigh pads, knee pads and a butt pad. There must be at least a 2 point chin strap that is fastened on both sides.
- 2. Only rubber or plastic cleats or turf shoes/sneakers are allowed. No steel spikes or screw in cleats that contain any metal.
- 3. The official football that will be used is:
  - a. FLAG & FLEA Leagues: K2 sized synthetic or leather football
  - b. MITE League: Wilson TDJ or comparable synthetic or leather football
  - c. MIDGET League: Wilson TDY or comparable synthetic or leather football
- 4. It is required for all players to wear a mouthpiece. The first mouthpiece is given to each player by the SCPRD. If a mouthpiece is lost, they are available for purchase at the concession stand for \$1.00.

## SECTION E SPORTSMANSHIP

- 1. Coaches: Taunting or intimidating players, coaches, officials, fans or administrators will not be tolerated. The SCPRD has no problem with properly celebrating successes or with properly addressing problems. However, when we see things that could become a problem, we will address it immediately. Coaches are never to berate an official or pantomime on the sidelines in a negative way. Officials have been instructed to penalize anything that is considered unsportsmanlike conduct or conduct meant to "show up" or intimidate anyone. We want to create a positive, family friendly atmosphere. Do not let your emotions get the best of you.
- 2. At the end of each contest, the two teams will line up at midfield immediately to shake hands. This should be a genuine gesture of good sportsmanship. Any coach or player who refuses to shake hands after a contest will be ejected and will result in the unsportsmanlike conduct ejection policy.
- 3. Any coach who is ejected, at any time during the season, for unsportsmanlike conduct will not be eligible for all-star consideration as a coach (Head coach or assistant coach).

## **YOUTH SOCCER RULES**

### **SECTION A: AGE DIVISIONS / CONTROLS**

1. The SPCRD offers the following levels of play in youth soccer, based on age:
  - a. UNDER 7 (U7): for boys and girls ages 5 & 6
  - b. UNDER 10 (U10): for boys and girls ages 7, 8 & 9
  - c. UNDER 13 (U13): for boys and girls ages 10, 11 & 12
2. The SPCRD does not allow any player to play above their age division. The only players allowed to play below their age division are those with documented physical and/or mental disabilities who have received staff approval during the registration process.
3. The age control date for youth soccer is prior to August 1<sup>st</sup>. A child's age on July 31<sup>st</sup> of the current year determines their playing age.
4. All of the SPCRD soccer leagues are classified as GRPA Division I teams meaning that all players must be an integral part of the local program and from a drafted league if enough players exist to form multiple teams in an age division.
5. All levels of SPCRD soccer will be governed by the rules of the Georgia Youth Soccer Association (GYSA) with the exceptions found in the most current edition of the GRPA athletic manual and this local rule book.

### **SECTION B: LENGTH OF GAMES**

1. A regulation game in the Under 7 division will be two equal halves of 15 minutes each.
2. A regulation game in the Under 10 division will be two equal halves of 30 minutes each.
3. A regulation game in the Under 13 division shall be two equal halves of 35 minutes each.
4. All matches will have a 10 minute halftime period.
5. At the midway point of each half (or as near the midway point as possible), the official will stop the game and game clock and give each coach an opportunity to make substitutes. Any player who has not played at all up to that point in the half must be inserted into the game. While it is difficult to keep up with the exact time that a player is receiving – our local playing requirement is that all players must play in at least one half of each half.
  - a. If a parent feels that their child is not receiving the appropriate amount of playing time: a request may be made to the soccer program supervisor to (1) make the coach aware of the situation and (2) watch the next game closely to ensure the correct amount of time is being given to all players.
6. For league play only: If a game is tied at the end of regulation – there will be no overtime period played and the game will be declared a tie. During the local playoffs – a 10 minute overtime will be played – not a sudden death, but 10 additional minutes. If at that point the game remains tied – a five person shoot out will occur. The shootout format will be repeated if needed until a winner is determined.
7. MERCY RULE: If a team gains a seven (7) goal advantage after the midway point of the first half of play, it will immediately be declared halftime and the second half shall be reduced to a 20 minute half. If a team gains a ten (10) goal advantage at any time during the second half of play, the game is declared over.

