



DOWNERS GROVE PARK DISTRICT

2023 Adult League

Captain's Manual

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General Information

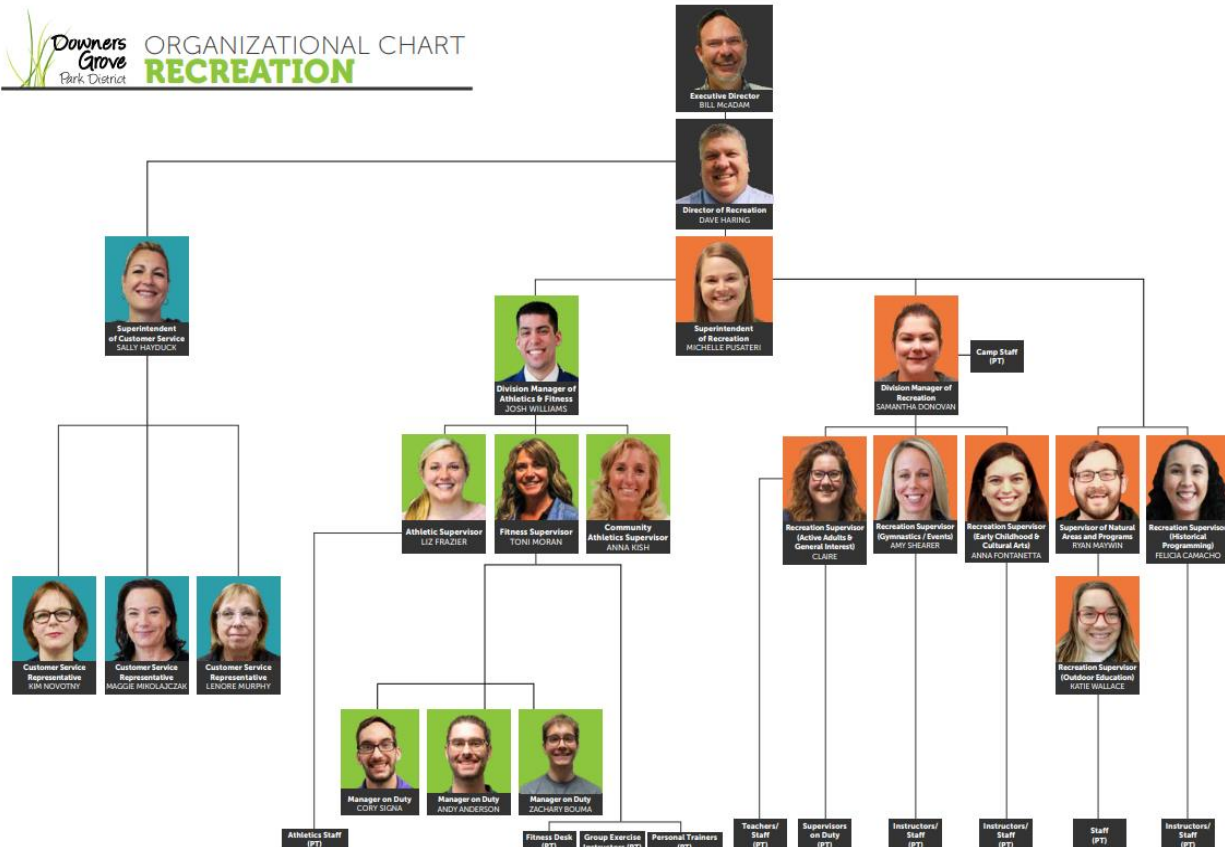
Thank you for participating in a Downers Grove Park District adult sports league! Whether you are a new or returning DGPD adult league participant, we appreciate all of your time and energy.

Everyone in our adult leagues – players, referees, and DGPD staff – should uphold the basic expectations included in the “Code of Conduct”. As adults, we are role models in our community. It is our responsibility to create a safe and fun environment for everyone.

