



**Recreational Youth/Adult Sports
Policies & Procedures**



Commerce
CITY

Department of Parks and Recreation Youth Sports Mission:

Commerce City Parks and Recreation is committed to providing a safe, fun, and positive experience for each participant in our athletic programs, with an emphasis on teamwork, sportsmanship, and promoting an active lifestyle.

WE HAVE FUN!

“Quality Community for a Lifetime”

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Develop Teamwork – Learn Sportsmanship – Build Friendships

Goals and Purpose for Youth Sports

- To give every child the opportunity to participate in Youth Sports, regardless of ability.
- To teach the participants the skills and fundamentals of the sport in which they are participating.
- To encourage the participants' development of sportsmanship, team play, and leadership.
- To teach the participants that competition and winning are not the primary objective; therefore a strong commitment should be made towards improvement of skills and just having fun!!
- To encourage coaches to teach children that success does not require winning a game and that losing does not mean one is a failure.
- To have coaches teach kids to strive for excellence, to do the best they can.
- To have mandatory playing rule to guarantee participation opportunities for every child.
- To stress to the participants the importance of being drug free and the relationship of sports participation.
- To train coaches through the National Youth Sports Coaches Association Certification Clinics.
- To annually conduct finger print and background checks on all coaches to help ensure the safety of our participants.
- To annually conduct background checks on all officials/referees/umpires to help ensure the safety of our participants.

Team and League Structure

Commerce City Parks and Recreation Department will offer various Recreational Youth Sports Programs throughout the year to local youth. Each program will include practices during the week and games on weekday evenings/and or weekends. Each session will typically last 6 to 8 weeks. All children are guaranteed equal playing time.

The Recreation Department offers a Scholarship Program for eligible participants that will reduce the fees charged for activities and/or programs depending on financial need.

Team Structure:

Each team will be structured in the following manor:

- Participants will register by their age or grade level
- Participants will register for the school in which they attend or the school in closest proximity to their residence if their particular school is not being offered
- No player may register on a team that is not their age group, grade level or school without approval from the Recreation Coordinator – Youth Sports

League Structure:

Leagues will be structured in the following manor:

- Teams will be placed in a single league
- All leagues will be co-ed, except the Youth Basketball program were we have a separate boys and girls division

- Leagues will be divided by age or grade level

Special Note: Trophies will not be awarded by Commerce City Parks and Recreation. A Participation Certificate for league play will be awarded to each youth Sports participant.

Registration Information

The parks and recreation department forms teams based on school boundaries; parents please be sure to register your child for the school he or she attends. Proof of address or enrolment verification may be required before start of season. We will do our best to form teams for each school and to have practices take place at these locations. If teams are unable to be formed at your particular school, we will combine schools/teams that are in close proximity.

Registrations received after teams are filled will be put on a waitlist. If enough players sign up before the registration deadline, we will do our best to form a new team from this list. After the registration deadline, waitlisted players may be added to a team if a player drops out before mid-season. Registrations and waitlisted players are on a first-come, first-serve basis.

During the season, teams use local schools' fields or gyms for practice. When there are conflicting uses, recreation staff will work to arrange an alternate location; however, practices may be canceled in rare cases.

City staff makes every effort to find coaches for each team. If unable to find a coach, a staff member will run the first practice with assistance from the players' parents. If a coach is not found prior to the first scheduled game, the team may be cancelled. This is always the last resort, so parents please help us find that perfect coach. If you know someone who is interested, please pass along contact information to Josh Polgar at 303-289-3705.

Refund Policy

The following refund policy applies to all youth sports programs unless otherwise noted in written Department material.

- A full refund will be issued when a team level is cancelled by the Recreation Department.
- A refund may be issued when requested at least seven days before the start of the season, provided the request does not reduce the participation level below the required minimum.
- A refund may be issued when a participant becomes ill or is unable to participate due to an injury.
- A refund may be issued when the participant moves from the area, depending on when in the season the participant moved.
- A refund may be issued by the Recreation Coordinator for any other circumstances that may occur during the season.

Weather

A decision to conduct games will be made one hour before scheduled game time. Coaches may make the decision for practices sooner than one hour, but are required to call the Recreation Coordinator – Youth Sports and inform him of the situation.

The Athletic Weather Hotline number is 303-289-3757.

Special Note: Please see Appendix A for Lighting Safety for Outdoor Athletic Facilities.

Our Youth Sports Philosophy

Parents please keep in mind that all of our youth athletic programs are guided by the recreational philosophy. It is our objective to give children an opportunity to participate in youth sports and ensure an equal amount of playing time. Our volunteer coaches teach children the basic skills and fundamentals of the sport in which they are participating in, however a strong emphasis is made toward developing teamwork, sportsmanship, and most importantly having fun. We encourage coaches to communicate to the youngsters that success does not always involve winning a game and defeat does not necessarily equate with failure, a focus on dedication and hard-work from the child is often most important.

NOTE: We ask that children who participate in a competitive league refrain from participating in our recreational based programs in order to keep the level of play equal and fun for the recreational participant.