### **SECTION C: SPECIAL PROVISIONS**

1. A team in the Under 7 (U7) division will field six (6) players on the field at a time. This will include a goal keeper and five other players. A team in this division must have at least five (5) players to start the game and must have at least five (5) players to finish a game. If at any time a team in this division falls below five (5) players, the game is considered a forfeit.
2. A team in the Under 10 (U10) and in the Under 13 (U13) age divisions will field eight (8) players on the field at a time. This will include a goal keeper and seven (7) other players. A team in one of these divisions must have at least seven (7) players to begin a game and must have at least seven (7) players to finish a game. If at any time, a team in one of these divisions falls below seven (7) players – the game is considered a forfeit.
3. If a team in any division begins a game with one fewer than the required number of players or finishes a game with one less than the required number...the opposing team is NOT required to play a person down.
4. SUBSTITUTIONS:

- a. A player who desires to enter the game at the coach's request should report to the center line where it intersects with the sideline and wait to be officially called onto the field by the referee.
  - b. A player who enters the field without being called on to the field by the referee is subject to a red card (ejection) for illegal participation.
5. **FOR LOCAL PLAY ONLY** ...and to help meet minimum playing requirements: the SCPRD allows substitutions by either team as long as the sub is ready at the center line and is called onto the field by the official during any dead ball.
6. When a team repeatedly substitutes to consume time, the referee or an SCPRD official will have an official stoppage of time and the coach of that team will be given a verbal warning of unsportsmanlike conduct. Any further substitutions that are considered excessive may result in a red card of the coach.
7. A player that leaves the field of play during the progress of a game without the consent of the official (except through the normal flow of the game) will be given a red card and ejected.
8. When there is an injury that requires a stoppage in play, all other players on the field should immediately "take a knee" where they are on the field at the time of stoppage while the injury is being assessed. Once the field is ready for play to resume, it will begin from the point at which the game was stopped.
9. **CARDS AND THEIR MEANINGS:**
  - a. **YELLOW CARD:** indicates a formal caution. There are seven (7) reasons for a yellow card:
    - i. Unsportsmanlike conduct
    - ii. Dissent in words or actions
    - iii. A persistent breaking of the rules including attacking from behind without attacking the ball first.
    - iv. Intentional delay of game
    - v. A defender failing to stay the proper distance from a kick on a corner kick, goal kick, penalty kick or a player who is throwing the ball into play.
    - vi. Entering the field of play without permission of the official
    - vii. Leaving the field of play without the consent of the official.
  - b. **RED CARD:** given for serious violations. A player or coach receiving a RED CARD is ejected from the game and may not be replaced by another player. A RED CARD will result in the violator being subject to the SCPRD ejection policy. RED CARD violations include:
    - i. The use of excessive force or brutality with the intent to cause bodily harm
    - ii. Violent conduct
    - iii. Spitting at or on another player or official
    - iv. An intentional touching of the ball with the hands by any player other than the goal keeper
    - v. Fouling an opponent for the sole purpose of preventing a goal
    - vi. Using abusive, offensive or profane language
    - vii. Receiving a second yellow card within the same game.
10. In the Under 7 (U&) Division, all penalties that occur outside of the penalty box are indirect kicks. An indirect kick must be touched by another offensive player before going into the goal. A penalty that occurs inside of the penalty area will result in a direct kick. A direct kick will be a penalty kick from the penalty spot between the player chosen to kick and the goal keeper. All other players must leave the penalty area.
11. On a throw in: the player attempting to throw the ball into the area of play must have both feet touching the ground at the release point, both hands must be in contact with the ball and the ball raised over the center of the head.

## **SECTION D: EQUIPMENT**

1. A uniform in soccer consists of a matching jersey with factory style, non duplicating numbers on the back. Each team will also be provided with matching shorts and socks.
2. Shin guards are required at all levels but are NOT provided by the SCPRD. Any player discovered to not be wearing shin guards will be removed from the game until proper equipment is put on.
3. A soccer ball comes in various sizes. The SCPRD will use the following size ball in each age division
  - a. Under 7 (U7):                      Size 3
  - b. Under 10 (U10):                      Size 4
  - c. Under 13 (U13):                      Size 4
4. No steel spikes may be worn. Only rubber or plastic cleats or sneakers.
5. The jersey of the goal keeper must be distinctly different than any other players on the field.



