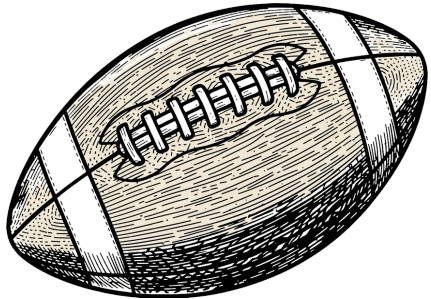


City of Long Beach Parks, Recreation & Marine

Youth Sports Program General Rules



Youth Sports Program Pillars

- Health and Wellness
- Sportsmanship
- Fundamentals
- Perseverance
- Teamwork

Mission Statement

The Department of Parks, Recreation and Marine Youth Sports program exists to provide boys and girls in our community, a variety of citywide recreational sports that promote Health and Wellness, Sportsmanship, Fundamentals, Perseverance and Teamwork. We believe every child in Long Beach has something to play for and our role is providing that opportunity in a fun, safe and nurturing environment.

Coaches Code of Conduct

I agree to the following:

- I will be honest, fair, and always show good sportsmanship to all coaches, officials, players and fans involved in the City of Long Beach Youth Sports Program.
- I will do my best to organize practices that are fun and challenging for all of the players and their abilities.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will do my best to provide a safe playing situation for all of the players.
- I will place the emotional and physical well-being of the 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 lead by example in demonstrating fair play and sportsmanship to all of the players.
- I have read, understood, and will follow the rules of each sport that I coach, and I will teach these rules to the players.
- I will remember that I am a City of Long Beach Youth Sports coach and that the game is for the children and not for the adults.
- I will accept and respect the decisions of officials, and understand that officiating is one of the hardest jobs on and off the court.
- I will not cheat or engage in any form of unethical behavior that violates league rules and will remember that this league is for fun!

Parents' Code of Conduct

I agree to the following:

- I will remember that youth sports are played for fun! I will be a role model for my team demonstrating how to treat players, other parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all referees, officials and never act in a manner that would be disrespectful toward them.
- I will encourage all players on all teams regardless of the score.
- I will place my child's emotional and physical well-being ahead of my own personal desire to win.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that failure to follow the above rules may lead to removal from the Youth Sports Program.

General Youth Sports Rules & Regulations

1. Proof of Birth

Proof of birthdate is required and due along with team rosters. It is each coach's responsibility to collect proof of birthdate from ALL players that are not already on the Master List. Documentation MUST show participant's full name and their birthdate.

Acceptable documents include:

- Copy of Birth Certificate
- ParentVue/School Loop printout
- Immunization Records
- Other official documents

In order to protect participants' private information, all physical documents will be shredded and discarded once the participant has been approved for the Master List.

2. Rosters

Due dates for rosters will be provided before each season and MUST be turned in on time. In order for rosters to be accepted, coaches should ensure the following:

- All parts of the roster are completely filled out
- The roster consists of at least the minimum number of participants needed to play the given sport
 - Basketball - Minimum 8, Maximum 10
 - Indoor Soccer - Minimum 8, Maximum 10
 - Dodgers Dreamteam - Minimum 11, Maximum 15
 - Flag Football and Volleyball - Minimum 9, Maximum 12
 - Volleytennis - Minimum 7, Maximum 9
- All the necessary paperwork is attached
- Roster is signed by a certified coach and their supervisor

3. Adding/Dropping Players to Rosters

Adding a Player - No late registrations are accepted. All participants must be registered in order to play, **no exceptions**.

Dropping a Player - A player can only be dropped from a team by their parents/guardians, the park supervisor, or the Youth Sports program supervisors.

4. One Team, One Park

A participant may only be on one roster, per sport. For example, a participant may not play on an E-Boys Soccer team at Silverado Park and play up on a D-Boys Soccer team at Pan American Park. However, a participant may register for both Flag Football and Volleyball.

5. Transfers from One Park to Another

There will be no transfers from park to park after the transfer deadline. All transfers during the transfer time must be approved by the park supervisor and the Youth Sports supervisor.

6. Insufficient Number of Registrants

If a participant signs up at a park that does not have a team for their division, the Youth Sports Office will advise the family of available options.

7. Team Dropouts

If a team drops out of the season, the Youth Sports Office will advise the remaining players of available options. Game schedules will be updated to reflect changes due to the team dropping.

8. Forfeits

A team will be issued a forfeit for any one of the following reasons:

- A team does not have the minimum amount of players ready to play at the 10 minute mark.
 - Basketball - 4
 - Indoor Soccer - 4
 - Dodgers Dreamteam - 8
 - Flag Football - 5
 - Volleyball - 5
 - Volleytennis - 3

Forfeit and Playing Up Clarification - A team in jeopardy of forfeiting a game may use one player playing up or across within the same division to avoid a forfeit. This player may only be used for the purpose of meeting the minimum player requirement. Example: In basketball, the minimum number of players required is 4. If a team only has 3 rostered players available, they may use 1 player playing up or across to reach the minimum of 4 players. A team may not use a player playing up or across to increase their roster beyond the minimum required number. Any player playing up or across must be noted on the sign-in sheet. If a rostered player arrives after the game has started, they must enter the game and the player playing up or across must sit out.