Parent's Packet

Upon registration parents shall receive a parent's packet. The packet will include the following information:

- Welcome letter to the parents explaining our Youth Sports Programs.
- Goals and Purpose for Youth Sports (see Appendix).
- Information sheet that includes information about:
 - Team composition
 - General practice information
 - Game locations
 - Athletic Weather Hotline
 - Equipment needs
 - Various dates of events occurring during the season
 - Medical form (see Appendix)
 - Parents Code of Ethics (see Appendix)
 - Special note detailing the screening and training our of volunteer coaches

Selection of Coaches

All coaches will complete a Coaches Application, Coaches Agreement form (see Appendix), Criminal Background check and Fingerprint check. A prospective coach will not be allowed to coach if these forms are not completed.

Special Note: All coaches are contingent of passing fingerprint check if background check has passed.

Priority Order in the Selection of Coaches

1. Coaches returning from the previous season.
2. Coaches returning from the previous season, moving up or down in division.
3. New coaches with the greatest number years of service as a coach (assistant or head).
4. All other new coaches.

NOTE: Coaches are not guaranteed to return to the same team.

Coaches Training

All coaches should attend the scheduled sport specific coaches' meeting before the start of season.

At the coaches meeting the following will be covered:

- Coaches manual (see Appendix).
- Set practice days and times.
- Have coaches fill out payment request form. (Coaches a paid under contract \$100 per team)
- Inform coaches' date to come in and pick up uniforms and all schedules.
- Set date for new coaches to come in for NYSCA training.
- Cover any dates or events that will occur during the season.
- Fill out fingerprint card and have prints taken (A Commerce City Police Officer and Explorer will be present to administer the fingerprinting).

NYSCA Training

All coaches are trained through the National Alliance for Youth Sports. The National Youth Sports Coaches Association (NYSCA) is a membership organization. The NYSCA coach training program is designed to sensitize coaches to their responsibilities and hold them accountable to strict Code of Conduct defined by the NYSCA Coaches' Code of Ethics Pledge.

NYSCA's Code of Ethics

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches Code of Ethics:

- I will place the emotional and physical well being of my players ahead of a 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 situation for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

The NYSCA training will be ran by the Recreation Coordinator, who is a certified NYSCA Clinician. Membership fees will be paid by the Recreation Department as long as the coach remains as a coach for the Youth Sports Programs.

Complaint/Concern (Coaches, Players, Parents and Spectators)

It is the duty of the Recreation department to respond to concerns/complaints lodged against a coach, player, parent and spectator. This is not an assumption of guilt but merely an investigation of alleged actions.

When the Recreation Department receives a concern or complaint about a coach, player, parent or spectator that is deemed worthy of investigation, the Coordinator will:

- Gather information and/or eye witness accounts of the events that took place from all involved.
- If warranted, the person(s) involved will be contacted by phone or will be required to attend meeting to address the concern/complaint.
- The Recreation Coordinator and Sports Supervisor have the authority to determine the severity of the situation and to enforce the appropriate range of disciplinary actions.

Possible Disciplinary Actions

In order to provide the Recreation Department with the flexibility to take appropriate action when a person is found have committed a violation, a range of possible actions has been developed. These actions may be implemented.

Possible disciplinary actions include (in no particular order);

- Written or verbal warning

- Probation
- One game suspension
- Multiple game suspension
- Season suspension
- Indefinite suspension

Definition of Possible Disciplinary Actions

Verbal Warning – Recreation Department staff will verbally discuss undesirable conduct with the individual(s). This meeting will outline the expectations of the department and reinforce to the individual(s) that conduct detrimental to the program will not be tolerated and could result in further disciplinary action. Verbal warning will be documented and filed.

Written Warning – Recreation Department will send a formal letter of reprimand to the individual(s) stating that the undesirable conduct will not be tolerated and next offense will lead to probation, game or season suspension. Written warning will be documented and filed.

One or Multiple Game Suspension – Recreation Department will suspend individual(s) one or multiple games. Any individual(s) that has been suspended will lose the privilege of attending or participating in any practices or games during this time period. Suspension will be documented and filed.

Season Suspension – Recreation Department will suspend individual(s) for the remainder of that sports season. Any individual(s) suspended for the season will be banned from Commerce City sponsored sports activities, game or practices for the remainder of the season. Suspension will be documented and filed.

Indefinite Suspension – Recreation Department will suspend individual(s) indefinitely. After one calendar year, the individual(s) will then have to make a formal request to the Recreation Coordinator to be re-instated into the program. The individual(s) will then have to meet with the Recreation Coordinator and Recreation Supervisor for Sports to determine if the individual(s) is able to return. Suspension will be documented and filed.

Probation – Probation period will last one calendar year from the date put on probation. If during that time period, the individual(s) portrays any conduct the Recreation Department deems undesirable or unbecoming, the individual(s) will be suspended for the season or indefinitely. Probation will be documented and filed.

