

City of Falls Church
Recreation and Parks Department

2020-2021

YOUTH BASKETBALL PARENT HANDBOOK



CITY OF FALLS CHURCH
**RECREATION
AND PARKS**

**INCLEMENT WEATHER
HOTLINE:
(703) 248-5125**

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POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY

The City of Falls Church does not discriminate on the basis of disability in admission, access, treatment, or employment in its programs or activities. Cindy Mester, 300 Park Avenue, Falls Church, VA 22046 has been designated to coordinate compliance with all federal, state, and local non-discrimination requirements. Telephone (703) 248-5042; TTY 711 (703) 248-5149

ACCESSIBILITY STATEMENT:

The City of Falls Church Recreation & Parks Department is committed to providing equal access to programs and facilities for these individuals. Persons with disabilities who are interested in participating in any of the Recreation & Parks Department's existing programs should contact the Department at (703) 248-5077; TTY 711 (703) 248-5149. Reasonable accommodation and support can be requested to provide access to desired programs and activities. Request for accommodation or services should be made at least 10 days in advance. In addition, where a need is demonstrated and resources are available, every reasonable effort will be made to establish specific programs for persons with disabilities.

Dear Falls Church Youth Basketball League Parents,

Welcome to the Falls Church Recreation and Parks Department's youth basketball program. This program has been in existence for over three decades, and features leagues for girls and boys in many different age groups. The goal of our basketball program is for the children to have fun, improve their basketball skills, learn how to work as a team, and learn how to deal with winning and losing in a positive manner that promotes good sportsmanship.

Basketball is a fast paced, energetic game played in a confined area. It is likely to cause players, coaches, and spectators to get excited and involved in the action on the court. We take pride in our basketball program and the opportunities that it presents to teach our kids about good sportsmanship. Please help us to maintain the high level of excellence we have grown to expect from our coaches, our parents, and our players.

Jimmy Ruby is the Program Supervisor of our youth basketball program. During the season if you have any specific questions about the program or if a problem should arise that you would like to address, I ask you to contact Mr. Ruby at (703) 248-5027.

On behalf of the Falls Church Recreation and Parks Department, I hope all of you have an enjoyable experience in our league this season. We look forward to another exciting season of fun, learning, and sportsmanship.

Sincerely,

A handwritten signature in cursive script that reads "Daniel J Schlitt".

Daniel J Schlitt, Director
Falls Church Recreation and Parks Department

Descriptions & Age Breakdowns

Boys' House League

2 nd /3 rd Grade League	Designed for all 2 nd and 3 rd graders who want a league setting, but less competitive than the traditional leagues. This league plays with league-modified rules and a junior-sized ball.
4 th /5 th Grade League	The traditional league for 4 th and 5 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.
6 th /7 th Grade League	The traditional league for 6 th and 7 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with a regulation sized ball.
8 th /9 th Grade League	The traditional league for 8 th and 9 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with a regulation sized ball.
10 th -12 th Grade League	This league is designed for high school age boys who want to continue to play at the recreation level. All players must be currently enrolled in high school, not high school graduates. Virginia High School League rules will be followed, and a regulation-sized ball will be used.

Girls' House League

2 nd /3 rd Grade League	Designed for all 2 nd and 3 rd graders who want a league setting, but less competitive than the traditional leagues. This league plays with league-modified rules and a junior-sized ball.
4 th /5 th Grade League	The traditional league for 4 th and 5 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.
6 th -7 th Grade League	The traditional league for 6 th and 7 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.
8 th -9 th Grade League	The traditional league for 8 th and 9 th graders. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.
10 th -12 th Grade League	This league is designed for older girls who want to continue to play at the recreation level. All Virginia High School League rules will be followed and an intermediate-sized ball.

Falls Church Recreation & Parks Department 2020-2020 Youth Basketball Program

Division Structures

Registration #	Age Group	Birth Dates
<u>BOYS</u>		
621107-A	Boys 2 nd and 3 rd Grade	No player can be 10 on Sept 30, 2020
621109-A	Boys 4 th and 5 th Grade	No player can be 12 on Sept 30, 2020
621111-A	Boys 6 th and 7 th Grade	No player can be 14 on Sept 30, 2020
621113-A	Boys 8 th and 9 th Grade	No player can be 16 on Sept 30, 2020
621115-A	Boys 10 th – 12 th Grade	No player can be 19 on Sept 30, 2020
<u>GIRLS</u>		
621207-A	Girls 2 nd and 3 rd Grade	No player can be 10 on Sept 30, 2020
621209-A	Girls 4 th and 5 th Grade	No player can be 12 on Sept 30, 2020
621211-A	Girls 6 th and 7 th Grade	No player can be 14 on Sept 30, 2020
621213-A	Girls 8 th and 9 th Grade	No player can be 16 on Sept 30, 2020
621215-A	Girls 10 th – 12 th Grade	No player can be 19 on Sept 30, 2020

Registration Fee Structure

Registration will run from **October 19th to November 22nd**. All registrations after November 22nd will be placed on a waiting list. Any player placed on a waiting list will stay on a waiting list until places open up on existing teams. You may register over the phone at 703-248-5077 or on the web at www.fallschurchva.gov/recreation . Fees are due upon registration.