- If a team runs into a situation where they may need multiple players they should notify the sports office immediately game will still be considered a forfeit.
- A team is playing an ineligible player. A player will be considered ineligible if:
 - The player has not been properly added to the roster
 - The player is impersonating another rostered player
 - The player is not of the correct age group

***If a team forfeits twice in a season, the Youth Sports Office will reach out to the park supervisor to determine next steps.**

9. Start of Game Delay

If the minimum amount of required players are present for a game, the game must begin at its scheduled time. Officials will not wait for a full team to start the game.

(Ex: If Cherry Park's Junior Baseball team has 8 players and Orizaba Park's team has 9 players at the scheduled game time, the game will begin. Officials will not wait out the 10-minute grace period for Cherry Park's 9th player to arrive. Please see sport-specific rule on how to check late players into the game.)

10. Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated under any circumstances.

PARTICIPANTS - Fighting, display of physical force, taunting, or any other negative gestures directed toward other participants, coaches, officials or spectators is cause for immediate ejection from the game. If a player is ejected from a game, the player will be asked to leave the game immediately and be suspended for the next playable game. If a player is ejected from the last game of the season or has been ejected from more than one game, the Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

SPECTATORS - If there is any unsportsmanlike conduct by spectators before, during or after a game, they will be asked to leave the game immediately. The Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

COACHES - If a coach displays negative behavior at any time, the youth sports supervisor and the respective park supervisor will have a meeting to determine consequences for the staff member. In the case of extreme misconduct, the coach will be removed from all games for the rest of the day. A manager will be contacted immediately for further action. Running up the score may be considered unsportsmanlike conduct. Coaches should adjust strategy when a game becomes significantly one-sided. Ex: Team A is winning by 10 runs in the 3rd Inning against team B. Team A's coach should challenge their players to make 4 passes before attempting to score, to avoid "running up the score".

****Extreme misconduct by coaches, players or spectators can result in dismissal from the program for the remainder of the season.***

11. Players on Bench

During the game, any rostered players at the game must sit on their team bench. Players should be with their coach for the duration of the game unless the player is injured. Before the game begins coaches should have all of their players grab their waters drinks and any other belongings and bring them to their team bench.

12. Participant Safety

Both coaches and officials have a role in ensuring the safety of participants at every game. Players will NOT be permitted to play or continue a game if the player:

- is bleeding OR has an excessive amount of blood on themself
- has an open wound
- has any type of cast or splint
- becomes unconscious before or during the game (participant must present written authorization from a physician upon returning to the program)

13. Participant Uniform

Shirts – Participants must wear the uniform shirt provided by the Youth Sports Office. Shirts should be tucked into bottoms. Bottoms must be pulled up to the hips.

Shoes – Closed-toe tennis shoes or athletic shoes are required. No boots, clogs, sandals or shoes with heels may be worn during practices or games.

- *Cleats with metal spikes may be worn by Junior Baseball or Senior Softball participants.*
- *Cleats with plastic spikes may be worn during flag football season.*

Shin guards – Plastic shin guards may only be worn during Indoor Soccer season.

Jewelry – Earrings/studs, necklaces, bracelets, rings, and facial piercings will not be permitted. However, if a participant has permanent jewelry, they will be responsible for taping the jewelry down before the start of the game.

Headwear – Hats, bandanas, wave caps, and hair clips are not allowed. Beads and barrettes must be pulled back to contain any loose items from hanging.

- During the Dodgers Dreamteam season, hats are a part of player uniform.

Reminders will be given during the pre-game gathering.

Officials will not permit any player to wear equipment that they deem dangerous or inappropriate.

14. Uniform Infractions

Once the game has begun, any dress code infraction will result in the following per season:

Basketball – a free throw will be awarded to the other team for each dress code infraction

Indoor Soccer – a Penalty Kick will be awarded to the other team for each dress code infraction

Dodgers Dreamteam – a free base will be awarded to the opposing team. Only one base, not one per dress code infraction

Flag Football – 10 yard penalty will be awarded to the opposing team.

Penalty will only be assessed once, not once per dress code infraction

Volleyball – 2 points will be awarded to the opposing team at the start of the first match. Penalty will only be assessed once, not once per dress code infraction

15. Patron/Volunteer Incident Reports

Anytime a participant is injured at a practice or game location, staff are responsible for completing an incident report immediately.

- Practices - Coaches should complete this incident report, attach the Youth Sports program waiver and turn it in to their supervisor within 24 hours.
- Games
 - Before leaving a game site, a coach should fill out basic participant information and leave the report with the city staff assigned to the field/court/gym

****Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Clerks Office.***

16. Incident Reports

An incident report should be filled out whenever there is an incident on site that does not involve an injury. (Ex: Parent yelling unsportsmanlike remarks at officials, player fight, official or coach disagreement)

- The report should be completed by a staff who witnessed the incident. Reports should be left with the lead Youth Sports staff on site or the info table. Youth Sports staff should turn in the incident report to the Youth Sports supervisor.

****Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Clerks Office.***