



Department of Recreation and Parks

**MIGHTY MITES YOUTH BASKETBALL
GRADES K-1 LEAGUE RULES
2019**

I. OBJECTIVES

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

II. SPORTS PROGRAMS SUPERVISORS

- A. The leagues shall operate under the rules, which will be administered by the Sports Programs Supervisors:
 - Jen Liberto- Boys' Basketball (4th-12th Grade)
 - Lisa Splaine - Girls' Basketball (4th- 12th Grade)
 - Derrick Thompson - Mighty Mites Basketball (K-3rd Grade)
- B. Duties of the Sports Programs Supervisors will include:
 - 1. Provide up-to-date team rosters, parental permission/waiver liability forms, and other necessary team information.
 - 2. Identify player eligibility boundaries; combining teams or redistributing team members as the need arises.
 - 3. Consider and implement basketball league rule updates and changes.
 - 4. Consider and/or determine team "hardship" cases and initiate measures which address the problem, while serving the best interests of the program.
 - 5. General league administration.
 - 6. Determine player eligibility and addition/removal of players from rosters; investigate protests and initiating appropriate disciplinary action.
 - 7. Provide rulings on division eligibility based on birthdate, grade level, and gender exception requests and mainstreaming disabled participants.
 - 8. Overall supervision of the winter youth basketball program.

III. GYM DIRECTOR

- A. The Gym Director is employed by the City to supervise the gymnasium and carry out duties and responsibilities assigned by the Sports Programs Supervisor. This person does not coach or represent any team in the league.
- B. Specific duties include, but are not necessarily limited to:
 - 1. Inspects the gym for safe playing conditions.

2. Sees that the rules are adhered to by each team in the gymnasium.
3. Handles disputes that arise.
4. When necessary prepares and submits reports pertaining to player, coach, official, staff and spectator conduct.
5. Has a prime responsibility for checking and controlling the behavior of spectators, game officials, scorer/timers, and coaches. If the conduct of an individual(s) prohibits the orderly continuance of a game, the gym director is empowered to take whatever action is advisable and necessary. This may require the removal of a person, or the clearing of the court before the contest is permitted to continue. Further, if the disruption cannot be brought under control and the contest safely continued, rather than assess technical fouls, the game will be suspended or forfeits awarded. These actions will be taken only as a last resort.
6. Provide all game equipment.

IV. **LEAGUE RULES:**

This league emphasizes learning, developing fundamental skills, and having fun! The K/1 program will play 4 vs. 4. Games will be held on Saturday's from January 6 - February 17, 2018 at **College Gardens Elementary School**. The dates above include 1 make-up date. Games will be played on half courts with modified baskets, 8 feet. Volunteer coaches will run team practices and serve as coach during games. There will be one official per game. Please do not keep score or standings for your team but encourage each player to have fun.

1. Players Eligibility
 - a. Boys born 9/1/2012-8/31/2013, or in Kindergarten.
 - b. Boys born 9/1/2011-8/31/2012, or in 1st grade.
 - c. Girls born 9/1/2012-8/31/2013, or in Kindergarten.
 - d. Girls born 9/1/2011-8/31/2012, or in 1st grade.
2. Kindergarten and first grade boys and girls will play on half courts with one official. All games will be played 4 vs 4.
3. Games will consist of four (4) nine (9) minute quarters. Time stops on foul shots and time outs. The game official will keep track of time. Teams may have two (2) 30 seconds' timeouts per half.
4. There will be a two (2) minute break between quarters, and a four (4) minute break at half time.
5. Each player must play 2 quarters from start to finish. It is recommended that each player plays 1 quarter in the first half and 1 quarter in the second half. There should not be more than 10 players on a team. If you have less than 8 players on a team, please rotate the playing time each week so that everyone gets an equal amount of playing time. If a team has 10 players, please rotate players as equally as possible. For example: with 10 players at a game, 2 players will play a few minutes less than half the game. The next week, 2 different players should play less than half the game, and so on. No child should play every quarter every game. The goal is to have equal playing time for all players.
6. Use a foul line approximately 9 feet from the backboard.
7. There are no back court violations.
8. Once the offensive team gets the ball over mid-court, they must make 2 passes prior to shooting the ball. After 2 passes, the offensive team may attempt to score. If the ball hits the basketball rim or backboard, the 2-pass rule does **not** start over. Please note, in the event of a 'fast break' the 2-pass rule will not be enforced.
9. No pressing or double-teaming. Man-to-man defense is mandatory once the ball crosses into the offensive front court. When the opposing team has the ball, defending teams **must** retreat behind the defense