## **SECTION E:**

## **OFFICIALS**

- 1. In the Under 7 (U7) Division, one official will be employed and will control all play.**
- 2. In the Under 10 (U10) and the Under 13 (U13) Divisions, two officials will be employed and will work a diagonal system.**
- 3. If available, a three person system may be used at times in the U10 and/or U13 Divisions in which a Center referee and two assistant referees will be employed.**



### **SPECIAL NOTE CONCERNING SOCCER ALL-STARS:**

- **GRPA does not field all-star programs for players in the U7 division**
- **An all-star team will be formed in the U10 division to compete in GRPA District competition**
- **In the U13 division, this is a division that has been expanded for local play. Those players who have a playing age of twelve (12) will NOT be eligible for all-star competition. Players in this division who are 10 or 11 years of age will be eligible for a U12 All-Star team.**

## **RECREATIONAL CHEERLEADING**

### **SECTION A                      PURPOSE**

1. The purpose of the SCPRD recreational level cheer program is to provide a wholesome recreational activity for girls between the ages of 5 – 12 that will help them to learn some very basic fundamentals of cheerleading. The goals of this program are:
  - a. To aid participants in learning the elementary skills of cheerleading. As they progress through the age divisions, their skills should improve to the point that many of our older cheerleaders could be ready to cheer at the Middle School level.
  - b. To aid the participants in learning self discipline and build positive intangibles such as teamwork, respect for authority and good sportsmanship.
  - c. To teach the benefits of a positive attitude and building the spirits of others.
2. The SCPRD cheer coordinator is responsible for oversight of the program.

### **SECTION B                      COACHING REQUIREMENTS**

1. A cheer coach should be a person of high moral character and a respected member of the community.
2. All potential cheer coaches must successfully complete a criminal background check.
3. Cheer coaches should have a basic knowledge of the sport and should portray a positive personality.
4. Cheer coaches should be available for practices on Monday, Tuesday and Thursday and available for games on Saturdays.
5. A cheer coach should conduct themselves at all times in a manner that is exemplary and should never use profane or abusive language.
6. A cheer coach should never incite participants or parents by criticizing game officials, the opposing team, department officials or judges.
7. A cheer coach should attempt to keep all of the cheerleaders interested in the program by establishing fun, organized, informative practices.

### **SECTION C                      SPECIAL PROVISIONS**

1. The age divisions shall be done based on the number of participants in the program. If enough participants are available, teams will be divided as follows:
  - a. 5 & 6 Year Olds                      Cheer for FLAG football teams
  - b. 7 & 8 Year Olds                      Cheer for FLEA League teams
  - c. 9 & 10 Year Olds                      Cheer for MITE League teams
  - d. 11 & 12 Year Olds                      Cheer for MIDGET League teams
  - e. The SCPRD reserves the right to combine age divisions if needed.
2. The age control date for cheerleading is prior to September 1<sup>st</sup> of the current year. A child's age on August 31<sup>st</sup> of the current year determines their age for cheerleading.
3. It is a requirement for all cheerleaders to attend each practice and all games.
4. The uniforms, including bloomers, shell and skirt will be provided by the SCPRD.
5. Practice sessions should never last longer than 90 minutes. Practice times are available on Mondays, Tuesdays and Thursdays. Teams should schedule their practices through the cheer coordinator.
6. All participants must be registered through the SCPRD.
7. Any coach discovered to have a participant that is not officially registered will be suspended for the remainder of the season.
8. Any coach who's behavior is deemed inappropriate and/or does not reflect good morals will be disciplined by the SCPRD.
9. Teams are assigned by the cheer coordinator. We will make every effort to have sisters cheering for a brothers team if they are in the same age division.
10. All cheers must be of a positive nature. No profane or crude language or lewd gestures are permitted.
11. Dance moves should be in good taste and reflect positive moral values.
12. Any disputes or concerns should be handled by the cheer coordinator.

## **SECTION D**

### **CHEER BANQUET**

1. A local cheer banquet will take place at the end of the recreational cheer season. Each cheer squad will be asked to perform a cheer, a dance and a chant.
2. Awards will be given to each participant at the cheer banquet.
3. A meal will be provided for each cheerleader and coach with the cost of the food being covered by the SCPRD for each participant.
4. Tickets for the immediate family members of each cheerleader and coach will be pre-sold so that the family members may attend the meal as well.
5. The cheerleaders performing may or may not be judged as a competition at the cheer banquet. This is decided by the cheer coordinator.

## **Sumter County Gymnastics and Cheer Academy**

### **Mission**

### **Statement:**

Our mission at SCGA is to provide quality gymnastics instruction for girls and boys of all ages in a safe positive environment. Our goal is to ensure all children learn the sport of gymnastics in correct age appropriate progressions, gaining flexibility, strength, balance, and coordination while growing in self esteem, self confidence, building relationships, creating memories, and having fun. We believe that lifelong fitness habits are formed when physical effort is rewarded, success is achieved, fear is confronted and overcome, and children are participants instead of observers. Class structure is based on a rotation system, not an obstacle course or playtime. Your child will benefit in this program whether she/he becomes an advanced gymnast or cheerleader or uses the acquired skills in other sports related activities.