Factors Considered in All Disciplinary Actions

When reviewing a concern/complaint and deciding what action is most appropriate in a given situation, the Recreation Coordinator and Recreation Supervisor for Sports will take into consideration a variety of circumstances including, but limited to, the following factors (in no particular order):

- Number of offenses on file
- Remorse or lack thereof
- Apparent desire to reform or lack thereof

- Other quality attributes
- Child endangerment
- Violation of the law
- Prior complaints/review action
- Blatant disregard for the rules
- Extraordinary poor judgment

Scheduling/Communication

[Teamsideline.com/commerccity](https://www.teamsideline.com/commerccity)

- Game schedules
- Picture schedules
- Division rules
- Special Events
- Field/Gym locations
- Parent packets and additional information

Basketball

Basketball is offered in the Winter (January – March). Teams practice at local schools and play games on Saturdays at the Commerce City Recreation Center.

Divisions are listed:

Kindergarten (Co-ed)

1-2 Grade (Co-ed)

3-4 Grade (Boys)

3-4 Grade (Girls)

5-6 Grade (Boys)

5-6 Grade (Girls)

* Rules on next page

Commerce City Parks & Recreation Department
Youth Basketball Rules
1st & 2nd Grade

- ❑ Colorado High School Basketball rules shall govern all occurrences not listed in the Commerce City Parks & Recreation Youth Basketball rules.

Rosters

- ❑ All rosters are set by the Commerce City Parks & Recreation Department and are limited to ten players per team. No child will be allowed to participate unless they are registered and assigned to a team by the recreation department.

Official Balls

- ❑ Junior Size Ball (27")

Playing Time

- ❑ Each player must play at least half of each game. If a player has not attended at least 2 of team's last 4 practices, then that player must play at least a quarter of each game. (Note: coaches must notify the scorekeeper which players that this rule effects)
- ❑ If a player is not put into play in the second half of the first quarter, the game will be stopped and that player will be put into the game. Failure to play every player half of every quarter of every game will result in a forfeit.
- ❑ No player may more then $\frac{3}{4}$ of the game.

Jump Ball

- ❑ Every game will begin with a jump ball at the center of the court. From that point on, teams will alternate possessions in the jump ball situations through the rest of the game and into overtime.

Game Time

- ❑ Games will consist of four eight-minute quarters with a running clock.
- ❑ There will be a one-minute break between quarters and a five-minute break for halftime.

Clock

- ❑ A running clock will be used and will only stop for timeouts.
- ❑ The clock will stop for free-throws. Once the players are set the clock will start.

Time Outs

- ❑ Each team will be allowed two one-minute time outs per half. A player or a coach can call the time out if that team has possession of the ball or it is a dead ball.
- ❑ Time outs do not carry over into the next half or over time.

Defense

- ❑ Only play a man-to-man defense no zone defense. 1) Zone defense is defined as a player defending an area of the court rather than a player. The purpose of the no zone rule is to teach young players a hustling, aggressive man-to-man defense. Straight man-to-man defense is the most effective way in teaching young athletes defensive skills. 2) Defensive players must stay within 5 feet of the player they are guarding. Double-teaming a player is not allowed. However, defensive players may help out if an offensive player with the ball is driving for a basket inside the key area. The defensive player may not leave their person in anticipation of this happening. Switching in not considered double-teaming. Any defensive player(s) may defend an offensive player attempting to put back a rebound within the key area.
- ❑ A full court press is prohibited for all divisions. Defense must drop back to the mid-court line after a change of possession.
- ❑ On all in bound passes, past mid-court, the defense must stand two feet back from the line.

Substitutions

- ❑ Substitutions will only be allowed at the mid-quarter or in case of injury.

Fouls

- ❑ Fouls will not be kept. However if the supervisor notices that a player is fouling excessively that player may be asked to sit the rest of the game out.

Free Throws

- ❑ Will shoot from 8'.

Three Point Shot

- ❑ The three point shot will not be in effect

Protest

- ❑ No protests will be allowed

Coaches/Bench

- ❑ Only two coaches will be allowed on the bench with the players.(No parents or siblings)
- ❑ One coach for each team will be on the floor directing the players and calling fouls.

Special Note

- ❑ Score will not be kept for these games.
- ❑ Games will be played on a modified court with eight-foot rims.
- ❑ Coaches will be responsible for interacting with the players on the playing floor and calling fouls.
- ❑ A gym supervisor will keep track of the clock and possession arrow.

Commerce City Parks & Recreation Department
Youth Basketball Rules
3rd-6th Grade Boys/Girls

- ❑ Colorado High School Basketball rules shall govern all occurrences not listed in the Commerce City Parks & Recreation Youth Basketball rules.

Rosters

- ❑ All rosters are set by the Commerce City Parks & Recreation Department and are limited to ten players per team. No child will be allowed to participate unless they are registered and assigned to a team by the recreation department.

Official Balls

- ❑ Intermediate Size Ball (28.5")

Playing Time

- ❑ Each player must play at least half of each game. If a player has not attended at least 2 of team's last 4 practices, then that player must play at least a quarter of each game. (Note: coaches must notify the scorekeeper which players that this rule effects)
- ❑ If a player is not put into play in the second half of the first quarter, the game will be stopped and that player will be put into the game. Failure to play every player half of every quarter of every game will result in a forfeit.
- ❑ No player may more then $\frac{3}{4}$ of the game.

Jump Ball

- ❑ Every game will begin with a jump ball at the center of the court. From that point on, teams will alternate possessions in the jump ball situations through the rest of the game and into overtime.