- marker, which will be set eighteen feet (18') from the defending team's baseline. Officials will assist in ensuring that teams retreat to the 18' marker.
10. A player lineup is suggested at the beginning of each quarter to assign each player a "man" to cover. Man-to-man defense is mandatory because it will develop the player's basic basketball skills prior to learning zone defense.
 11. There are no 3 point shots.
 12. Scores will not be kept. No overtime periods.
 13. Game ball: junior, size 27.5. **Basket height: 8 feet.**
 14. Players shall be assigned officially on the roster of only one (1) team in the league.
 15. Head coaches are encouraged to be on the court with their team to help ensure that the players are following the Mighty Mites 2019 Rules. Teams are only permitted to have one coach on the court at any one time.

V. GENERAL LEAGUE ADMINISTRATION

A. TEAM ROSTER

1. Each coach must receive a department issued team roster (including players' names, addresses, telephone numbers, and birthdates); and any late registration form/fees must be submitted to the Sports Programs Supervisor with prior approval.
2. Coaches shall have all agreement of participate/ release forms, and any late registration forms/fees submitted to the Recreation Department by shirt pick up. Registration forms/fees and team rosters can be processed in person on weekdays, excluding holidays, between 8:30 a.m. and 4:30 p.m. at Rockville City Hall, 111 Maryland Avenue, Rockville, Maryland.
3. Teams with outstanding paperwork will not be scheduled for games or receive team uniforms until the items are received in the Sports Office.

B. FINANCIAL ASSISTANCE

Financial assistance for the basketball program is available through the Rockville Recreation Fund for City of Rockville residents only. The scholarship subsidizes the resident fee for a youth participant with certain limitations. "Youth" is considered anyone 17 years old or younger, or anyone still a student in high school. The participant must apply in person for scholarships at the time of registration.

C. UNIFORMS

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

D. TEAM PARENT MEETING

Teams are strongly encouraged to have a minimum of one team/parents meeting during the season. It should be communicated that parents need to demonstrate the positive benefits of youth sports experience by attending games, practices, or team social events; or by taking the time to volunteer or assist in the various team role positions.

Parents should also read, sign, and return to the team coach the City of Rockville Standards for Spectator Behavior and Parents Association for Youth Sports (PAYS) Code of Ethics Pledge. If you

registered your child online, you have already read and signed this document. Parents should also read and understand the 'Dear Parent' Letter. Both forms can be found on the City's website at www.rockvillemd.gov/recreation/sports.

E. SPONSORS

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

F. INCLEMENT WEATHER POLICY

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

G. FACILITY RULES

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

VI. RULES OF CONDUCT

A. PLAYER CONDUCT

1. Players are expected to exhibit good conduct and sportsmanship before, during, and after games and practices. Unsportsmanlike fouls include, but are not limited to:
 - a. Disrespectfully addressing or contacting an official/City staff or gesturing in such a manner as to indicate resentment;
 - b. Using profanity;
 - c. Baiting an opponent or obstructing his vision by waving hands near his eyes;
 - d. Climbing on a teammate to secure greater height to handle the ball;
 - e. Knowingly attempting a free throw to which the player was not entitled.
2. A player who commits a flagrant foul as defined by Federation Basketball Rules is disqualified and, based on the reports of the Gym Director and game officials, will be suspended from the team's next played league game as per the Sports Division or for a period of time deemed fair by the league.
 - a. A flagrant foul may be personal or technical. It may be unsportsmanlike and may or may not be intentional. If personal, it involves violent or savage contact, such as striking with the fist or elbow, kicking, kneeing, running under a player who is in the air, or crouching or hiping in a manner which might cause severe injury to the opponent. If it is a non-contact foul, it involves extreme, some-times persistent, vulgar, and abusive conduct.
3. A player who has accumulated two (2) technical fouls as the result of actions prohibited by Federation Basketball Rules or these Bylaws will be disqualified from the game and removed from the bench. The player must sit behind bench or player can sit with their parent in the stands. If unsportsmanlike conduct continues player/parent will be removed from the gym depending on the severity of the actions which lead to the disqualification, and based on the reports of the Gym Director and game officials, the player/parent may be suspended from the team's next played league game, or for a period of time deemed fair by the league.

4. If a player is ejected from a league game, that player will be suspended from the team's next played league game or for a period of time deemed fair by the league. If a player is suspended from the next league game, he/she can attend the game and sit in the stands (not on the players' bench).

