

**CHESTERFIELD GIRLS BASKETBALL LEAGUE, Inc.**  
**2014-2015 COACHES HANDBOOK**  
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**Section 1**  
**Purpose of CGBL, Inc.**

The purpose of the CGBL as stated in the Bylaws, Article II, is to create an environment where winning is stressed but not at the cost of having fun or team member participation.

**Section 2**  
**Standards of Behavior**

**2.1. Coaching**

2.1.1. Eligibility. The head coach of each team must be 21 years of age on or before the first practice session; assistant coaches must be at least 18 years of age. At no time shall a team enter into competition with another team without the coaching of a person at least 21 years old. The individual who is acting as head and assistant coach during a game must attend a league-approved clinic. Each team will have one (1) head coach and no more than two (2) assistant coaches, assistants not attending a league clinic will NOT be allowed to fill in as a head coach. This rule applies to game situations only. **Only those listed on OFFICIAL roster will be allowed to coach.** Only coaches and players will be allowed on the team bench during games; **NO BABIES OR NON-ROSTERED CHILDREN.** A

violation of the rule constitutes a 2-shot bench technical foul and the non-roster individual(s) must be removed. All coaches must read the Chesterfield County information on concussions and take the test.

2.1.2. Training and Certification. All coaches must meet CGBL coaching standards and pass the County's background check.

2.1.3. Conduct. Coaches will be responsible for the conduct of their players, scorekeeper, parents, their association parents, cheer squads and their fans during all games. Profanity will not be tolerated from players, coaches, scorekeeper, cheer squads or fans at any time. Failure to comply will result in immediate suspension as imposed by the Executive Board.

2.1.4. Fighting. Any coach, parent or fan who participates in a fight while on School premises will be suspended indefinitely. Suspended means that the offender cannot participate as in any manner at any scheduled CGBL function (game or practice) during the suspension. Furthermore, he/she cannot attend any CGBL games or practice. If necessary, the Chesterfield County Police will be called to escort the offender from the Chesterfield County school property.

2.1.5. Any player(s), parent(s), or fan(s) who participates in a fight before, during or after a game, while on school property, as a MINIMUM will result in immediate forfeiture of the game to include forfeiture of the next two games. Additionally, the coach(s) will be on probation for the remainder of the year to include the following year. Any future violations will result in lifetime suspension from the league.

2.1.6. The league will enforce a ZERO tolerance for inappropriate behavior and will exercise its power to the fullest.

2.1.7 Cheer Squads are welcome but must observe the following rules: They must be at least 2(two) feet away from the sidelines of the court at all times to insure the safety of the players, officials and cheer leaders. They are permitted to cheer during time-outs, breaks between quarters and at half-time; Cheerleaders are required to wear shoes with non-marking soles as are all players. CGBL assumes no liability for injuries to cheerleaders. Squads perform at their own risk.

## 2.2. General Conduct

2.2.1. Expectations. The League and Executive Board expects all sponsors, players, coaches, cheerleaders, parents and fans to exhibit a high standard of sportsmanship and to observe all published rules and regulations of the Chesterfield Girls Basketball League as well as those of the Chesterfield County Department of Parks and Recreation and the Chesterfield County School Board. All team and associate personnel must be of unquestionable moral character. Coaches, team personnel, or Athletic Associations found to be in violation of the herein stated rules are subject to disciplinary action rendered by the Chesterfield Girls Basketball League Executive Board. The Executive Board will rule on the merits of each individual case.

2.2.2. Should any coach, sponsor, player, cheerleader, parent, scorekeeper or fan take any action which the Executive Board considers to be detrimental to the youth basketball program, the Executive Board will take swift and severe punitive action. Offenders will be asked by the league official to leave the gymnasium area. The Executive Board endorses issuing of warrant for the arrests of offending parties.

2.2.3. Fighting. Should any coach, parent, cheer squad member or fan threaten or challenge in any manner a referee, coach, player, or CGBL Official before, during, or after a game, or participate in a fistfight, the offender will be requested to leave the premises and barred from attending two future games as a minimum. Possibly more, based on the severity of the infraction.

2.2.4 Anyone who is not a CGBL official or a Chesterfield County employee will not be allowed on the floor beyond the bench.