Game Time

- ❑ Games will consist of four eight-minute quarters with a running clock.
- ❑ There will be a one-minute break between quarters and a five-minute break for halftime.

Clock

- ❑ A running clock will be used and will only stop for timeouts and the following:
- ❑ The clock will stop for the for free-throws. Once the players are set the clock will start back up.
- ❑ The clock will stop in the final two minutes of the fourth quarter if the game is within ten points or less. During this time the clock will only stop on the referee's whistle.

Time Outs

- ❑ Each team will be allowed two one-minute time outs per half. A player or a coach can call the time out if that team has possession of the ball or it is a dead ball.
- ❑ Time outs do not carry over into the next half or over time.

Overtime

- ❑ A two-minute overtime will be played if the game ends in a tie. This overtime will have a stop clock. If a tie still exists after the overtime, the game will end in a tie.
- ❑ Each team will be allowed one timeout in the first overtime and none in the second overtime.

Defense

- ❑ 3rd & 4th Grade and 5th & 6th grade will be allowed to play a man-to-man defense or a zone defense.
- ❑ A full court press is prohibited for 3rd & 4th Grade. Defense must drop back to the mid-court line after a change of possession.
- ❑ A full court press is allowed for 5th & 6th Grade. Once a team is up by 11 or more points they must drop back to half court defense.
- ❑ On all in bound passes, past mid-court, the defense must stand two feet back from the line.

Substitutions

- ❑ Substitutions will only be allowed at the mid-quarter or in case of injury.

Fouls

- ❑ Each player will be allowed five personal fouls per game. After the fifth foul the player will have fouled out and will not be allowed back into the game.
- ❑ A bonus one on one free throw will be awarded after the seventh team foul. After ten team fouls it will be an automatic two shots. Team fouls do not carry over into the next half or overtime.

Technical Fouls

- ❑ Technical fouls will result in an automatic two points awarded to the opposing team. The team awarded the two points will also receive the ball.
- ❑ A player given an unsportsmanlike technical foul will sit out the rest of the quarter. If that player receives a second unsportsmanlike technical foul in the same game they will be automatically ejected from the game.

If a coach, player, or team receives an accumulation of three unsportsmanlike technical fouls, the game will be forfeited.

Free Throws

- ❑ 3rd & 4th Grade Girls will shoot from 10'
- ❑ 3rd & 4th Grade Boys will shoot from 12'
- ❑ 5th & 6th Grade Girls will shoot from 12'
- ❑ 5th & 6th Grade Boys will shoot from 15'

Three Point Shot

- ❑ The three point shot will be in effect

Protest

- ❑ No protests will be allowed

Coaches/Bench

- ❑ Only two coaches will be allowed on the bench with the players. (No parents or siblings)
- ❑ A coach is not allowed on the floor during any time of play.
- ❑ One coach will be allowed to stand in the coach's box while the other must remain seated on the bench.

Soccer

Soccer is offered in the Spring (March - May). Teams practice at local schools and play games on Saturdays at Dick's Sporting Goods Park or MSC (Municipal Services Center).

Divisions are listed:

K-1 Grade (Co-ed)

2-3 Grade (Co-ed)

4-5 Grade (Co-ed)

* Rules on next page

Commerce City Parks & Recreation
Youth Soccer Program
Boys/Girls 4 vs. 4 Grade K – 1st

- We will follow all the high school rules unless noted in the following.

The Field of Play

- Field Dimensions

Length: 40 yards

Width: 30 yards

- Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.

- Goal Area

A goal arc with a 4-yard radius is painted around the goal.

- Goals

Length: 6'

Height: 4'

The Ball

- The ball size is 3

The Players and Substitutions

- Players

Two teams, each consisting, play a match of 4 players (no goalie).

- Substitution

Substitutions will be made at quarter breaks only. All players are required to play at least half the game. Only players that are injured may be substituted during play. No player may play the whole game unless team has no subs for that game.

Player Equipment

- Required Equipment

All players will be given jerseys to wear. Shorts or sweat pants shall be worn. Goalies will wear a colored pennies given to them at the start of each game. All players are required to wear shin guards and rubber soled cleats.

Duration of Match

- Game Length

The length of game shall be 40 minutes (4 ten minute quarters) with a running clock. The official will keep the official game clock on the field.

No time outs unless official calls official timeout.

There will be no overtime. Games can end in a tie.

- Quarter and Half Time
Teams will be allowed 1 minute between quarters and 5 minutes for half time.

The Start and Restart of Play

- Preliminaries
A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick off to start the match. The team, which wins the toss, takes the kick off to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals.
- Kick-off
A kick off is a way of starting or restarting play: at the start of the match, after a goal has been scored, at the start of quarters and second half of the match. A goal may be scored directly from the kick off.

Procedure

All players are in their own half of the field. The opponents of the team taking the kick off are at least 8 yards from the ball until it is in play. The ball is stationary on the center mark. The referee gives a signal. The ball is in play when it is kicked and moves forward. The kicker does not touch the ball a second time until it has touched another player. After a team scores a goal, the kick off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player: an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick off procedure: the kick off is retaken.

- Dropped Ball
A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball dropped again: if a player touches it before it makes contact with the ground. If the ball leaves the field of play after it makes contact with the ground, without player touching it.

