



Canton Parks and Recreation

Youth Basketball League

League By-Laws

Article One: Governing Body

Canton Parks and Recreation Department

1. Director of Parks and Recreation: Joshua Medeiros
2. Recreation Supervisor: Courtney Hewett
3. Recreation Coordinator: Cedric C. Lawrence

Article Two: League Structure

Divisions are formed by the grade level the player is currently in:

- 1st+2nd grade Co-Ed Division
- 3rd+4th grade Boys Division
- 3rd+4th grade Girls Division
- 5th+6th grade Boys Division
- 5th+6th grade Girls Division

Article Three: Roster/Equipment

- Team rosters will consist of up to ten players.
- All players must be registered through Canton Parks and Recreation Department.
- Children can play in only one division. The player must play in the division of the current grade they are enrolled in school.
- Team T-shirts are provided by the Canton Parks and Recreation Division and must be worn at all times during games. Team T-shirts cannot be altered in anyway. Sneakers are also required.
- Players may not wear jewelry of any kind.
- No child will be allowed to play with a hard cast.

Article Four: Practice Sessions

- Each team is allocated at least (1) one-hour practice per week in a town indoor facility as their official practice. The Town will not sanction any other practice or game outside of their official practice/game schedule.
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- Any child (other than a team member) not accompanied by an adult will not be allowed in the building during practice.
- No team member should be at the gym earlier than ten minutes before the start of his or her practice unless specifically directed by a coach. Children should be picked up immediately following their practice.
- Only the registered players for the team practicing on the court are allowed to participate in the scheduled practice.
- Any vandalism found to be the responsibility of the coach and his/her team as determined by the Parks and Recreation Department may result in suspension of that team's practice time for the remainder of the season.

Article Five: Draft

- After registration, a draft will be held in which all participants will be picked for their respective teams. Players will be notified during the week following the draft.
- A lottery will be held for the pick selection order.

Article Six: Cancellations

In the case of inclement weather, the Canton Parks and Recreation Department will make the decision if there will be a cancellation or postponement:

- If schools are closed, practice or games held at the schools are cancelled.
- Coaches are responsible for notifying their players.
- All cancellations or postponements will announced on the Canton Parks and Recreation website at www.cantonrec.org

Article Seven: Misconduct

- If a player or coach receives a technical foul, he/she will sit out of the game for the equivalent of one quarter from the time of the foul. If time does not permit for the whole quarter to be sat out in the current game it will continue to the next played game until the total number of minutes is served.
 - If a player or coach receives two technical fouls in a game, he/she will receive a game misconduct. The player or coach must be removed from the floor and not allowed to play/coach the remainder of the game. Depending on the severity of the technical the player or coach may be asked to leave the school property. It also carries a one game suspension for the next scheduled game.
 - If a player or coach receives 3 technical fouls in a season, his/her playing or coaching status will be reviewed by the Parks and Recreation Department before he/she is allowed to continue to play or coach in the league.
 - If a player or coach receives 4 technical fouls during the season, he/she will be removed from the team.
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- There is a no taunting policy. Officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters.
- Any player or coach ejected from a game for spitting, obscene gestures, swearing or discrimination will be suspended until he/she is brought up for review by the Parks and Recreation Department. The ejected player or coach will be asked to leave the school property immediately.
- Any player/coach, who in the judgment of the officials intentionally injures another player/coach will be suspended from play until a hearing. This includes but is not limited to intentional pinching, scratching, slapping, etc.

Article Eight: 50% Playing Rule

Every participant is expected to play a minimum of 50% of each game from the time they arrive at that game. (See division rules.)

Article Nine: Ethics

The Canton Recreation Youth Basketball League has adopted *Codes of Ethics* for each person connected with the basketball program. These codes apply to coaches, players and parents. It is our hope that by publishing these codes, we can and will demonstrate our commitment to the children.

A. **Coach's Ethics** – I hereby pledge to provide positive support, care and encouragement for all children participating in the Canton Parks and Recreation's Youth Basketball League by following this *Code of Ethics*:

- I will place the emotional and physical well being of my players ahead of any personal desire to win.
 - I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
 - I will do my best to provide a safe playing environment for all my players.
 - I will lead by example in demonstrating fair play and sportsmanship to all my players.
 - I will be knowledgeable in the rules of basketball and will teach these rules to all my players.
 - I will use those coaching techniques appropriate for each of the skills I teach.
 - I will remember that I am a youth sports coach and that the game is for the children, not the adults.
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- I will demonstrate a drug and alcohol-free sports environment and will agree to refrain from their use at any sports events.

B. **Player's Ethics** – I hereby pledge to provide positive support, care and encouragement for my teammates participating in the Canton Parks and Recreation's Youth Basketball League 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 practice.
- I will place the emotional and physical well being of myself and my teammates ahead of any personal desire to win.
- I will provide support for coaches and officials working with me to provide a positive and enjoyable experience for all.
- I will do my best to make youth sports fun for myself, teammates and our opponents.
- I will treat other teammates, opponents, coaches, spectators and officials with RESPECT regardless of their ability, race, sex or creed.
- I will demonstrate a drug and alcohol-free sports environment and will agree to refrain from their use at any sports event.

C. **Parent's Ethics** - I hereby pledge to provide support, care and encouragement for my child participating in the Canton Parks and Recreation's Youth Basketball League 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 practice.
- 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 remember that the game is for the children and not for the adults.
- I will do my best to make youth sports fun for my child and everyone involved.
- I will ask my child to follow my example by treating other teammates, opponents, coaches, spectators and officials with RESPECT regardless of ability, race, sex or creed.
- I will demonstrate a drug and alcohol-free sports environment for my child and agree to assist by refraining from their use at any youth sports event.

Article Ten: Commitment

The Canton Parks and Recreation Department is committed to the youth of Canton. We are constantly striving to improve the in-town basketball program for our children. If you have any comments, concerns or suggestions, we encourage you to call the Parks and Recreation Office at

860-693-5808. You may also visit our website at www.cantonrec.org for additional information about other program offerings.



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Youth Basketball League

Code of Ethics

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Misconduct

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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physician’s Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. *Clinical Journal of Sport Medicine*: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

Resources:

- I Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- II Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.