### **Section 3** **Player Enrollment**

#### **3.1. Eligibility**

3.1.1. Participation. Players will not be allowed to participate in practice until all the proper paperwork is on file with the Association.

3.1.2. Ages and Birth Certificates. Any player will be eligible to play who has reached age 9, ( 7 years old for Instructional) and has not reached age 19 prior to January 1, of the year in which the season begins, Eighteen year olds MUST be a full time High School student.

3.1.3. All first time players must present a copy of their birth certificate to be turned in with the official roster. Failure to comply will result in forfeiture of game.

3.1.4. Registration. All players must initially register with their home association during scheduled registration times and no later than November 15th to be eligible for release to play with any other Association. If the player misses the scheduled registration with her home association and thereby is not eligible for free agency she must either play for her home association or sit out the season. Under extenuating circumstances, this rule may be appealed to the Board of Directors. If an association does not typically require sign-up/registration of its returning players, a written notice by the association's director that the player was considered an active player for the current season shall suffice.

3.1.5. Paperwork. All players must have a contract (CGBL participation permission slip) and parents pledge form filled out and signed by the custodial parent(s) or legal guardian(s) and turned in with the official roster. Association voting representatives must turn in birth certificates and permission slips with team rosters during first December meeting. Any player participating in games without completed paperwork will be considered ineligible.

3.1.6. Boundaries. The Association voting representative in coordination with their Association teams' coaches is responsible for checking boundaries on the participation slips to verify player eligibility and also for getting signed releases from other Association voting representatives if needed. Additionally, any and all releases will be approved and signed by the respective Division Commissioner. All players must play with the team or home association in the elementary school district in which she begins the school year, with the following exceptions:

- (a.) Those players who live in an elementary school district which has no organized athletic association may participate with any other association, unless they started the school year in a district that has an association.
- (b.) If an Association located in an elementary school boundary does not field a team in her age group, this player does not need a written release and will be counted as a free agent.
- (c.) Those children of interested parents who served as basketball head coach or assistant coach for

another association the previous year may "as a privilege" participate in that Association provided their parents currently serve as a head, or assistant coach. However, players who participated illegally the previous year will not be considered for release the current year.

- (d.) Players who have played at least two years with an association may continue to play with that association without a release, unless the player is a middle school player. If the player is a middle school player, they must play with their home association. Participation in the instructional league does not count toward the two years for purposes of this rule.

### 3.2. **Rosters**

3.2.1. A roster shall have a minimum of eight (8) players. Rosters are due at first December meeting. Only the President may authorize an extension. Four typed or legibly printed copies of the official team roster must be turned in to the Executive Board on the specified date. The rosters must be signed by the voting representative, certifying all players are eligible. Any team found with an illegal roster will forfeit all games and not be allowed to play post season. Individual associations may limit the number of players on each roster to a number greater than 8.

3.2.2. Ineligible Players. The use of an ineligible player will warrant forfeiture of the game. Ineligible players listed on the Division Commissioner's roster will cause forfeiture of all prior games until the player's name is removed whether or not she plays. EXCEPTION, during tournament play the ineligible player(s) will be removed from the game and any points scored by the ineligible player(s). A 2-shot technical foul will be assessed and play will resume. The must sit, must play rule will be adhered to.

3.2.3. Free Agents. All players who were on a Chesterfield County School, Y.B.O.A. or A.A.U. (Amateur Athletic Union) roster must play for their own Association if they field a team. No team may have more than two "Free Agents" who were on a Chesterfield County School, Y.B.O.A. or A.A.U. roster. No more than two (2) school, Y.B.O.A. or A.A.U. players are eligible to play on any one team in the Intermediate "B" or Junior "B" Divisions. NOTE - Exception, see rule 3.1.5(c).

3.2.4. High School Players. Anyone on a high school VARSITY roster, not to turn 19 before January 1, of said\_season, will be allowed to play in the Senior Division, **ONLY!**

3.2.5. Changes. Once the team rosters have been submitted, players may not change teams (laterally, backwards, or upward) within an Association or change Associations unless a team folds during the season. Players on that team roster will become free agents and may be added to other rosters. NOTE EXCEPTION: The President of CGBL, with Executive Board approval will have the power to allow: Movement; lateral, upward, and signing past the deadline date, to prevent a team from folding once the season begins.

