



## **Parents Information Packet**

### **Short Stuff, Tiny Mite and Tiny Minor Basketball League**

Packet includes:

1. Information on Equipment and Gym Rules
2. Important Dates to Remember
3. Evaluation Information
4. Concussion information and return to play policy
5. Information on Being a Good Youth Sport Parent
6. Youth Athlete Code of Conduct
7. League Rules
8. Gym Addresses

PLEASE TAKE THE TIME TO READ OVER ALL OF THE ENCLOSED MATERIAL. IT WILL HELP MAKE THIS A GREAT SEASON FOR YOU, YOUR CHILD, AND THE BULLOCH COUNTY COMMUNITY.

THANK YOU.

Website

[www.bullochrec.com](http://www.bullochrec.com)

## **Equipment**

- Provided by BCRP
  - Team Jersey
- Provided by Parents/Guardians
  - Shorts
  - Shoes

## **Gym Rules**

- ABSOLUTELY NO DRINKS are allowed in any gym! This includes bottled water
- ABSOLUTELY NO FOOD allowed in any gym! This includes gum and packaged snacks.
- ABSOLUTELY NO SMOKING in any gym or on school grounds.
- Please refrain from bringing extra basketballs to the gyms. BCRP will provide all necessary basketballs.
- No shooting on any gym goals during timeouts, halftimes, and/or between games, unless your team is scheduled during that time.
- ALL PARENTS must remain off the courts during games/practices
- ALL PARENTS must follow the Parent Code of Conduct Agreement listed in this information packet.

## **2025-2026 Youth Basketball Timeline and** **Important Dates to Remember**

- Youth Basketball Evaluations: Week of November 10<sup>th</sup>
- Teams Post: Wednesday November 19<sup>th</sup>
- BOE Thanksgiving Break: November 24<sup>th</sup> – 28<sup>th</sup>
- First Youth Basketball Practices: Week of December 1<sup>st</sup>
- BOE Christmas Break: December 22<sup>nd</sup> – January 1<sup>st</sup>
- Martin Luther King Holiday: January 29<sup>th</sup>
- Last Meeting Day: Week of February 15<sup>th</sup>
- BOE Winter Break: February 13<sup>th</sup> – 16<sup>th</sup>

# Concussion

## INFORMATION SHEET



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](https://cdc.gov/HEADSUP)

# SPORT PARENT CODE OF CONDUCT

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 my child or 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 sporting 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 wellbeing 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 that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant 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 deemphasize 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.

# **Young Athlete Code of Conduct**

**National Alliance for Youth Sports**

- ✓ 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 parents (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 other
- ✓ 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

## **YOUTH BASKETBALL RULES – SHORT STUFF, TINY MINOR, & TINY MITE LEAGUES**

### **I. ADMINISTRATION**

The Youth Basketball Program is an integral part of the Bulloch County Recreation and Parks Department's Athletic Program. It will be administered and controlled by the athletic supervisor through a well-organized volunteer coaching staff. The purpose of this program is to provide an enjoyable atmosphere that enhances the advancement of teamwork, sportsmanship, and development of the fundamental skills of basketball through ample opportunities of practice.

- A. The Statesboro – Bulloch Parks and Recreation Department (BCRP) follows the Rules and Regulations of the Georgia Recreation and Parks Association (GRPA), with exception to the modifications found within the BCRP Rules and Regulations.

### **II. COACHES**

*Section 1.* Each team in the BCRP shall have a volunteer coaching staff assigned by BCRP Athletic staff. Coaches shall be limited to two per team.

*Section 2.* Head Coach

- A. Must be 20 years of age by September 1 of the current year.
- B. Shall be totally responsible for his assigned team and all this implies, in any BCRP event.
- C. Must be certified by NYSCA to coach
- D. Must attend all clinics.

*Section 3.* Assistant Coach

- A. Must be 18 years of age by September 1 of the current year.
- B. Are directly responsible and accountable to their head coach in all BCRP activities.

### **III. ELIGIBILITY OF PLAYERS**

All Tiny Minor league teams are composed of players 9 years of age and under  
All Tiny Mite league teams are composed of players 8 years of age and under.  
All Short Stuffs league teams are composed of players 6 years of age and under.

### **IV. PLAYER ASSIGNMENTS AND TEAMS**

- A. All Midget and Minor players will be assigned a team by draft system based on player player evaluations.
- B. All players in Short Stuff, Tiny Minor, and Tiny Mite and will be assigned a team by BCRP Staff.

- C. After teams are chosen, coaches must accept all players assigned to their teams. All players must accept their team assignment. No trading is allowed.