DGPD Athletics Contact Information

- Superintendent of Recreation: Michelle Pusateri, mpusateri@dgparks.org
- Division Manager of Athletics & Fitness: Josh Williams, jwilliams@dgparks.org
 - Youth Basketball & Youth Flag Football
- Athletic Supervisor: Liz Frazier, efrazier@dgparks.org
 - Youth Soccer, Adult Baseball, Adult Basketball, Adult Softball, Adult Volleyball
- DGPD Athletic Leagues Website: www.teamsideline.com/dgparks
 - League schedules, standings, and rules
- DGPD Main Website: www.dgparks.org

DGPD Recreation Department Organizational Chart



DGPD Adult Sports Program Objectives

Downers Grove Park District adult sports leagues strive to achieve the following:

1. Leagues will be designed to promote positive learning experiences that enhance physical, psychological, and social development.
2. Leagues will emphasize fun, developing new skills, fair play, and sporting behavior.
3. Leagues will be conducted with the safety of all participants in mind.
4. Leagues will be designed to promote positive self-esteem and self-confidence of the participants.
5. Leagues will be comprehensive in nature and offer a variety of levels that match available resources. If resources or facilities are limited, accommodating the needs and interest of the majority of the participants will take priority.

* Adult sports programs can be competitive on both a team and individual level. However, it is the desire of the Downers Grove Park District to keep the intensity of the competition at a recreational level, which stresses fun, learning, and the concept that everyone plays. *

DGPD Adult Sports Philosophy

The DGPD recognizes that competition in and of itself is a part of life and if placed in the proper perspective something that an individual learns from. Competition should encourage participants to strive to be the best they can be. The DGPD adult sports leagues strongly support the concept that competition must always be channeled into positive and educational experiences, never into degrading or harmful behavior patterns. In games, winning and losing will be de-emphasized whenever possible, with emphasis placed on participation, learning, and enjoyment. In an effort to keep the recreational philosophy and to serve the greatest number of residents, athletic programs will be designed to encourage participation for the beginner and mid-level athlete. The overall focus should still remain on fun and learning. For certain participants, their skill level and competitive needs may exceed the capabilities of the DGPD program or resources and they may need to seek outside or private clubs and organizations.

Code of Conduct

The purpose of the Code of Conduct is to establish common expectations of captains, players and spectators so that adult sports programs provide a constructive learning experience for players in a positive sports environment.

Expectations of Captains

1. Captains will accept all responsibility for the conduct of their respective team members and spectators
2. Captains will demonstrate good sportsmanship before, during and after games, win or lose
3. Captains will make sure their team is on time for games
4. Captains will show respect in language and behavior toward players, opponents, officials, spectators and Downers Grove Park District staff
5. Captains will be responsible for the sportsmanship of their teammates and assist in maintaining a respectful environment for all participants
6. Captains will pass along any league information sent to captains by the Athletic Supervisor
7. Captains should possess knowledge of game/league rules. Rules and other resources are available from the Park District.
8. Captains will use the designated communication process when they have an issue with the program.
9. Captains will know and support the consequences to players and spectators if there are violations of the Code of Conduct and be consistent and fair in the application of the Code. Consequences can be found in league rules.
10. Captains will communicate with players regarding:
 - a. Player and spectator expectations
 - b. Game/league rules
 - c. Communication process
 - d. Consequences for players and spectators if there are violations of the Code of Conduct
11. Captains will accept all expectations below as a player as well

Expectations of Players

1. Players will respect the game, play fairly and follow all rules and policies.
2. Players will accept the decisions of Downers Grove Park District staff and officials with good grace
3. Players will demonstrate good sportsmanship before, during and after games, win or lose.
4. Players will be courteous to opposing teams, officials, Downers Grove Park District staff and treat all players with respect
5. Players will obey all facility rules, while respecting all equipment, common areas, playing areas, parking areas, and surrounding neighborhoods
6. Players will refrain from the use of abusive language or profanity
7. Players will accept responsibility for their own behavior
8. Players will not engage in any behavior which would endanger the health, safety, or wellbeing of any player, official, staff member or spectator
9. Players will not initiate a fight, scuffle, or exchange with any individual (including but not limited to: pushing, shoving, punching, kicking, etc.)
10. Players will not use alcoholic beverages, tobacco, or illegal drugs at any Downers Grove Park District location, including at the fields/courts or in the parking lot
11. Players will know and support the Code of Conduct and understand the consequences of Code violations. Consequences can be found below