3.2.6. Additions. Players not already listed on an official league roster may be added to another official league roster up to the fifth (5th) game of the season. Teams that add players must inform the Div. Comm. immediately and submit a new typed official roster to the Division Commissioner along with all paperwork (CGBL Form, Parent's Code of Ethics and Birth certificates for players being added) before the added player participates in a game. A copy of the new roster must also be submitted to league President before the added player participates in a game.

3.2.7. Call-Ups. Associations with both "A" and "B" teams in the Junior division may call up a player(s) from the "B" team to the "A" team up until the fifth (5th) game of the season, With Executive Board approval. Teams that call up players must submit new official rosters to the Division Commissioner before the player(s) participate. Called up players will not be dropped back to a "B" team. No "A" team player(s) will drop down to a "B" team.

3.2.8. Post Season. In order for a player to participate in post-season play, the player must have been on an active CGBL roster and participated in at least 50% of the regular season, unless the player was out due to medical reasons. The Executive Board may request a doctor's certificate of injury or illness. No roster will be amended for post-season play.

### 3.3. Participation

3.3.1. Participation Rule. All players in each and every division must play one full quarter during each game. This quarter MAY NOT be divided, (NO subbing until the second half) however, if one of the two participating teams consists of twelve players present at the start of the game, the quarter of playing time may be divided for both teams (the must sit rule DOES NOT change). This rule can only be waived for disciplinary reasons such as missing practice or unsportsmanlike conduct. A coach's intention to bench a player for disciplinary reasons must be made to the opposing team's coach, referee, and league official present at the game BEFORE THE GAME BEGINS.

3.3.2. Must-Sit Rule. All players must sit out at least one (1) full quarter each game. If a player arrives late for the game in the first half and misses part of the first and/or second quarter she must still sit a full quarter. If a player arrives during half-time, she MUST STILL SIT A FULL QUARTER IN THE SECOND HALF. If a player arrives late and is not seated on the bench when the official begins the 3<sup>rd</sup> quarter, THAT PLAYER WILL BE INELIGIBLE TO PLAY, Players must be on the bench for their sit out quarter, they MAY NOT PLAY AND LEAVE. Violation of this rule will result in a two-shot bench technical foul, possession of the ball, removal of points by ineligible player(s), and removal of ineligible player(s).

3.3.3. Intent and Consequence. The intent of the above rules (3.3.1. & 3.3.2.) is to encourage participation of all players throughout the league. Violation of the "spirit" of above stated rules will be viewed by the league as a serious infraction and WILL result in a minimum of one (1) game suspension of the coach. Any succeeding offense will result in suspension for the remainder of the season and probation for the coach and the Association in which he coaches the following season.

3.3.4. Behavior. Immediate removal from the game will result for any player demonstrating un-sportsmanlike behavior such as purposely shoving or pushing another player. Verbal insults or profanity to referees, coaches, league officials or other players are considered un-sportsmanlike behavior and will result in suspension for the next game.

3.3.5. Continuing Play. Once the game begins each team may continue to play with any available and eligible players regardless of the number of players left eligible to play (e.g. only four players left).

3.3.6. Injury Exception. Should an injured player have to be removed as a result of an official's injury timeout, the removal shall not be deemed to affect either that player's one-full-quarter participation (under Rule 3.3.1) or a replacement player's one-full-quarter sitting out (under Rule 3.3.2), provided the injured player be reinstated for the replacement player at the next dead-ball occasion (e.g., out-of-bounds, foul, time-out, etc.). There will be no exceptions to this rule.

## **Section 4**

### **General Playing Environment**

#### **4.1. Equipment And Uniforms**

4.1.1. All Divisions will play with a women's basketball (28.5 in. in circumference). Score books and rule books will be furnished by the League (1 per team).

4.1.2. All players must wear non-marking basketball shoes.

4.1.3. Spandex shorts must be black or white. T-shirts under jerseys must be WHITE. All players do not have to be in T-shirts, but all T-shirts must be WHITE. A violation of this rule will result in a 2-shot bench technical foul.

