

2026 PARENT INFORMATION PACKET

Rookie Baseball

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 14 th
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 booing 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.*



cdc.gov/HEADSUP

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



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.

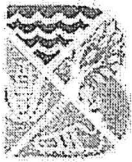
Athlete's Name Printed: _____ Date: _____

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.

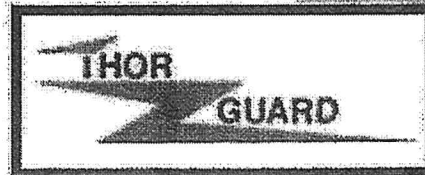
“Health Care Provider” means a licensed physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant or athletic trainer, who has received training in neuropsychology or concussion evaluation and management.

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

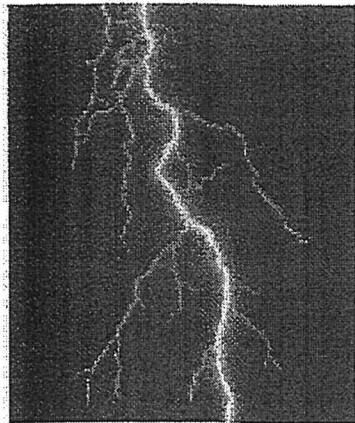
- * Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area
- * Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere 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

Thor Guard Location

- * near pond at Mill Creek Regional Park

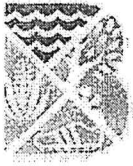
Other Non-covered Locations

- * 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 Thor Guard 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!



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 DEPARTMENT

ROOKIE RULES (INSTRUCTIONAL LEAGUE)

The Bulloch Recreation and Parks Department offers the Rookie League as an instructional level league for boys and girls ages six (who have played T-Ball previously) and age seven (who have not played in the Rookie League). ***This is an instructional league and is designed to teach the fundamentals of baseball/softball in a non-competitive environment. This handout contains only those rules specific to the Rookie league.

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

Section A- ELIGIBILITY

1. The age of the participant August 31st will determine which age division he/she will participate in.
2. Age Classification for Rookie is 7& under prior to September 1st. (This league is designed for 2nd year T-batters and 1st year 7 year olds.)

Section B - GAME/FIELD PROVISIONS

1. A regulation game shall consist of:
 - (a) Rookie League - five (5) Innings or one (1) hour time limit.
 - (b) No score is kept in the Rookie League.
2. Base distance is sixty feet (60').
3. Pitching Distance:
Rookie League - The coach will deliver the pitch from a distance best suited for each player.

Section C - EQUIPMENT

1. All players should be in full uniform issued by the Bulloch Recreation and Parks Department. It includes a cap, team shirt, socks and gray pants.
*If a player does not have a part of his full uniform, they will still be allowed to participate in the game.
2. Shoes are mandatory. Steel spikes are not allowed. Cleats optional.
3. No jewelry may be worn. Braces must be wrapped with an ace bandage so that no metal parts are exposed.

Section D - CONDUCT

1. There will be no hollering or harassing the players on the opposing team by parents, spectators, managers, players, or coaches. The person(s) violating this rule shall be suspended from the following game. (This is determined by the judgment of the officials and/or the recreation field supervisor).
2. Any player, coach, or spectator acting in an unsportsmanlike manner, or in any way that could prove

detrimental to the league players, umpires, staff, or spectators will be subject to disciplinary action by the Recreation Department.

3. **No use of any tobacco products is allowed on the premises of any BCRP Facility.**

Section E - COACHES RESPONSIBILITIES

1. Only certified coaches may assist on the field during games. All persons entering the dugout shall be players or certified coaches.
2. Coaches must notify the Recreation Department office in the event 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.
3. Unless contacted by the Recreation Department, all teams must show up at the field for games. If halted by inclement weather, teams must stay until a staff person releases them.
4. **There will be no intentionally hitting balls against any facility fencing.**
5. Use good game management on baserunning. Do not run just to run.

Section F – PARTICIPATION

1. All players will play defense (there may be two (2) pitchers if no catcher is used, and four (4) players in the infield). Outfielders must be positioned behind the painted outfield line.
2. All players bat each inning (coaches are encouraged to change the batting order each game to avoid having the same players in the lead off and last batting position).

Section G - GAME RULES

1. All batters and base runners must wear the helmet unless in the dugout. C-flaps are approved (Facemasks are optional). If the helmet is removed, the player is out. If the helmet falls off, there is no penalty, but a smaller helmet will be required before the next pitch.
2. Each batter will have six (6) pitches to put the ball into play. The batting team's coach will deliver each pitch. If a player is unable to put the ball into play after six (6) pitches then the player will hit from a tee.
3. An inning is complete after all players have batted (coaches are encouraged to change the order each inning to avoid the same players batting first and last the entire game).
4. If an out is made the runner will return to the dugout.
5. **There will be no head first sliding.**
6. There will be no base stealing in these leagues. All runners must remain in contact with the base until the ball is hit.
7. No bunting will be allowed. If a player bunts, in the judgement of the umpire, the player will be brought back to the plate and all players on base will return to the base they occupied prior to the pitch being thrown.