The Ball in and Out of Play

- Ball Out of Play
The ball is out of play when: it has wholly crossed the goal line or touchline whether on the ground or in the air. Play has been stopped by the referee.
- Ball In Play

The ball is in play at all other times, including when: it rebounds from a goalpost or crossbar and remains in the field of play. It rebounds from the referee when the are on the field of play.

The Method of Scoring

- Goal Scored
A goal is scored when the whole of the ball passes over the goal line.
Goals scored inside the arc are allowed.
Defending inside the arc is not allowed unless the ball is in the arc.

Offside

- There shall be no offside.

Fouls and Misconduct

- Any player who commits one of the following offences shall be penalized and the opposing team awarded a direct free kick:
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent
 - Jumps at an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Pushes an opponent
 - Slide tackle
 - Holds an opponent
 - Spits at an opponent

Handles the ball deliberately. It is not considered a “hand ball” when the ball hits the players hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.
- Indirect free kicks are awarded if the following should occur:
 - Dangerous play
 - Charging shoulder to shoulder while away from the ball

Free Kicks

- Free Kicks are one of two types:
 1. Direct kick- a kick awarded after a serious foul in which a goal can be scored direct against the offending side.
 2. Indirect kick- a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal.

For both type of kicks, opponents must be 6 yards away before kick is allowed.

The Penalty Kick

No Penalty Kicks.

The Throw In

- A throw in is awarded: when the whole of the ball passes over the touch line, either on the ground or in the air, from the point where it crossed the touch line to the opponents of the player who last touched the ball.

Procedure

At the moment of delivering the ball, the thrower:

Faces the field of play

Has part of each foot either on the touchline or on the ground outside the touchline.

Uses both hands

Delivers the ball from behind and over their head

The thrower may not touch the ball again until it has touched another player

The ball is in play immediately it enters the field of play

The Goal Kick

- A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when: the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air.

Procedure

The ball is kicked from any point within the goal arc by a player of the defending team.

Opponents remain at least 4 yards from the ball until it is in play.

The kicker does not play the ball a second time until it has touched another player.

Infringements

If the ball is not kicked directly into play beyond the penalty area: the kick is retaken.

The Corner Kick

- A corner kick is a method of restarting play.
- A corner kick is awarded when:

The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure

The ball is placed inside the corner arc at the nearest corner flag post.

The corner flag post is not moved.

Opponents remain at least 4 yards from the ball until it is in play.

A player of the attacking team kicks the ball.

The ball is in play when it is kicked and moves.

The kicker does not play the ball a second time until another player has touched it

Commerce City Parks & Recreation

Youth Soccer Program

Boys/Girls 7 vs. 7 Grade 2nd & 3rd

- We will follow all the high school rules unless noted in the following.

The Field of Play

- Field Dimensions

Length: 60 yards

Width: 40 yards

- Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries. The field of play is divided into two halves by a halfway line. The center is mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.

- Goal Area

The goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 6 yards from inside of each goalpost. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line.

- Penalty Area

The penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 12 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 12 yards and are joined by a line drawn parallel with the goal line. Within each penalty area a penalty mark is made 10 yards from the midpoint between the goalposts.

- Goals

Length: 12'

Height: 6'6"

The Ball

- The ball size is 4

The Players and Substitutions

- Players

Two teams, each consisting, play a match of 6 players, one of whom is a goalie. No goalie will be allowed to play more then one half at the goal.

- Substitution

Substitutions will be made at quarter breaks only. All players are required to play at least half the game. Only players that are injured may be substituted during play. No player may play the whole game unless team has no subs for that game.

Player Equipment

- Required Equipment

All players will be given jerseys to wear. Shorts or sweat pants shall be worn. Goalies will wear a colored pennies given to them at the start of each game. All players are required to wear shin guards and rubber soled cleats.

Duration of Match

- **Game Length**

The length of game shall be 40 minutes (4 ten minute quarters) with a running clock. The official will keep the official game clock on the field.

No time outs unless official calls official timeout.

There will be no overtime. Games can end in a tie.

- **Quarter and Half Time**

Teams will be allowed 1 minute between quarters and 5 minutes for half time.

The Start and Restart of Play

- **Preliminaries**

A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick off to start the match. The team, which wins the toss, takes the kick off to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals.

- **Kick-off**

A kick off is a way of starting or restarting play: at the start of the match, after a goal has been scored, at the start of quarters and second half of the match. A goal may be scored directly from the kick off.

Procedure

All players are in their own half of the field. The opponents of the team taking the kick off are at least 8 yards from the ball until it is in play. The ball is stationary on the center mark. The referee gives a signal. The ball is in play when it is kicked and moves forward. The kicker does not touch the ball a second time until it has touched another player. After a team scores a goal, the other team takes the kick off.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player: an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick off procedure: the kick off is retaken.

- **Dropped Ball**

A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball dropped again: if it is touched by a player before it makes contact with the ground. If the ball leaves the field of play after it makes contact with the ground, without player touching it.

The Ball in and Out of Play

- **Ball Out of Play**

The ball is out of play when: it has wholly crossed the goal line or touchline whether on the ground or in the air. Play has been stopped by the referee.