(a) Associations have until season starting 2010 to replace uniforms with correct numbers and with reversible jerseys. Double digits cannot exceed 55. Single digits numbers 0 – 9.

4.1.4. Sweat Bands will be the only article authorized for headwear!

4.1.5. NO jewelry. NO hair beads. Players may NOT wear band-aids over earrings. Players may wear medical identification wrist bracelets.

4.1.6. All teams MUST have a first aid kit that contains at least the items listed in Addendum A to these rules during ALL GAME situations. A violation of this rule will result in a two (2) shot bench technical foul.

4.1.7. Proper Attire. All uniforms (jersey and shorts) colors must be approved by the CGBL board before the first game. Failure to comply with this rule could result in a team having to purchase additional uniforms. To be considered “ready to play”, each team must have jerseys numbered on both sides, as described in High School Federation Rule Book, and one side must be white. A 2-shot bench technical foul for each unnumbered player will be assessed.

#### **4.2. Practice Schedule**

4.2.1. Gym Time. Chesterfield County Parks and Recreation (Co-sponsor of CGBL, Inc.) will give practice gym time to the League according to the total number of basketball teams (girls). It is the responsibility of the League to equitably divide up the gym time between the Associations. Inquiries regarding gym time allotment should be directed first to the respective Athletic Association representative and then to the CGBL, Inc. Executive Board. CGBL reserves the right to arbitrate gym time within any Assoc. to ensure practice time is fully utilized by the girls. Gym time WILL NOT be shared with the boys, nor will scrimmages be held against boys. A violation will result in loss of gym time.

4.2.2. Beginning Date. The Executive Board will notify all Athletic Associations of the date that practice may begin. No Team may practice in any official or unofficial gym prior to this date. Any team in violation will not participate in post season play. This date will coincide with the date on which the League insurance policy becomes effective.

4.2.3. Ending Date. The Executive Board will notify all Athletic Associations of the date that practice

will end. No team may practice in any official or unofficial gym after that date. Any team found in violation will not participate in post season play.

4.2.4. Scrimmages. After practice begins, teams may have as many scrimmage games as they can schedule with other teams that they choose.

#### 4.3. **League Games**

4.3.1. Scheduling. The Executive Board in cooperation with Chesterfield County Parks and Recreation Department will schedule all games. All league games will begin at the time listed on the schedule or up to fifteen (15) minutes earlier. Each Association will play other Associations per the league schedule ,or up to fifteen minutes earlier. If a league official is present and both teams have enough players, the CGBL League Official, and only CGBL League Official or referee may direct the teams to start play early regardless of time. NOTE: In the event of a game(s) schedule change the team(s) involved must be given at least 24-hour notice of the scheduled change.

4.3.2. Supervision. Whenever possible a supervising league official will attend each scheduled game. They will introduce themselves to the head coach of each team and to the referees prior to the beginning of the game. In absence of a league official, the referee(s) will serve as an objective observer of the game and decide any points of disagreement on the court.

4.3.3. **CANCELLATIONS HOTLINE 748-1001.** When games are postponed due to bad weather, voting representatives of each Association will be notified as soon as possible prior to game time. Coaches should call their Division Commissioner or Parks and Recreation HOTLINE if they are in doubt and have not been notified. The CGBL Executive Board in cooperation with Chesterfield County Parks and Recreation Department will reschedule all postponed games.

4.3.4. Sportsmanship Rule. Coaches should do all they can to keep the score within a reasonable range. This will ensure the "Spirit" of the purpose of CGBL -- as stated in Article II, Section 2, of the Bylaws -- is being met.

- (a.) A reasonable range shall usually be considered to be: A 20 point lead in the 2nd half of the game for all divisions. This rule does not apply to juniors and seniors.
- (b.) Appropriate responses for a coach whose team reaches any threshold score in paragraph (a) shall include, but not be limited to:
  - i. Cessation of pressing at the Intermediate level, or cessation of continuous-play pressing at the Minor level.
  - ii. Removal of a team's best player(s). Playing a 2/3 zone defense with one foot in the paint. They must keep one foot in the paint until the deficit is 10 points or less.
  - iii. For Junior and Senior division teams when the score is up by 20 points at the start of the 4<sup>th</sup> quarter the game will go to a running clock for the remainder of the game.