City Resident: \$130; Non-City Resident: \$150

Referees Needed!

Paid officials are needed for our 4th / 5th grade boys and girls leagues. Experience is helpful, but not necessary. Hours are flexible; games are on weeknights and Saturdays. There will be a mandatory referees meeting and clinic in December. **If you are interested in officiating, call the Recreation & Parks Dept. at (703) 248-5027.**

Important Dates to Remember

Oct. 19	Registration Begins
Nov. 22	Registration Deadline
Dec 7	Practices Begin
Jan. 4	Games Begin

League Rules

All Virginia High School League rules will be followed, unless addressed in this set of league rules.

Remember, the officials are the authority on the court.

2nd/ 3rd Grade Boys and Girls leagues only

1. Coaches will also be the referees. When a coach blows the whistle for a violation, instruction should follow to teach the players.
2. All team must play man-to-man defense. Teams are not permitted to play zone defense at any time.
3. **Two full time-outs are permitted per game. (2-60 second time-outs)**
4. Game Length: Games will consist of four 10-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will be a running clock.
5. A **JUNIOR (27.5)** sized ball will be used.
6. Free throws will NOT be shot at this age group. If a foul occurs, the ball will be given back to the offensive team on the sideline.
7. No backcourt pressure will be permitted in the 2nd/3rd grade leagues.
8. **ALL** players must play at least half the game (2 uninterrupted quarters) – no sub during a quarter unless a player is injured.
9. This league will play all games on Saturdays at The Falls Church Community Center and will be play on the width of the gym floor (2 games being played at the same time).

4th/5th Grade Boys and Girls leagues only

1. The bonus situation will be in effect on the 10th team foul of the half. The double-bonus will **not** be in effect.
2. **Four time-outs are permitted per game. (2 Full (60 sec.) and 2 half (30 sec.))**
3. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. During the regular season if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played.
4. The lane violation will be **five seconds**.
5. An **Intermediate** (28.5) sized ball will be used.
6. The free throw line will be 2 feet in from the marked foul line, and the shooter may step on or over this foul line after his/her shot if momentum carries him/her over. The shooter cannot rebound the miss.
7. Backcourt pressure will not be permitted for the entire season.
8. Playing Time rules will be in effect where every player must play a minimum of 12 minutes per game and shall play no more than 26 minutes per game.

6th/7th Grade Boys and Girls leagues only

1. **Four time-outs are permitted per game. (2 Full (60 sec.) and 2 half (30 sec.))**
2. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. During the regular season if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played.
3. **Girls use a 28.5 ball. Boys will use a regulation (29.5) size ball**
4. The lane violation will be **three seconds**.
5. On free throws, the shooter may step on or over this foul line after his/her shot if momentum carries him/her over.
6. If a team obtains a fourteen (14) **point lead**; they are not permitted to apply backcourt pressure to the opposing team.

8th – 12th Grade Boys and Girls leagues only

1. **Two full (60 sec.) and two thirty second time-outs are permitted per game.**
2. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. **During the regular season** if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played. **Girls use a 28.5 ball.**
3. If a team playing 8th/9th grade boys or girls league obtain a fourteen (14) point lead, and if a team playing 10th-12th grade boys or 10th-12th grade girls obtains a twenty (20) point lead, they are not permitted to apply backcourt pressure to the opposing team.

B. CONDUCT

The coach is responsible for his/her conduct and the conduct of their players and spectators. Conduct by the coaches and parents should set an example for the team. Any actions, such as running up the score in a game, excessively playing top players when the outcome has been decided, use of foul language or degrading players or officials are against the Recreation & Parks Department's principles and will not be tolerated.

Any coach, manager or player who is ejected from the game is automatically suspended from the next game his/her team plays. A second offense by the same person will result in additional disciplinary action as directed by the league. This rule is not subject to protest or review.

C. PLAYING TIME

1. **MINIMUM PLAYING TIME:** The objective of the basketball program is full participation, and all players must play a minimum of twelve (12) minutes per game, (2 uninterrupted quarters in the 2nd/3rd grade boys and girls leagues). League officials will enforce this rule. The only exception to this is in the case where a player's actions (such as missing practice, constantly disrupting, etc.) warrant such action, or an injury/illness prevents the player from completing the game. In either case, the coach **MUST** report to Falls Church Recreation and Parks Department Staff all discipline problems, illness, injury, and absent players to the score table **PRIOR** to the start of the game.
2. **MAXIMUM PLAYING TIME:** No player shall play more than 26 minutes in a game. (In the 2nd/3rd grade boys and girls league, players must sit at least one (1) quarter). Every player will sit out at least six (6) minutes of each game, unless there are only five (5) eligible players present
3. The Falls Church Recreation & Parks Department recommends that each coach assign a parent to keep track of **his/her own team's** playing time. Coaches and parents should not try to keep track of the playing time of players from the opposing team.

