



2026 PARENT INFORMATION PACKET

Junior Girls

Includes:

1. Evaluation Information
2. General Information
3. Code of Conduct
4. Concussion information and return to play policy
5. Thorguard
6. Park Complex Rules
7. Complex Addresses
8. League Rules

Please read over the enclosed materials. If you have questions, please contact the Recreation Department at 912-764-5637. Thank you for your cooperation.

www.bullochrec.com

General Information

Baseball / Softball teams posted	Feb 27 th
Local Track Meet @ Statesboro High	March 14th
Baseball / Softball practices begin	Week of March 9 th
Georgia Southern Spring Break	March 16 th – 20 th
Swing Into Spring (Opening Day)	March 21 st
BOE Spring Break (No Games)	April 6 th – 10 th
Pitch, Hit and Run	April 15 th
End of Rec. Baseball/Softball Season	May 7 th

Uniforms

- BCRP will provide a jersey, team cap, 1 pair of socks.
- Participants must purchase **grey** baseball pants.

Young Athlete Code of Conduct

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parent (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to others
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Sport Parent Code of Conduct

We, the Statesboro Bulloch County Park & Recreation Department, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game(s). Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sports event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official,

coach, player, or parent such as boozing and taunting; refusing to shake hands; or using profane language or gestures.

7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child to do one's best.
11. I will praise my child for competing fairly and trying hard.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

Concussion INFORMATION SHEET



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

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.

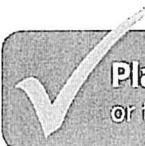
What Is a Concussion?

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.

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.



Plan ahead. What do you want your child or teen to know about concussion?

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.

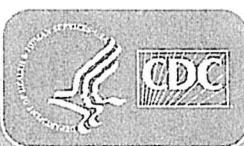
Signs Observed by Parents or Coaches

- 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"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

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

► **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

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 healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare 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 healthcare 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 healthcare provider.

To learn more, go to cdc.gov/HEADSUP



CDC HEADS UP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____



RETURN TO PLAY POLICY

If a youth athlete is removed from play, and the signs and symptoms cannot be readily explained by a condition other than concussion, the coach or other designated personnel shall notify the Bulloch County Recreation and Parks staff. Bulloch County Recreation and Parks shall not permit the youth to return to play or participate in any supervised team activities involving physical exertion games, competitions, tryouts or practices that day and until the youth athlete is evaluated by a health care provider. Bulloch County Recreation and Parks must receive written clearance from the health care provider for a full graduated return to play.

“Health Care Provider” means a licensed physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant or athletic trainer, who has received training in neuropsychology or concussion evaluation and management.

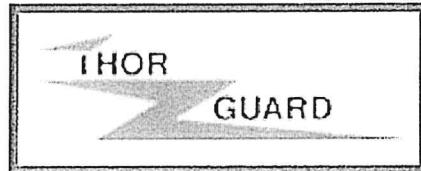
Thor Guard

Lightning Prediction System

"A Proactive Solution for Lightning Safety"

How it Works

- * Sensors measure and analyze the electrostatic fields in the atmosphere
- * Predicts the possible occurrence of lightning 8 - 20 minutes before it could potentially strike



Operational Statistics

- * The system has a coverage area radius of 2.5 miles
- * It is 97% accurate within a 2-mile radius
- * System operates seven days per week, from 8am - 9:30pm in the months of March - November.

When a Threat is Detected

- * Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area
- * Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere still retains the potential energy necessary for a lightning strike
- * Upon hearing the horn blast and/or seeing the strobe light, park users must leave the park and seek appropriate shelter

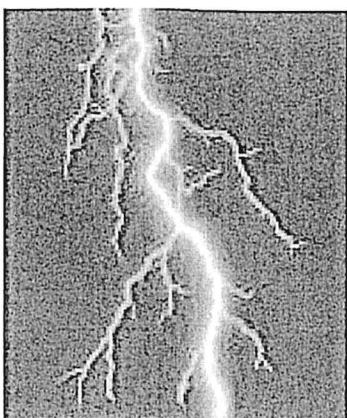
What Qualifies as Appropriate Shelter

- * Inside buildings, hard-top vehicles or other lightning protected facilities and amenities

As a Last Resort: Seek low-lying areas or dense woods

What to Avoid

- * Open areas/isolated trees
- * Water
- * Metal
- * Wire Fences
- * Overhead wires/power lines
- * Elevated ground
- * Maintenance Machinery
- * Open top or soft top vehicles



When the Threat has Diminished

- * The horn will sound three short 4-second blasts and the strobe light will turn off
- * The horn signals that normal activity may resume

Thorguard Location

- * near pond at Mill Creek Regional Park

Other Non-covered Locations

- * Signal horns may not be at your site, but at a site within ear shot. If you hear the alarm, please leave the park immediately.