- **Ball In Play**

The ball is in play at all other times, including when: it rebounds from a goalpost or crossbar and remains in the field of play. It rebounds from the referee when the are on the field of play.

The Method of Scoring

- **Goal Scored**

A goal is scored when the whole of the ball passes over the goal line.

Offside

No Offside's.

Fouls and Misconduct

- Any player who commits one of the following offences shall be penalized and the opposing team awarded a direct free kick:

- Kicks or attempts to kick an opponent

- Trips or attempts to trip an opponent

- Jumps at an opponent

- Charges an opponent

- Strikes or attempts to strike an opponent

- Pushes an opponent

- Slide tackle

- Holds an opponent

- Spits at an opponent

- Handles the ball deliberately (except for the goalkeeper within their own penalty area). It is not considered a "hand ball" when the ball hits the players hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.

- Indirect free kicks are awarded if the following should occur:

- Dangerous play

- Charging shoulder to shoulder while away from the ball

- The goalkeeper takes more than 6 seconds to release the ball into play

- The goalkeeper may handle the ball while inside the penalty area unless the ball is intentionally played with the feet back to the goalkeeper by a teammate.

Free Kicks

- Free Kicks are one of two types:

1. Direct kick- a kick awarded after a serious foul in which a goal can be scored direct against the offending side.

2. Indirect kick- a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal.

For both type of kicks, opponents must be 10 yards away before kick is allowed.

The Penalty Kick

A penalty kick is taken from the penalty mark. It is awarded when any of the fouls that can result in a direct kick occur inside the penalty area. Only the goalkeeper and the kicker are allowed inside the penalty area. The goalkeeper may move along the goal line but not off the goal line. The kicker cannot touch the ball twice until another player has touched it.

The Throw In

- A throw in is awarded: when the whole of the ball passes over the touch line, either on the ground or in the air, from the point where it crossed the touch line to the opponents of the player who last touched the ball.

Procedure

At the moment of delivering the ball, the thrower:

Faces the field of play

Has part of each foot either on the touchline or on the ground outside the touchline.

Uses both hands

Delivers the ball from behind and over their head

The thrower may not touch the ball again until it has touched another player

The ball is in play immediately it enters the field of play

The Goal Kick

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when: the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team (6 yard box).

Opponents remain outside the penalty area until the ball is in play.

The kicker does not play the ball a second time until it has touched another player.

The ball must leave the penalty area before it can be played/touched by a player of either team.

Infringements

If the ball is not kicked directly into play beyond the penalty area: the kick is retaken.

The Corner Kick

- A corner kick is a method of restarting play.

- A corner kick is awarded when:

The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure

The ball is placed inside the corner arc at the nearest corner flag post.

The corner flag post is not moved.

Opponents remain at least 6 yards from the ball until it is in play.

A player of the attacking team kicks the ball.

The ball is in play when it is kicked and moves.

The kicker does not play the ball a second time until another player has touched it

Commerce City Parks & Recreation

Youth Soccer Program

Boys/Girls 9 vs. 9 Grade 4th & 5th

- We will follow all the high school rules unless noted in the following.

The Field of Play

- Field Dimensions

Length: 70 yards

Width: 45 yards

- Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries. The field of play is divided into two halves by a halfway line. The center is mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.

- Goal Area

The goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 6 yards from inside of each goalpost. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line.

- Penalty Area

The penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 14 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 14 yards and are joined by a line drawn parallel with the goal line. Within each penalty area a penalty mark is made 10 yards from the midpoint between the goalposts.

- Goals

Length: 12'

Height: 6'6"

The Ball

- The ball size is 4

The Players and Substitutions

- Players

A match is played by two teams, each consisting of 8 players, one of whom is a goalie. No goalie will be allowed to play more then one half at the goal.

- Substitution

Substitutions will be made at quarter breaks only. All players are required to play at least half the game. Only players that are injured may be substituted during play. No player may play the whole game unless team has no subs for that game.

Player Equipment

- Required Equipment

All players will be given jerseys to wear. Shorts or sweat pants shall be worn. Goalies will wear a colored pennies given to them at the start of each game. All players are required to wear shin guards and rubber soled cleats.

Duration of Match

- **Game Length**
The length of game shall be 40 minutes (4 ten minute quarters) with a running clock. The official will keep the official game clock on the field.
No time outs unless official calls official timeout.
There will be no overtime. Games can end in a tie.
- **Quarter and Half Time**
Teams will be allowed 1 minute between quarters and 5 minutes for half time.

The Start and Restart of Play

- **Preliminaries**
A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick off to start the match. The team, which wins the toss, takes the kick off to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals.
- **Kick-off**
A kick off is a way of starting or restarting play: at the start of the match, after a goal has been scored, at the start of quarters and second half of the match. A goal may be scored directly from the kick off.

Procedure

All players are in their own half of the field. The opponents of the team taking the kick off are at least 8 yards from the ball until it is in play. The ball is stationary on the center mark. The referee gives a signal. The ball is in play when it is kicked and moves forward. The kicker does not touch the ball a second time until it has touched another player. After a team scores a goal, the kick off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player: an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick off procedure: the kick off is retaken.