## **V. EQUIPMENT**

- A. All players must wear the team jersey provided by the BCRP
- B. Players must furnish their own pants and footwear.
- C. Shoes must be worn at all times and must be smooth and made of soft-soled material for athletic use.
- D. A guard, cast or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance – even though covered with soft padding – will not be permitted when worn on the elbow, hand, finger, wrist, or forearm.
- E. Any brace worn on the leg must be wrapped by an Ace bandage or taped to provide a soft padding.
- F. The referee shall not permit any player to wear equipment, which in his or her judgement is dangerous or confusing to the other players. I.e., no jewelry of any kind. Soft leather or rubber (elastic) bands may be used to control hair. The BCRP will not be responsible for lost or stolen items, which must be left unattended while a person participates.
- G. No substance may be attached to a player's uniform unless authorized by the Athletic Superintendent.

## **VI. PRACTICE REQUIREMENTS**

- A. A player is to attend all practices unless he/she has a legitimate excuse in writing from a parent or guardian. This excuse must be turned in to the BCRP staff no later than 15 minutes prior to game time. Legitimate excuses include participants being ill and school field trips out of town, the BCRP Athletic Staff will consider all other excuses.
- B. Practice sessions will be limited in length to 1 hour.
- C. Practices will be limited to one per week if a team has two games that week, and twice per week if a team has only one game that week. (Maximum is 3 meetings/week)
- D. Failure to meet practice requirements will result in the player being allowed to play only in the second half of the next scheduled game, not to exceed 8 minutes of the game clock.

## **VII. PLAYING TIME**

- A. It is recommended that each player play at least half of each half if practice requirements are met.
- B. It is recommended that each player start the beginning of the game or after the half time intermission.
- C. 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:



- D. 1<sup>st</sup> offense: Verbal warning
- E. 2<sup>nd</sup> offense: Written warning
- F. 3<sup>rd</sup> offense: Suspension of coaching duties
- G. \*\*\* Any confirmed violations may result in immediate dismissal.

## **VIII. GAMES**

- A. Games are to be scheduled, published, and announced by BCRP
- B. Game management shall be provided by BCRP
- C. Player requirements for games:
  - 1. All players must report to their game sight at least 15 minutes prior to the designated game time.
  - 2. All players must be in approved uniforms.

## **IX. CONDUCT**

- A. The Youth Basketball Program is constantly in the public eye. Therefore, it is in the best interest that each participant adhere to a high standard of conduct and maintain an atmosphere of friendly competition.
- B. BCRP officials, coaches, players, spectators, and any other persons Administered hereunder, shall conduct themselves in a gentlemanly manner, exercising due restraint and acting responsible under generally accepted principles of good conduct.
- C. BCRP coaches should stress hustle, self-discipline, and the will to give a good effort at all times. Coaches should promote respect for and pride in the BCRP sports programs and all of Bulloch County. Coaches should also promote the importance of good discipline and good academics in the respective classrooms of the players.
- D. Any coach, team member, scorekeeper, or fan who physically abuses in any way a game official, league supervisor, or employee of the BCRP will be automatically suspended from the activity in question.
- E. Fans, players, and coaches who verbally abuse other players, fans, officials will be asked to leave the facilities.
- F. All individuals not directly involved with the event in progress must remain off of the playing surface and away from the team bench. Failure to do this could result in suspension for the remainder of the activity in question.
- G. No unnecessary roughness will be tolerated.
- H. If a player uses profanity or slams the ball to the floor because of a referee's call, a technical foul will be called. If flagrant, the player may be ejected.
- I. Repeated violations of any of the above policy statements may result in expulsion from any activities sponsored by the BCRP
- J. Any player ejected from a contest must contact the Youth Supervisor to set up a meeting before the player will be allowed to participate any further.

## **X. IN SERVICE TRAINING AND EVALUATION WITH COACHES**

Each coach and assistant coach will be required to attend in service training sessions provided by BCRP for his particular league.

## **XI. PLAYING RULES (SHORT STUFFS & TINY MITES)**

### **A. Duration of Game**

1. Playing time in Tiny Minor and Tiny Mite shall consist of 36 minutes, divided into two halves of 18 minutes with a running clock for the entirety of the game (clock will stop for injuries and time-outs).
2. Short Stuffs games will be two 15-minute halves with a running clock for the entirety of the game (clock will stop for injuries and time-outs).
3. The intermission between halves shall be 5 minutes in length.

### **B. Team Time Outs**

1. Each team may have three (3) time outs per regulation game.
2. The throw-in after a time out will be from the closest spot from the location of the ball at the request of the time out.

NOTE: Time-outs in excess of the allotted number will not be granted.