### **Classes and Age Divisions:**

We offer classes for ages 18 months to 18 years for all levels and abilities. Classes are split into the following age groups and are then divided by ability:

Parent/Tot:	18 months- 36 months
Preschool:	3 year olds
Primary:	4 and 5 year olds
Girls:	Ages 6 and up
Boys:	Ages 4 and up
Tumbling:	Ages 6 and up
Team Prep:	Ages 4 and up

We also offer classes for students of different abilities- autism, physical differences, etc. We offer a class for ages 18 months and up for children with different needs that need more one on one attention than a group gymnastics class offers. See Coach Melissa for more information.

### **Competitive Team:**

Sumter Gymnastics Competitive Team holds open tryouts every spring for ages 5 and up for those interested in the competitive aspect of gymnastics. Our team is divided into levels based on skill and follows the governing bodies of AAU Gymnastics and USA Gymnastics.

Children who are interested in the competitive team should at least have a pullover on bars, a cartwheel, handstand, backward roll, and split leap on floor, a lever on the balance beam, and a handstand flatback on 16" mat stack on vault.

### **All Star Cheer**

We offer an all star cheer team- Fusion All Stars. Open tryouts are held in May for those interested in All Star Cheer. All Star Cheer does not cheer for any sport- they are their own sport! They do stunts, jumps, dance, and tumbling all packed into a 2 minute 30 second routine. We offer different levels and age groups off All Star Cheer.

Children who are interested in trying out for Fusion All Stars should have a cartwheel, a bridge (preferably a back bend kickover), a toe touch jump, a hurdler jump, a pike jump, and the ability to learn a dance quickly.

### **Safety Rules**

1. No one other than currently enrolled athletes will be allowed in the gymnastics area or on equipment for any reason.
2. No one is allowed in the gym area without an instructor present. At the start of each class, the coaches will call their classes to come out onto the floor. Until then, students need to stay in the observation area.

3. PLEASE BE ON TIME! The warm-ups are important to your child's safety. Warm-up prior to strenuous gymnastics participation is required. If your child is late, they will be required to stretch before they join their group on the apparatus.
4. Proper attire: Girls may wear a leotard or t-shirt and shorts and boys a t-shirt and shorts. Shirts need to be long enough to be tucked in; however clothing cannot be baggy as this is a safety hazard to both the student and coaches. No clothing with belts, buckles, buttons, or metal studs will be permitted on any equipment. No jewelry should be worn except for a pair of stud earrings. No socks or footed tights are allowed as they are slick and pose a safety hazard.
5. Hair must be kept out of the face. Long hair must be tied back as it can obstruct the vision, get caught on equipment, or be pulled out during some skills. Hair ties with hard objects, like plastic balls or beads, should not be worn as they can cause injury during some skills.
6. Respectful social behavior of all students is expected. Unacceptable behavior includes cutting in front of others, pushing, hitting, spitting, bad language, and a disrespectful attitude toward other students and coaches. No one will be allowed to interfere with the progress of another athlete or class. Athletes are expected to be respectful, polite, and show good manners at all times in the gym- to both the instructors and fellow athletes. Athletes who continually disrupt will be asked to leave the class.
7. Spotting is to be done by coaches only. No spotting from parents, siblings, or other athletes.
8. Follow and master skill progressions, Athletes should not be attempting difficult skills they see others do without learning the lead up skills and having permission from the coach. Athletes should not attempt a new skill without a spot until instructed by the coach.
9. PAY ATTENTION! Be aware of what is going on around you in the gym. Also, pay close attention to the coach to understand what they expect of you and how to keep yourself safe. Do not be afraid to ask for repeated directions or clarifications if you do not understand.

**Observation rules for parents and others:**

1. All observation is to be done from the bleacher area.
2. Children must be kept under control in the bleacher area at all times. No jumping on and off the bleachers, running into the gym area, or loud yelling and screaming as this can distract our athletes.
3. NO FLASH PHOTOGRAPHY! Cameras are more than welcome but PLEASE turn off the flash as it distracts our athletes and coaches and can cause an injury. This includes iphone flashes!
4. Spotting is to be done by coaches only! No spotting by parents, siblings, or other students.
5. NO COACHING FROM THE BLEACHERS! Your child will be safer and learn more from their u=instructor and get more out of class if you do not interfere. If you have questions, ask the coach after the class or schedule a meeting time. Should there be a problem with a particular instructor do not hesitate to contact the gymnastics director or a member of athletic management.
6. Athletes are expected to be picked up at the end of their scheduled class. We cannot be responsible for athletes after their scheduled class as the coaches have other students to coach at that time.