If you have any questions or concerns regarding the Thorguard Lightning Prediction System, please contact the Statesboro-Bulloch Parks and Recreation Department at (912) 764-5637 or mail@bullochrec.com.

Please visit our website for more details: www.bullochrec.com.

Please enjoy your day at beautiful Mill Creek Regional Park!



1 Max Lockwood Drive
PO Box 408
Statesboro, GA 30458 (30459)
www.bullochrec.com

Park Complex Rules

***NO PETS ALLOWED**

1. No Drugs, Alcohol, Tobacco, E-Cigarettes, Weapons, or Vaping of any kind are allowed inside complex.
2. No Skates, Skateboards, Rollerblades, or Bikes are allowed inside complex.
3. Only Players and Coaches will be allowed in the team technical area.
4. Bulloch County is not responsible for accidents or injuries incurred while using the park or its facilities.

Field Locations

Brooklet Park	BR	416 N. Cromley St, Brooklet GA
Mill Creek Park	MC	1388 Hwy 24 East, Statesboro GA
Nevils Park	N	8438 Nevils-Groveland Road, Nevils, GA
Portal Elementary	PES	328 Grady St S, Portal, GA 30450
Portal High Softball Field	PHS	27245 Hwy 80 West, Portal GA (Left at caution light, 2 nd road on right)
Stilson Park	ST	15340 Hwy 119 Connector, Brooklet GA
Memorial Park	MEM	1 Max Lockwood Dr, Statesboro GA
Jaycee Park	JC	1 Max Lockwood Dr, Statesboro GA
Pee Wee	PW	1 Max Lockwood Dr, Statesboro GA

BULLOCH COUNTY RECREATION AND PARKS JUNIOR SOFTBALL RULES

The Bulloch County Recreation and Parks Department offers this league for all girls ages fourteen and under. Please refer to the Youth Athletics handbook for information regarding such topics as Eligibility and Certain Regulations. This handout contains only those rules specific to the Junior Softball league.

The Recreation Department uses Amateur Softball Association (ASA) and Georgia Recreation and Parks Association (GRPA) rules except where locally amended. For any situation not covered in these amended rules, refer to the ASA rulebook.

These rules are divided into the following sections: Eligibility, Game/Field Provisions, Equipment, Conduct, Coaches Responsibilities, Participation, Game Rules, and League Standings

Section A - ELIGIBILITY

- A. The age of a participant on August 31st, will determine which age division she will participate.
- B. Age Classifications for Junior Softball is 14 and under prior to September 1st.

Section B - GAME/FIELD PROVISIONS

1. A regulation game shall consist of seven (7) innings or a one (1) hour and 15 minute time limit (75 minutes).
2. A game tied after regulation play will remain a tie.
3. The score of a forfeited game shall be recorded as 7-0.
4. A game shall be considered complete with one team ahead after five (5) innings by eight (8) runs, four (4) innings by twelve (12) runs, or three (3) innings by fifteen (15) runs. If this occurs and time is left on the clock, the teams will continue to play a practice game where no score is kept so that maximum instruction may be utilized.
5. Lineups shall be given to the official scorekeeper ten (10) minutes prior to game time.
6. The home team sits on the first base side of the field. The home team is the team on the right side of the schedule.
7. Pitching distance will be 40 feet.
8. Base distance will be 60 feet.
9. No infield practice will be allowed before or in between games.

Section C - EQUIPMENT

1. All bats must be stamped official softball. Broken bats are not permitted. Softball bats cannot be used in baseball and baseball bats cannot be used in softball.
2. All players should be in full uniform issued by the BCRP. It includes a cap, team shirt and socks. Gray pants must be worn (furnished by the participant).
3. Shoes are mandatory. Steel spikes are not allowed. Cleats are optional.
4. No jewelry may be worn. Braces must be wrapped by an ace bandage. Only rubber bands and elastics may be worn to control hair. The hair may not be placed on top of the head so that it interferes with the fit of the helmet. If this occurs, the umpire will ask the player to adjust their hair.