- **Dropped Ball**
A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball dropped again: if it is touched by a player before it makes contact with the ground. If the ball leaves the field of play after it makes contact with the ground, without player touching it.

The Ball in and Out of Play

- **Ball Out of Play**

The ball is out of play when: it has wholly crossed the goal line or touchline whether on the ground or in the air. The referee has stopped play.

- **Ball In Play**

The ball is in play at all other times, including when: it rebounds from a goalpost or crossbar and remains in the field of play. It rebounds from the referee when the are on the field of play.

The Method of Scoring

- **Goal Scored**

A goal is scored when the whole of the ball passes over the goal line.

Offside

- A player is considered offside if he/she is nearer to the opponent's goal line that the ball at the time the ball is kicked except in the following cases:

The player is in their own half of the field.

The player is not nearer to their opponent's goal line than at least two of their opponents.

A player is only penalized for being offside if the ball is played or touched by one of their team and they are involved in active play in one of the following ways:

Interfering with play

Interfering with an opponent

Gaining an advantage by being in an offside position

It is not an offence in itself to be in an offside position. A player will not be declared offside by the referee:

Merely because of their being in an offside position, or

If they receive the ball direct from a goal kick, a corner kick or a throw in

Fouls and Misconduct

- Any player who commits one of the following offences shall be penalized and the opposing team awarded a direct free kick:

Kicks or attempts to kick an opponent

Trips or attempts to trip an opponent

Jumps at an opponent

Charges an opponent

Strikes or attempts to strike an opponent

Pushes an opponent

Slide tackle

Holds an opponent

Spits at an opponent

Handles the ball deliberately (except for the goalkeeper within their own penalty area). It is not considered a "hand ball" when the ball hits the players hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.

- Indirect free kicks are awarded if the following should occur:
 - Dangerous play
 - Charging shoulder to shoulder while away from the ball
 - The goalkeeper takes more than 6 seconds to release the ball into play
- The goalkeeper may handle the ball while inside the penalty area unless the ball is intentionally played with the feet back to the goalkeeper by a teammate.

Free Kicks

- Free Kicks are one of two types:
 1. Direct kick- a kick awarded after a serious foul in which a goal can be scored direct against the offending side.
 2. Indirect kick- a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal.

For both type of kicks, opponents must be 10 yards away before kick is allowed.

The Penalty Kick

A penalty kick is taken from the penalty mark. It is awarded when any of the fouls that can result in a direct kick occur inside the penalty area. Only the goalkeeper and the kicker are allowed inside the penalty area. The goalkeeper may move along the goal line but not off the goal line. The kicker cannot touch the ball twice until another player has touched it.

The Throw In

- A throw in is awarded: when the whole of the ball passes over the touch line, either on the ground or in the air, from the point where it crossed the touch line to the opponents of the player who last touched the ball.

Procedure

At the moment of delivering the ball, the thrower:

- Faces the field of play

- Has part of each foot either on the touchline or on the ground outside the touchline.

- Uses both hands

- Delivers the ball from behind and over their head

- The thrower may not touch the ball again until it has touched another player

- The ball is in play immediately it enters the field of play

The Goal Kick

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when: the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team (6 yard box).

Opponents remain outside the penalty area until the ball is in play.

The kicker does not play the ball a second time until it has touched another player.

The ball must leave the penalty area before it can be played/touched by a player of either team.

Infringements

If the ball is not kicked directly into play beyond the penalty area: the kick is retaken.

The Corner Kick

- A corner kick is a method of restarting play.
- A corner kick is awarded when:

The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure

The ball is placed inside the corner arc at the nearest corner flag post.

The corner flag post is not moved.

Opponents remain at least 6 yards from the ball until it is in play.

A player of the attacking team kicks the ball.

The ball is in play when it is kicked and moves.

The kicker does not play the ball a second time until another player has touched it

Baseball

Baseball is offered in the Summer (May - July). Teams practice at local schools and play games on the weekday evenings at Pioneer Park or Fairfax Park.

Divisions are listed:

T-Ball – (Co-ed) Ages 5-6 as of June 1 of given year

Coach Pitch - (Co-ed) Ages 7-8 as of June 1 of given year

PeeWee - (Co-ed) Ages 9-10 as of June 1 of given year

Junior - (Co-ed) Ages 11-12 as of June 1 of given year

Senior - (Co-ed) Ages 5-6 as of June 1 of given year

* Senior's will play in the 4 Star Baseball League (made up of local small towns)

* Rules on next page

Commerce City Parks & Recreation Department
Youth Baseball – T-Ball

Performance Objective of the Tee Ball Program

The performance objective for the Tee Ball program is for our children to participate in coach assisted Tee Ball games that will be used to develop individual player skills in a non-competitive environment. The dimensions of the Tee Ball diamond are smaller than regulation baseball. The rules are simplified to accommodate young beginner players. The program emphasizes skill development and sportsmanship over winning. There is no score keeping of any kind.