## TRACK & FIELD

### SECTION A: AGE DIVISIONS

- There are four age divisions for both boys and girls with an age control date as of December 31<sup>st</sup> of the current year. (A player's age on December 31<sup>st</sup> of the current year determines their playing age)
  - FLEA for 7 & 8 Year Olds
  - MITE for participants 10 & Under
  - MIDGET for participants 12 & Under
  - JUNIOR for participants 14 & Under
- Youth track coaches will be assigned by the SCPRD. At all district and state GRPA events, track coaches MUST be certified by a GRPA approved certification program or be accompanied by a full-time staff member in good standing with GRPA.

### SECTION B: GOVERNING RULES

- GRPA sanctioned meets are governed by the current rules and regulations set by USA Track with the exceptions stated in the GRPA Athletic Manual.
- The National Federation Track and Field rules is the official guide for GRPA meets with the exceptions found in the GRPA manual.
- A representative from each participating agency MUST have attended one of the mandatory track meetings to cover rules and regulations or pay a \$200 fee to the GRPA office.

### SECTION C: EVENTS

- Events in each age division are:

<u>Event</u>	<u>Age Division(s)</u>
50 Meter Dash	7 – 10 Only
100 Meter Dash	All Ages
200 Meter Dash	All Ages
400 Meter Dash	All Ages
800 Meter Run (Staggered)	All Ages
1600 Meter (Waterfall)	10U, 12U & 14U
Standing Long Jump	All Ages
Running Long Jump	All Ages
Softball Throw	All Ages
Shot Put	10U, 12U & 14U
4 x 100 Meter Relay	All Ages
4 x 400 Meter Relay	All Ages

- In all track events: Two false starts shall constitute a disqualification of the runner guilty of the infraction.

### SHOT PUT RULES:

- A. The shot shall be put from the shoulder with one hand only and the competitor shall not allow the shot to pass behind or below the shoulder during the attempt. No harness or mechanical device attached to the hand or arm shall be allowed. Taping of the wrist, palm or back of the hand is permissible. It is also permissible to tape only 2 fingers, provided they are adjoining and taped tightly together. However, there shall be no connecting tape device nor covering between the fingers and palm or back of the hand, or between the fingers and the wrist.
- B. The put must be made from the circle. It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the stop board or the band if one is used) or the ground outside the circle. It is also a foul if the shot falls outside of the sector. Or if the competitor, after having completed the put, does not leave the back half of the circle.
- C. A foul put is not measured but is counted as a trial. Measurement is from the nearest edge of the first mark made by the shot to the point on the inside of the stop board nearest the mark.
- D. All participant must throw the same shot.

#### **STANDING LONG JUMP:**

- A. A competitor may rock forward and backward lifting heels and toes alternatively from the surface but may not lift either foot completely from the ground nor slide it in any direction off the ground. Both feet must be parallel to each other and equal distance from the scratch line before jumping. Both feet must leave the ground at the same time.
- B. The jumper shall take off from behind the scratch line. If the jumper's shoes extends over the scratch line or makes a mark in front of it, the jump shall not be measured and will be counted as a trial.
- C. Each jumper is entitled to three jumps. Each jump shall be recorded. The contestant with the longest legal jump shall be the winner.

#### **SOFTBALL THROW:**

- A. Ball throwing competition may be conducted with a rubber, leather or synthetic cover softball, minimum circumference of 11 7/8" and a maximum circumference of 12 1/8". Minimum weight of 6 oz. Maximum weight of 6 3/4 oz. All participants will use the same type ball provided by the host.
- B. The throw may be from a standing position or with a run up.
- C. Stepping over the line constitutes a foul. A contestant is permitted one run up without releasing the ball. Failure to release the ball on a second run up constitutes a trial.
- D. Each thrower will be allowed 3 trials.

### **SECTION D                      APPROVED EQUIPMENT**

- 1. **Shoes are mandatory for all track and field events. No "sock style shoes" are permitted. Runners may use spiked track shoes but spikes may be no more than 1" in length. Sneakers or track shoes are your best bet! Shoes MUST be secured to the feet.**
- 2. **The shot put is a 6 lbs. shot.**
- 3. **A starter pistol is recommended to begin all races. If a starter pistol is not available, a whistle may be used.**

### **SECTION E                      UNIFORM REQUIREMENTS**

- 1. **Agency teams should wear like jerseys. All teams should be dressed alike from the waist up. Boys teams and girls teams may be dressed differently from each other but all boys should be dressed alike and all girls should be dressed alike.**
- 2. **No jewelry is allowed.**