Section D - CONDUCT

1. There will be no hollering or harassing of the players on the opposing teams by parents, spectators, managers, players, or coaches. The person or persons violating this rule shall be suspended for the following game. (This is determined by the judgment of the officials and/or the Recreation Department field supervisor).
2. Any player throwing a bat will be warned the first time, and will be called out the next time. If the situation is flagrant, no warning may be granted and the player may be ejected (umpire's judgment). It is the responsibility of the coach to notify the players of this rule.
3. A player, coach, or spectator acting in an unsportsmanlike manner or in any way that could prove detrimental to the league's players, or spectators will be subject to disciplinary action by the Recreation Department and will be asked to leave the facility.
4. **No use of any tobacco products is allowed on the premises of any BCRP Facility.**

Section E - COACHES RESPONSIBILITIES

1. Only certified coaches designated by the Recreation Department will be allowed in the dugout. There will be one coach and two assistant coaches allowed in the dugout. Coaches shall not leave the dugout, except to coach bases or confer (charged time conference) with the players or umpires. All persons entering the dugout shall be players or designated & certified coaches. Only the head coaches shall confer with the umpire, then only for one minute during a charged conference granted by the umpires.
2. A defensive coach may sit or stand outside of their dugout gate to instruct the team on defense as long as you do not interfere with the base coaches of the other teams. The umpire may ask you to step inside the dugout if there is interference.
3. Coaches must notify the Recreation Department in case of an injury to any player, whether the accident occurs during practice or during a game. If a player does not play for disciplinary reasons, it is the responsibility of the coach to notify the Athletic Supervisor first, the field supervisor second, then the opposing coach and the umpire at the game.
4. Unless contacted by the Recreation Department, all teams must show up at the field for

games. If halted for weather, teams must stay until a staff person releases them. Please call the information hotline @ 764-2087 on game day for information regarding cancellations. Complete game is three (3) full innings or thirty-eight (38) minutes.

Section F - PARTICIPATION

1. It is recommended that each player should play at least three innings on defense per game, and it is recommended that all substitutes should enter the game at or before the beginning of the fourth inning or 30 minutes, whichever comes first.
2. If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:
 - 1st offense: Verbal warning
 - 2nd offense: Written warning
 - 3rd offense: Suspension of coaching duties

***Any confirmed violations may result in immediate dismissal.
3. A team must have 7 players to start a game and finish a game.
4. All players present must be listed on the batting order and any 10 may play defense. If a player is late, she must be placed in the last space in the batting order.

Section G - GAME RULES

1. All batters and base runners must wear helmets with approved facemask. If the helmet is removed, both teams will be warned. The next occurrence may result in an out (umpire's discretion). If the helmet falls off, there is no penalty, but a smaller helmet will be required before the next pitch.
2. The infield fly rule is in effect.
3. If a player or players are used to coach bases, they must wear the prescribed helmet.
4. Three outs will constitute an inning for Junior Softball.
5. Three strikes constitutes an out and four balls constitutes a walk. A foul ball after the second strike is not an out.
6. Time will be granted when the ball is returned to the pitchers-mound circle in the possession of a player and no runner is advancing to the next base. Time will not be granted to a player standing in the outfield yelling "TIME".
7. Bunting will be allowed.
8. Runners may advance one base at their own risk for passed balls. The batter may advance on a dropped third strike if 1st base is not occupied
9. There will be no intentional walks.

10. Stealing is permitted when the ball leaves the pitcher's hand (on the release). If a base runner leaves before the ball is released, she will be called out.
11. If a coach calls a conference twice in one inning for the same pitcher, or three times during a game in different innings, the pitcher must be removed, except in the event of injury.
12. The judgement decisions by an umpire of any play shall not be protested. The Recreation Department allows protest on misinterpretation of the rules to the umpire-in-chief if accepted as valid. The protesting manager must inform the head umpire of the protest at the time the infraction occurs, and shall list the points of protest before the next live ball. He/she must then continue the game under protest. The protesting manager must file a written protest at the Recreation Department by 5:00 p.m. the next working day. It is the hope of the Recreation Department that all situations in question can be resolved at the field and dismissed.

Section H - League Standings

1. League Standings will be determined by winning percentage.

Winning percentage is figured by wins/losses/ ties.

Win= 1 Point

Loss= 0 Point

Tie= .5 Point

The percentage is figured by Total Points divided by Total Games Played.

In the event of a tie in the league rankings the tie breaker will be head to head competition. If the teams remain tied after head to head competition, the next tie breaker would head to head record against the next highest ranked team in the league. Ex: record verses the #1 team, then #2 and so on until the tie is broken. This will continue down through the ranks until a winner is determined. If the teams remain tied after the head to head records a coin flip will be used to determine the winner.

Tie Breaker

1. Head to head competition against the teams that are tied.
2. Head to head competition verses highest ranked teams
Ex: record verses #1, then record verse #2 and so on down through the ranks
3. Coin flip

2. Season ending tournament will be seeded based on league standings.