Sanctions

The Downers Grove Park District has adopted a Zero Tolerance Policy for violators of the Code of Conduct. The grounds for disciplinary action include, but shall not be limited to the following:

Sanctions for Captains/Players/Teams:

Ejection/Suspension:

1. Not following mandated playing time rules for all players
2. Failure to develop knowledge of, or follow the league rules
3. Failure to treat players, opponents, officials and spectators with respect
4. Failure to coach in accordance with the Coaches Code of Conduct
5. Foul or abusive language
6. Repeat Offensives
7. Threatening a spectator, official, Downers Grove Park District staff or player
8. Continued use of abusive language and/or threatening behavior
9. Allowing foul language or threatening behavior by players
10. Use of alcohol, tobacco or drugs during a practice or game
11. Sexual behavior or use of sexual language
12. Theft or destruction of property
13. Negative references to the sex, age, color, religion, national origin or any disability
14. Inappropriate attire
15. Interference with game play except for instances of medical emergency

Each action has a consequence (based on severity); however, an ejection from the game will lead to an automatic one game suspension.

Dismissal:

- 1) Striking or bodily assault on another person
- 2) Continuing actions that originally led to the Ejection/Suspension level

The Park District reserves the right to suspend violators of the code of conduct from participation in other Park District programs through the duration of their suspension or term of dismissal.

General League Rules (All Adult Sports)

Player Responsibility:

- Players must shoulder the responsibility and take initiative to make the program successful. Each participant should join in the total effort of honoring the program philosophies and expectations. There is opportunity for all to participate.

Good Sportsmanship:

- The use of profanity, obscene gestures, and/or taunting are strictly prohibited by any player, coach, official, spectator, parent, or family member on and off the court/field. Captains must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same.

Tobacco & Alcohol Prohibited:

- The use of tobacco and alcoholic beverages in any form are strictly prohibited within the confines of the facility

Jewelry

- Jewelry includes but is not limited to earrings, bracelets, and necklaces
- Players who cannot remove jewelry may cover them with bandages for games
- Medical alert jewelry such as bracelets or necklaces are not considered jewelry but must be secured to the body

Noisemakers

- The use of artificial noisemakers such as cow bells, whistles, etc. during indoor games is prohibited

Spectator Areas (Adult Basketball)

- All spectators must sit in the designated spectator areas. Spectators cannot sit on the basketball court sidelines, the score table, the player bench area, and spectators cannot block the entrances to the courts

Scoring, Standing & Team Records

- Game scores will be kept throughout the game on scoreboards (Adult Basketball)
- Season standings and records will be kept throughout the season

Officiating

- Only the captain can request an explanation of a call or rule - requests must be made during timeouts only.
- No one is allowed to argue judgement calls with officials.
- Persons who choose to argue with officials shall be subject to a technical foul or possible ejection.
- Each official has the authority to rule on any point not specifically covered in the DGPD or IHSA rules.
- Physical contact with an official is not permitted and will not be tolerated. Anyone making contact with an official will be immediately ejected and suspended from further participation in the DGPD adult league.

Thor Guard Instructions

The Downers Grove Park District utilizes the Thor Guard lightning prediction system which predicts lightning by measuring electrostatic charges on the ground and in the air. To clarify, the system IS NOT looking for lightning, but rather it is searching for conditions in the atmosphere that are associated with lightning, including a first strike. Please be aware that lightning can strike even on a sunny day. **ANYTIME LIGHTNING IS OBSERVED, THE BEST COURSE OF ACTION IS TO SEEK APPROPRIATE SHELTER IMMEDIATELY.**

The Downers Grove system is installed in five (5) zones covering 19 sites throughout the Park District. Each zone has a base unit with sensors that will activate warning sirens at the base unit and at each of its satellite locations in surrounding parks. The lightning prediction sensors at each of the five base units act independently of one another and can result in having conditions and alert signals vary from one end of the community to the other (zone to zone).