**NOTE: Para (a) and (b) above will not be enforced during Postseason play.**

- (c.) An official shall first issue a warning to a coach deemed to be in violation of this rule. If the practice continues, a two-shot technical foul will be assessed. Should the practice continue further, it shall be referred to the league for possible disciplinary action.
- (d.) Nothing in this rule should be construed as requiring a coach to jeopardize his/her team's chance for victory.

#### 4.4. General (CGBL) Playing Rules

4.4.1. Preparation. All head/assistant coaches must sign in at gyms, must show background card and picture I.D. when signing in, and prominently display background card around neck at all times, if not displayed around neck they will leave the bench. No card, no coaching. Players are not permitted to bring their personal basketballs to gym on the day of a scheduled game. Coaches are not permitted to issue a basketball to a player until it is time for the team to take the court for warm-up. All players and coaches are to be at the gym one half-hour (30 min.) before the scheduled game time and have scorebooks prepared with players' names and numbers. Coaches must list players in numerical order in scorebook prior to the game. A violation of this rule constitutes a two-shot technical foul. Every team MUST have a copy of the playing rules during the game. Failure to comply will constitute a bench technical, plus a 2-shot foul.

4.4.2. Teams must be present with a minimum of six (6) players at the scheduled game time. If not present, the team showing up late will forfeit the game. A team must have six (6) players in uniform ready to play at the beginning of each game. Teams with competitive players (AAU/YBOA) must have sufficient non-competitive players on the roster present at the game ready to play to avoid forfeits (See ARTICLE VIII SECTION 4, of the BY-LAWS). Teams with AAU/YBOA coaches on their roster must have non-AAU-YBOA coaches to avoid forfeit. Any player with a hard cast or presenting potential for injury to self or others is not deemed ready to play. To be considered ready and able to play, the player must actively play defense and offense at both ends of the court. Failure to have a minimum of six (6) players will result in immediate forfeiture of the game. Forfeits for not having enough players will be considered a non-participating game for the forfeiting team. THE MUST-SIT RULE WILL BE IN EFFECT WITHOUT EXCEPTION! NOTE: Forfeit games will be scrimmaged under CGBL Rules and Officiated with a running clock. However, Officials will have ultimate discretion to terminate the game for any act of un-sportsmanship, or time constraints.

4.4.3. Coaches. Only the head coach may stand during a game unless he/she informs the referee at the start of the first half or the second half of the game.

4.4.4. Home Team. Home teams will be listed on the schedule. The home team will supply a game ball, which is satisfactory to both teams and/or referees. Each team will supply one scorekeeper. The home team will be the official scorekeeper (does not imply the home team will rule all points of disagreement). Points of disagreement the clock should stop immediately and a conference with officials shall be called.

4.4.5. Scorekeepers. Scorekeepers—All scorekeepers MUST be at least 18 years of age and have had instruction on keeping score. Anyone keeping score will NOT be allowed to give any instruction, comments or remarks to players on the COURT during the game. Scorekeeper will receive one warning. A violation of this rule will result in the scorekeeper being removed from table and a two (2) shot technical foul will be assessed on the coach.

4.4.6. Roster Exchange. Coaches will exchange typed rosters prior to the start of the game. Exchange rosters will contain for each player only; jersey number, name, and date of birth and when applicable Middle school, AAU, or YBOA player. Coach's names and County ID numbers must also be on the exchange roster. Rosters will be in numerical order prior to the start of the game. A violation of this rule will result in a two (2) shot bench technical foul.

4.4.7. Player Report-In. Each team's players must report to the HOME TEAM scorekeeper before the tip-off of the first and each succeeding quarter and during substitutions. Failure to comply with this rule will result in a two-shot bench technical foul.

4.4.8. Playing Rules. All games will be governed by High School Federation Rules, except where those rules have been amended by the Chesterfield Girls Basketball League, Inc.

NOTE: OFFICIALS ARE ENCOURAGED TO CALL VIOLATIONS OF THESE RULES AT ALL LEVELS. Excepted are non-foul violations, such as traveling and three-second lane violations, in the Minor and Intermediate-B divisions, where warnings may be given for minor infractions.