### **A. Scoring for Short Stuff, Tiny Minor, and Tiny Mite Leagues**

**(No score will be kept in Short Stuff)**

**Tiny Mite Boys and Tiny Minor Girls will Keep a visible score in 2025-2026. Like other sports if a team gains a 15-point lead, we will turn the visible scoreboard off.**

### **B. Fouls and Penalties**

#### **1. Technical Foul**

- A. The referee may forfeit a game if any player, squad member, or bench personnel fails to comply with any technical penalty, or reportedly commits a technical foul or other act which makes a travesty of the game.
- B. All technical fouls will result in 2 free throws and possession of the ball from the spot nearest to where the violation occurred.
- C. The 3<sup>rd</sup> technical foul is considered flagrant, and the player is disqualified from the game and banished from the court to the lobby. The 3<sup>rd</sup> technical foul on a coach is also considered flagrant and the coach is banished from the premises including the parking lot.
- D. An unsportsmanlike foul includes, but is not limited to, acts or conduct such as:
  1. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
  2. Using profanity.
  3. Baiting an opponent or obstructing his or her view by waving hands near his or her eyes.
- E. Delay the game by such acts as:
  1. Preventing the ball from being made live promptly.

2. Attempting to gain an advantage by interfering with the ball after a goal.
  3. Failing, when in control, to immediately pass the ball to the nearer official when a violation is called.
- F. Bench personnel shall not:
1. Commit an unsportsmanlike foul. This includes, but is not limited to, acts or conduct such as:
    - Disrespectfully addressing an official
    - Attempting to influence an official's decision
    - Using profanity
    - Disrespectfully addressing or baiting an opponent
    - Objecting to an official's decision by rising from the bench or using gestures
    - Inciting undesirable crowd reaction
    - Squad members not remaining seated on the bench unless spontaneously reacting to an outstanding play by a member of the team and immediately returning to their seats, or reporting to the score's table.
    - Entering the court unless by permission of an official to attend to an injured player.

**Penalty: 2 Free Throws. The technical foul is charged to the offender and to the head coach.**

2. Coaches must remain seated on their benches at all times while the clock is running, or it is stopped except to:
  - Confer with bench personnel and players within the confines within the bench area during a charged time out, or the intermission between halves and extra periods.
  - Rise and stand in front of their seats to signal players to request a time out.
  - Confer with personnel at the scorer's table to request a time out for a correctable error.
  - Confer with personnel at the scorer's table to request a time out prevent or rectify a timing or scoring mistake or an alternating possession mistake.
  - Attend to an injured player when beckoned onto the court by an official.
  - Replace or remove a disqualified or injured player within the confines of his or her bench; the coach shall replace a disqualified or injured player in 30 seconds when a substitute is available.

NOTE: Coaches may rise in front of their seats to spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player(s), but must immediately return to their seat.

**Penalty: 2 Free Throws (Technical Foul)**

2. Personal Fouls

- A. In Short Stuff, Tiny Minor, and Tiny Mite and Leagues, each player will be allowed 5 personal fouls or 1 flagrant foul before he/she is disqualified for the remainder of the game.
- B. Bonus free throw (1 & 1) will begin with the team's 7<sup>th</sup> personal foul during the half.
- C. Double bonus free throw (2 shots) will begin with the team's 10<sup>th</sup> personal foul during the half.
- E. Violations and Penalties (Clarifications)
  - 1. A kicked ball is intentionally striking it with the knee or any part of the leg below the knee, including the foot.
  - 2. A player shall not excessively swing his or her arm(s) or elbow(s), even though there is no contact with an opponent.

## **XII. GENERAL INFORMATION**

- 1. Each game will begin with a coin toss to determine who receives possession of the ball first. After the start of the game, all jump ball situations will result in alternating possession.
- 2. In Short Stuff, Tiny Minor, and Tiny Mite all defensive players must stay within the confines of the box designated as the lane.
- 3. NO FAST BREAKS ALLOWED  
If a defensive player rebounds the ball he/she must hold the ball until that opposing team has returned to the other end of the court.
- 4. Short Stuff, Tiny Minor, and Tiny Mite league games are played with 4 players. A team must have at least 3 players in order to start a game.
- 5. Game time is designated by the time according to the team's schedule. There are no forfeits in Short Stuff, Tiny Minor, or Tiny Mite league.
- 6. A lane violation in Tiny Minor or Tiny Mite will be extended to a 5-second count versus 3-second violation in all other High School Rules. There will be no lane violations for Short Stuffs.
- 7. Free Throws  
All players must wait for the ball to hit the rim before entering the lane.
- 8. In Short Stuff, Tiny Minor, and Tiny Mite a team may not stand outside the lane and hold the ball at any time. If a team tries to hold the ball in order to gain an unfair advantage, the ball will be turned over to the other team.
- 9. All Short Stuff, Tiny Minor, and Tiny Mite players will receive participation trophy.