- A. Lyman Woods Zone includes: Lyman Woods only
- B. Doerhoefer Park Zone includes: Doerhoefer and Whitlock Parks
- C. Lincoln Center Zone includes: Ebersold, Gilbert, Hummer, Memorial, Patriots, Randall and Washington Parks
- D. McCullum Park Zone includes: McCollum, Concord Square, Mar-Duke Farm, O'Brien, Powers and Ned Bell Parks
- E. Golf Course Zone includes: Golf Course and Walnut Park

The system is activated each spring and operates from April through October from 8:30am to dusk, except at the following Parks: Memorial, Doerhoefer, McCollum and Walnut Parks where the system will remain active until approximately 11:00pm in conjunction with scheduled, lighted activities on athletic fields.

When the system establishes that conditions exist to predict lightning in the area, an 8-second warning horn will sound and a warning strobe-light will activate at the base unit and at each satellite park within the zone. Anyone who hears the horn or sees the strobe light should seek shelter immediately. All activities at the park should stop. The strobe light will continue to flash until an all clear signal is received. After the danger is reduced, an all-clear signal of two 3-second horn blasts will sound and the strobe light will turn off.

The Downers Grove Park District utilizes Thor Guard to provide a warning to park users of impending weather and specifically, lightning. If you have questions regarding the Thor Guard system, contact the Downers Grove Park District at 630-960-7500.

LIGHTNING SAFETY TIPS

Avoid:

Open Areas / Isolated Trees
Overhead Wires & Power Lines
Water
Metal/Wire Fences
Elevated Ground
Golf Carts
Maintenance Machinery
Golf Carts
Rail Shelters

Seek:

Enclosed and Grounded Building
Enclosed Automobile/Truck
Approved Lightning Shelter



The Thor Guard Lightning Prediction System uses TWO WARNING SIGNALS:

1. WHEN LIGHTNING IS IMMINENT – Thor Guard will sound: One 8-second blast: **SEEK SHELTER NOW!**
A strobe light will flash until danger is reduced.
2. WHEN ALL IS CLEAR – Thor Guard will sound: Two Short Blasts (Three at the Golf Course)

Rainout Line Instructions

WHERE TO CHECK RAINOUT LINE & LEAGUE STATUS

Captains and players can call 630-225-7272 and check the field status of their adult leagues. The specific rainout line extensions for each outdoor adult sports league are below:

- Adult Baseball – Ext 70
- Adult Sand Volleyball – Ext 72
- Adult Softball – Ext 63

You can also receive text or email alerts via the Rainout Line app or you can view all Rainout Line information via our websites www.dgparks.org & www.teamsideline.com/dgparks.

FIELD STATUS UPDATES



Open or Playable – Applies to athletic fields, programs, events, golf, etc.



Caution – Be advised, the athletic field or amenity is currently not up to the Park District's recreational standards; however, the field or amenity is not deemed unplayable at this time. Leagues and coaches need to evaluate field and weather conditions. Please note, some pregame/pre-practice field work may be necessary to allow your activity to commence.



Closed or Unplayable - Applies to athletic fields, programs, events, golf, etc.





Acknowledgement of Receipt

**Downers Grove Park District
Adult League Captain's Manual**

My signature below acknowledges that I have received the Downers Grove Park District's Adult League Captain's Manual. My signature also indicates my understanding that the information contained in the manual is considered to be official Downers Grove Park District policy.

It is my responsibility to read the manual and familiarize myself with the information contained therein. I understand that I am expected to comply with the rules and procedures contained in this manual.

Signature

Date

Printed Name