4.4.9. Time Out. Time-outs are allowed to be called by the coach or bench. Each team is allowed three (3) full and two (2) 30-second time outs per game. Time outs are not allowed to be carried over into any overtime period.

4.4.10. Technical Fouls. All bench technical fouls will be charged to the offending head coach or assistant coach. Two (2) technical fouls will result in automatic ejection from the gymnasium and gymnasium area. Three (3) bench technical and/or player technical foul will result in automatic forfeiture of the game. This excludes technical fouls called as a result of playing rule violations, i.e. illegal time-outs, minors pressing in the backcourt. Any player receiving two (2) technical fouls during one game is ejected from that game and suspended from the next regular scheduled game. This excludes technical fouls called as a result of playing rule violation. Coaches ejected from a game will, as a MINIMUM, be suspended for the next two (2) games, as well. A second infraction warrants a suspension of one year.

4.4.11. Ejection. Any player ejected from a game for participating in a fistfight or committing a flagrant foul shall also be suspended for the following game. Any subsequent ejections shall be reviewed by the Executive Board. During a playing season, should a second offense occur the offender will be suspended for the remainder of the season, and the board will review and apply any additional consequences.

4.4.12. Standings. . Each winning coach MUST call the game score to the respective Division Commissioner by 6:00 p.m. Monday, following weekend games. In the event that the Division Commissioner cannot be contacted, scores may be reported to the Vice President of CGBL. Failure to report the score will result in an automatic loss. League standings will be posted on the league's WEBSITE "WWW.THECGBL.COM." NOTE: Last regular season game score must be called in immediately after conclusion of the game! Failure to report score will be an automatic loss! Playoff scores should be called in at the conclusion of a game.

4.4.13. Division Champions. Regular season champions will be determined on the basis of regular season records. In the event of identical records, Division Champions will be declared on the results of head-to-head competition.

#### 4.5. **Specific Division Rules**

4.5.1. Game Length and Overtime. Each Division functions under the common rules of stopping the clock each time the referee's whistle blows. All Divisions have three (5) minutes between halves, one (1) minute between quarters. Tie games will be decided by one three (3) minute overtime, with the clock stopping each time the referee's whistle blows. One (1) minute will be allowed before the overtime(s) begin. Each team will be granted one (1) time-out in each overtime period. During overtime each team may play with any eligible players. Minors and Intermediate only - These two divisions will play only one (1) overtime. Jr. and Sr. games will have two (2) three minute overtimes. If still tied at the end of one

(1) overtime, or two (2) overtimes, the teams will resort to a free throw shootout, best out of three, the coaches will select their shooters, and the shooters will alternate. In the first round, the visitors will shoot first.

4.5.2. League Ages And Divisions. A division functions on the basis of age as of December 31, of the current year.

| <u>Division</u> | <u>Ages</u> | <u>Min/Qtr.</u> | <u>3 pt. FG</u> |
|-----------------|-------------|-----------------|-----------------|
| Instructional   | 7-8         | N/A             | N/A             |
| Minor           | 9-10        | 6 min.          | No              |
| Intermediate    | 11-12       | 7 min.          | No              |
| Junior          | 13-14       | 7 min.          | Yes             |
| Senior          | 15-18       | 8 min.          | Yes             |

4.5.3. The Voting Representative of the respective Association will be prudent in selecting the Intermediate B and Junior Division, "A" and/or "B" teams. No Junior "B" team will carry more than two (2) Middle School, Y.B.O.A. or AAU players or a combination of the three.

4.5.4. Intermediate and Junior "A/B" Format. The following guide lines will be followed when forming Intermediate and Junior teams.