D. GYM RULES

1. Tennis shoes (not wet or dirty) must be worn by all participants.
2. No running or bouncing of balls in the halls adjacent to the gym is permitted.
3. No food or drinks are permitted in the gym (water bottles with water are allowed).
4. Smoking is prohibited on all school grounds, and in the Community Center building.
5. Stay off of the floor while other teams are practicing
6. School teams have priority over recreation teams.

E. PROTESTS

The Falls Church Recreation and Parks Department makes every effort to make the league fun, fair, and safe for all involved. Part of the learning process for all people is that mistakes happen. We have a junior official program, with referees with varying amount of experience. We encourage all coaches and parents to bring any incidents to the attention of the building supervisor, officials or administrators so that they may continue to learn, just as the children are learning. However, as is the case under Virginia High School League rules, **NO PROTESTS OF GAMES WILL BE CONSIDERED.**

F. POST-SEASON EXHIBITION GAMES

At the end of the season, representatives from some age groups will be chosen to play exhibition games. There will be a meeting of all coaches in late-February to discuss the tournaments and vote on players for the exhibition games. The teams will be chosen in the following manner: coaches will nominate players from the opposing team at the end of each regular season game. We will tally the votes at the meeting to determine the players for each team. Each team must be represented.

Important Telephone Numbers

Inclement Weather Line: (703) 248-5125

Community Center Office: (703) 248-5077

Text Winterbasketball20 to 84483 for gym closures!

What to do if the weather is in question?

Answer:

Call your coach or the inclement weather line (703-248-5125).

Please do not call the community center office for gym closings, as we attempt to contact the coaches and the phone lines may be busy. Most coaches will have a phone tree set-up to communicate these cancellations, so your best bet may be to wait to hear from your coach. Just because the schools in Fairfax County or in Falls Church have closed doesn't mean that all of our activities are cancelled. If you're not sure, call the inclement weather line at (703) 248-5125.

Text the phrase Winterbasketball19 to 84483 to receive alerts whenever a gym is closed

Gym Locations and Directions

CC Falls Church Community Center, 223 Little Falls Street

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Proceed past a strip mall with Chipotle, Starbucks, etc. and make the next left onto Little Falls St. Center is two blocks on the left.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed past Washington St. (Rte. 29) two blocks and make a right onto Little Falls St. Center is two blocks on the left.

GM1/GM2/MEH George Mason High School, 7124 Leesburg Pike

- From Tyson's Corner: Follow Rte. 7 east past the I-66 interchange. School is on the left.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed through Falls Church, and the High School is on the right past Haycock Rd. **Must enter the school from the back entrance.**
GM1 - Gym #1 (Main Gym) is closest to Rte. 7 entrance.
GM2 - Gym #2 (Aux. Gym) is back by the football field.
MEH – Located in Mary Ellen Henderson Middle School

TL Timberlane Elementary School, 2737 West Street

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Make a right onto West St. (at the Taco Bell). School is on the left, about 1 1/2 miles (across from National Memorial Cemetery)
- From Seven Corners: Follow Rte. 7 west into Falls Church. Make a left onto Washington St. (Rte. 29). Follow for 1 1/2 miles to West St. (West End Shopping Center is on left). Make a right onto West St., and the school is on your right about 1/4 mile down.

S Shreveview Elementary School, 7525 Shreve Road

- From Tyson's Corner: Follow Rte. 7 east past the I-66 interchange. At the first light, make a right onto Shreve Rd. School is 1 1/4 miles on the left, between Virginia Ln. & Fairwood Ln.
- From Seven Corners: Follow Rte. 7 west through Falls Church. Make a left onto Shreve Rd (at the Giant shopping center). School is 1 1/4 miles on the left, between Virginia Ln. & Fairwood Ln.

PS Pine Springs Elementary School, 7607 Willow Lane

- From Tyson's Corner: Rte 7 east into Falls Church. Take a right onto West Street. At the end of West Street take a right onto Rte. 29. Take a left onto Meadow View Road (across the street from the National Memorial Park on Rte 29). Take a right onto Willow Lane.
- From Seven Corners: Rte 7 west into Falls Church. Take a left onto Rte 29. Take a left onto Meadow View Road (across the street from the National Memorial Park on Rte 29). Take a right onto Willow Lane.

TJ Thomas Jefferson Elementary School, 601 S. Oak Street

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Proceed 3 blocks past West St. and make a right onto Oak St. School will be on the left at the bottom of the hill.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed past Washington St. (Rte. 29). Continue past Papa John's Pizza. Make the left onto Oak St. School will be on your left at the bottom of the hill.

CONCUSSION INFORMATION SHEET



**HEADS UP
CONCUSSION**

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

WHAT IS A CONCUSSION?

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



CITY OF FALLS CHURCH
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AND PARKS**

HOW CAN I SPOT A POSSIBLE CONCUSSION?

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

SIGNS OBSERVED BY PARENTS OR COACHES

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

SYMPTOMS REPORTED BY CHILDREN AND TEENS

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

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

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

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

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

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

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

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

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

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

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

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



TO LEARN MORE GO TO >> cdc.gov/HEADSUP

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