B. COACHES' CONDUCT

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

C. SPECTATOR CONDUCT

1. Parents or guardians of each participant are requested to read and sign the City of Rockville Standards for Spectator Behavior and Parents Association for Youth Sports (PAYS) Code of Ethics Pledge. If you registered your child online, you have already read and signed this document. Coaches will keep these forms with their team records. Parents or guardians are also requested to read and understand the 'Dear Parent' letter.
2. No person connected with a team in any capacity, including team followers (spectators) shall taunt, bait, insult or threaten an opponent, game official, or City staff by language or gesture that is deemed profane, threatening, and discriminatory or in bad taste. **PENALTY:** Warning to coach or coaches, by Gym Director/city staff. If repeated and/or flagrant, game will be stopped and offender(s) will be removed from gym (ejected) with possible forfeit of game to offender team. Coaches are responsible for the conduct and actions of their team followers.
3. Any spectator who is removed from a gym before, during or after a game for unsportsmanlike behavior will be suspended for the next played game per the Sports Division. This rule applies to all spectators and coaches who also serve as spectators in different divisions.

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

D. EJECTIONS/SUSPENSIONS

1. If a player or coach is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
2. A player or coach who does not serve his suspension shall be denied participation in the league for a period of not less than one year and his team shall forfeit all games in which he participated.
3. A coach who knowingly uses a suspended or ineligible player shall forfeit his coaching position, and the team shall forfeit all games in which the player participated.

E. Players, Coaches & Spectators

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

VII. DRUG AND ALCOHOL FREE ENVIRONMENT

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

IX. CONCUSSION AWARENESS

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

Any participant who may appear to have or has a concussion may not return to play until the Sports Division has received a note from the participant’s doctor that states the participant has been approved to continue sport activity. The note must be received prior to the next league activity. This includes all practices and games. City of Rockville staff has the authority to sit a participant out of the sport activity if any signs/symptoms of concussion are noticed. The purpose of this policy is to keep all participants safe and healthy.

What are the Signs and Symptoms of Concussion?

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

Symptoms of concussion usually fall into four categories:

|  Thinking/ Remembering |  Physical |  Emotional/ Mood |  Sleep |
|--|---|--|--|
| -Difficulty thinking clearly | -Headache -Fuzzy or blurry vision | -Irritability | -Sleeping more than usual |

| | | | |
|---|--|-------------------------|-------------------------|
| -Feeling slowed down | -Nausea or vomiting -Dizziness | -Sadness | -Sleep less than usual |
| -Difficulty concentrating | -Sensitivity to noise/light -Balance problems | -More emotional | -Trouble falling asleep |
| -Difficulty remembering new information | -Feeling tired, having no energy | -Nervousness or anxiety | |

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

When to Seek Immediate Medical Attention

Danger Signs in Children

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

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

Danger Signs in Adults

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

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

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

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

Department of Recreation and Parks
Youth Sports Division
League Expectations, Policies/Disciplinary Measures

MISSION

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

EXPECTATIONS

The City of Rockville provides league rules that dictate how the program is operated and governed. In addition to these rules, coaches are required to get fingerprinted by the City of Rockville, become NYSCA (National Youth Sports Coaches Association) certified and sign a *Coaches Code of Ethics Pledge*. Parents/Guardians are strongly encouraged to read and sign the *Parents Code of Ethics Pledge* and return to your coach for the season. Both of these pledges represent the requirements that coaches and parents must embrace and use to serve as a role model to all participants.

The City of Rockville requires participants, coaches, spectators, and parents to exhibit good conduct and sportsmanship before, during, and after games and practices. Examples of good sportsmanship and conduct include but are not limited to:

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

POLICIES/DISCIPLINARY MEASURES

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

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

- Coach/Player/Spectator/Parent/Guardian Ejection
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.

- Ineligible Players
 - A coach who knowingly uses a suspended or ineligible player shall forfeit his/her coaching position, and the team shall forfeit all games in which the player participated.
- Unsportsmanlike conduct:
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
 - Unsportsmanlike conduct includes, but is not limited to:
 - Disrespectfully addressing an official or City Staff
 - Using profanity
 - Attempting to influence an official's decision
 - Baiting an opponent or obstructing his vision by waving hands near his eyes
 - Disrespectfully addressing or baiting an opponent and/or own team
 - Objecting to an official's decision by rising from the bench or using gestures or raising voice
 - Inciting undesirable crowd reactions.
- Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens anyone shall be suspended for at least 1 year from the date of the incident or longer if deemed necessary by the league. After the suspension is served, the individual can return to programs on a probationary period for a minimum of 1 year.