- (a) Associations with three (3) or more Y.B.O.A., AAU or Middle School players (competitive players) or a combination thereof will filled at least one (1) JR. "A" level team. If an association has more than three (3) competitive players and chooses to spread the players among different teams then each one of those teams will become JR. "A" teams regardless of the number of competitive players on the team.
- (b) Associations failing to comply and attempting to field one JR. "A" level team, while placing competitive players on other teams will be considered an act of defiance and attempting to conceal competitive players for the purpose of self enrichment. The league will take immediate measures by whatever means necessary, i.e., player removal, probation for the coach, team, Voting Rep, or Association to the extent of issuing suspension.
- (c) No "B" Junior team can have more than two (2) Y.B.O.A., AAU or Middle School players.
- (d) If an Association has more than one Junior level team and has more than two (2) Y.B.O.A., AAU or Middle School players in either Division, that Association WILL place all Y.B.O.A., AAU or Middle School players on the same team accordingly! The only allowable division of such players will be between/among "A" level teams.
- (e) Intermediate Division will restrict the number of competitive players ( Y.B.O.A., AAU or Middle School players) to **NO** more than three (3) competitive players on the **FLOOR** at the same time. A violation of this rule will result in a two (2) shot bench technical foul, removal of player(s) and any points scored by player(s) in the quarter which the violation occurred.
- (f) Intermediate teams **MUST** have enough non-competitive players on the roster to follow sub-rule (e) above.
- (g) Intermediate Division will have a three (3) tier breakdown for Post season playoffs.

- (h) Due to the leniency in selecting “A/B” level teams, if an Association violates the format Rule, consequences/actions imposed by the league will NOT be subject to appeal.

4.5.5. Playing up. Each exceptional (Y.B.O.A., AAU/Middle School) Twelve-(12) year old player, at the option of the Association she is registered to play with in the current year and with the written approval of her parents, may play up one age level within her home Association. A copy of the written approval MUST be turned in to the responsible commissioner.

NOTE: This rule is intended for players who would not be challenged at their own age levels. It is not to be used to fill out older teams or to otherwise move up average ability players. The CGBL, shall monitor the rule for abuse and forbid "play-ups" where necessary. A league waiver and release form must be signed by a parent of each player to be moved up.

4.5.6. Minor Division Only.

- (a.) Pressing in the backcourt will not be allowed on any inbound pass. Violations of this rule will result in a two (2) shot technical foul and possession of the ball. Repeated violations of this rule by a coach will be viewed as un-sportsmanlike behavior and will be dealt with accordingly.
- (b.) Pressing is allowed during continuous play such as rebounds.
- (c.) Pressing (full court) is allowed during the last minute of the fourth quarter and the last minute of the overtime period.
- (d.) Foul line will be moved in three (3) feet from the regular foul line. Three players may line up on each side of the lane during free throw attempts.

4.5.7. If, Juniors vs. Seniors. Senior division teams will be scheduled to play only Junior "A" division teams. They will play eight (8) minute quarters. Junior losses will not count in the standings, Senior losses will reflect in the standings.

4.5.7.1 For Junior and Senior Divisions Only. If a team has only six (6) players, the “must play, must sit rule” does not apply. However, the leading scorer for the team having six players must sit for the entire fourth quarter. If more than one player has the leading number of points, the opposing team’s coach decides which player will sit during the fourth quarter. If a team has seven or more players, the “must play, must sit rule” still applies, even if the opposing team has 5 or fewer players. A team must have five (5) players to begin play

4.5.8. Tournament Seedings. The team with the best record of regular season play, will be the home team. In the event of identical records, a coin toss will determine the home team.

- (a.) The Executive Board will have the discretion of moving teams in both Intermediate and Junior (A & B) Divisions up or down for tournament play based on regular season results.
- (b.) The movement of “A” and “B” teams will be based on regular season record, record of opponents, and margin of victory.

4.5.9. Tournament Play. Post-season play will be a single elimination tournament. In the event of a tie, tournament positions will be decided under the following:

- (a.) Results of head to head competition. (b.) The toss of a coin.

4.5.10. Grace Period. During tournament play, the first game at a site each day will be granted a ten (10)-minute grace period for start of game if enough players to start the game have been delayed in arriving.

4.5.11. Tournament Championship Game. No forfeits. All games will be played! If a team cannot be present to compete in the championship game for any reason other than a school function, that team will

be disqualified totally (No 2<sup>nd</sup> place trophy), and will be replaced by the last team losing to the disqualified team. For ineligible players see para. 3.2.2.

4.5.12 At the end of the season, a sportsmanship trophy will be given to the team that showed the best sportsmanship throughout the season. One team from each division will be selected by the commissioners.

## **Section 5** **Protests**

5.1. Protests. Protest must be received in writing by the respective Division Commissioner within 48 hours after the game being protested. Intent to protest a game must be announced to the referee and opposing coach and/or the League Official before the end of the protested game. The opposing team has the right to protest the game. The Division Commissioner must be notified of the protest within 24 hours. During tournament play, the protest must be filed and a hearing held prior to the team involved in the next game. Each protest must be accompanied by a fee of \$50.00 to warrant consideration by the League. Said fee will be refunded if the protest is upheld.

5.2. Complaint. A complaint filed over league rules, interpretation and/or policy will follow the same basic protocol as a protest, and must be accompanied by a \$50.00 fee to be considered for review by the Executive Board. Fee will be refunded if complaint is upheld.

5.3. Hearing. The Executive Board will conduct a formal hearing of protest. Only the head coach and voting representative of each team will present their position. The time and place of the hearing will be called by the President of the CGBL. All Executive Board decisions are final, and not considered for appeal.

Last Revised: October 2014

## **NYSCA NATIONAL STANDARDS FOR YOUTH SPORTS**

### **STANDARD #1 - PROPER SPORTS ENVIRONMENT**

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the age range of the participant, and the proper level of physical and emotional stress.

### **STANDARD #2 - PROGRAMS BASED ON WELL-BEING OF CHILD**

Parents must select youth sports programs that are developed and organized to enhance the emotional, social, and educational well-being of children.

### **STANDARD #3 - DRUG & ALCOHOL-FREE ENVIRONMENT**

Parents must encourage a drug and alcohol-free environment for their children.

### **STANDARD #4 - PART OF CHILD'S LIFE**

Parents must recognize youth sports are only a small part of a child's life.

### **STANDARD #5 - TRAINING**

Parents must insist that coaches are trained and certified.

### **STANDARD #6 - PARENTS ACTIVE ROLE**

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

### **STANDARD #7 - POSITIVE ROLE MODELS**

Parents must be a positive role model exhibiting sportsmanlike behavior at games, and home while giving positive reinforcement to their child, and support their child's coaches.

### **STANDARD #8 - PARENTAL COMMITMENT**

Parents must demonstrate their commitment to their child's youth sports experience by annually signing a parental code of ethics. (A copy will appear on the first issue of the CGBL SHOOTER.)

### **STANDARD #9 - SAFE PLAYING SITUATIONS**

Parents must insist on safe playing facilities, healthful playing situations and proper first-aid applications, should the need arise.

### **STANDARDS #10 - EQUAL PLAY OPPORTUNITY**

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

### **STANDARD #11 - DRUG AND ALCOHOL-FREE ENVIRONMENT**

Parents, as coaches, fans, and league administrators must be drug and alcohol-free at youth sporting events.

**Parents Code of Ethics**

I Hereby Pledge To Provide Positive Support, Care And Encouragement For My Child Participating In Youth Sports By Following This Code Of Ethics.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game or other youth sports event.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach agrees to the youth sports Coaches' Code of Ethics.

I will read the NYSCA National Standards for Youth Sports and do everything in my power to assist all youth sports organizations to implement and enforce them.

\_\_\_\_\_  
Parent(s) Name

\_\_\_\_\_  
Signature

\_\_\_\_/\_\_\_\_/  
Date

To insure team member participation in CGBL, Inc. we shall strive to adhere to J.R. Thomas BILL OF RIGHTS FOR YOUNG ATHLETES:

- A. Right of opportunity to participate in sports regardless of ability level.
- B. Right to participate at a level that is commensurate (equal) with each child's development level.
- C. Right to have qualified adult leadership.
- D. Right to participate in safe and healthy environment.
- E. Right to play as a child and not as an adult.
- F. Right to proper preparation for participation in the sport.
- G. Right to an equal opportunity to strive for success.
- H. Right to be treated with dignity by all involved.
- I. Right to have fun through sports.

TO GIVE each person involved with CGBL, Inc. An opportunity to be valuable, able, and responsible by\_ coaching, playing or being a supportive parent.

TO STRIVE for cohesiveness in our county through cooperation in CGBL, Inc.