Performance Goals of the Tee Ball Program

1. Familiarize players with the concept of teamwork and with the responsibilities of a team-member. Players will know and address all teammates by name.
2. Familiarize players with the concept of sportsmanship. We will not run-up the score on any team. We will shake hands with the opponent after the game. Etc.
3. Players will demonstrate knowledge of Tee Ball rules.
4. Players will demonstrate knowledge of basic offensive and defensive strategies.
5. Players will be able to identify parts of the baseball diamond.
6. Players will be able to identify the positions played in the game.
7. Players will be able to identify equipment used in baseball.
8. Players will be able to assume a proper batting position in the batter's box.
9. Players will be able to hit a ball off the Tee when at bat.
10. Players will be able to run the bases.
11. Players will be able to assume the baseball ready position on defense.
12. Players will be able to field a ground or fly ball.
13. Players will be able to make a throw to the appropriate base or cut-off man.

General Information

1. Boys and girls baseball ages of 5 & 6 years old (as of June 1, current year) are eligible to play.
2. All games will be played at Fairfax Park, 69th & Fairfax or Pioneer Park, 5902 Holly Street. Games will be on Thursday evenings.
3. Practices will be once a week. Coaches and players will have determined practice days and times.
4. All players must bring a written excuse to the coach when absent. Coaches have the authority to not play a player that has too many unexcused absences.
5. All spectators, parents and players should refrain from sitting/standing behind the backstop and heckling the umpire.
6. Parents, players or spectators acting in an unsportsmanlike manner will be asked to leave the field, bleachers and area.
7. Players must furnish their own glove and shoes. Caps and shirts will be provided. Participants are not allowed to wear shoes with metal spikes.
8. Please do not add any names, numbers, etc. to baseball jerseys, T-shirts or batting helmets until the season is over.

9. Home team should supply 1 game ball (T-Balls) and a batting tee.
10. Coaches will officiate.

Safety

1. Safety is always first.
2. No throwing the bat.
3. All batters will wear a batting helmet while both at bat and on base.
4. No sliding.
5. No base stealing.
6. There is no on-deck circle. The on-deck batter will wear a helmet to be ready but will not have a bat in their hands until they are at the tee.
7. Shoes with steel spikes are prohibited.
8. No jewelry will be worn.
9. Throwing the bat outside the 10 foot circle by the batter constitutes an OUT. Speak with the player first, point out the danger that is caused by throwing the bat, but if the problem continues the player will be forced to lose an "at bat turn".

Start of the Game

1. A team should field a minimum of 7 players to complete a game.
2. If a team has 7 players and the opposing team has 10 or more players, then the coaches will select 1 or 2 players to play with the team, which is short.
3. Infield practice: Each team is allowed 10 minutes for infield practice. The home team should start the infield no later than 30 minutes before the game time. The visiting team should start their infield no later than 20 minutes before the game time. NOTE: If time does not permit – both teams will be denied infield practice.
4. Each game will consist of 4 innings. No new inning will start after 1 hour and 15 minutes.
5. All players present will be placed in the batting line-up and will bat in the order listed.
6. The home team shall supply a new ball for the game.
7. The home team will sit on the first base side.
8. Protest will not be allowed. All rule disagreements will be settled on the field between coaches from each team. Judgment calls by the coach are not to be protested.
9. Each coach shall be responsible for the conduct of his/her players and fans/spectators.
10. Both Teams are responsible for cleaning up the area after each game.
11. No animals/pets of any kind are permitted on the fields during practices or games there is NO exception to this rule.

Players and Positions

1. A team should field a minimum of 7 players to complete a game.
2. All players present will be placed in the batting line-up and will bat in the order listed.
3. If a player is hurt, they may be removed from the game and at a later time return to the game. They may return only to the batting position that they held prior to being injured.
4. A fielding team will consist of 10 players.
5. On defense, the players will be positioned at Catcher, 1B, 2B, SS, 3B, and 1 pitcher. All other players will be positioned evenly in the outfield area. Pitchers should stand at the pitching rubber. Outfielders must play in the grass area. Catchers must stand outside the 10 foot circle.

6. Playing requirements: Each player must play 2 complete innings in the field. No player will play the same position for more than 2 innings.
7. Coaches will ensure that all players will play at least half of each game.
8. The batting order should be shuffled every game. All players should get the opportunity to bat leadoff, cleanup, etc. at some point in the season.

Coaches and Assistants

1. Each team should provide an adult to be an umpire (which can be a coach) or a parent willing to assist.
2. Coaches or assistants will be at the batting tee instructing the children while their team is at bat.
3. The 1st and 3rd base coaches are restricted to the area of the coach's boxes. Coaches are not allowed to physically assist base runners; e.g. pushing the runner or helping the runner off the ground, while the ball is in play.
4. A maximum of 3 coaches from the defensive (fielding) team are allowed on the playing field. These coaches should be situated behind 1st 2nd and 3rd bases. These coaches are on the field for instructional purposes only, such as re-positioning the fielders and relaying information.

Play of the Game

1. Regulation game is 4 innings. No new inning will be started after 1 hour and 15 minutes.
2. Make the game fun.
3. There will be no score keeping of any kind. This is a non-competitive league.
4. During the game, all players must remain in the designated team areas and on benches, except the batter at the plate.
5. Base Distance: 50 feet.
6. The next batter will not approach the plate until called by the batting coach.
7. The batting coach will place the ball on the tee and verify that the tee is adjusted within the strike zone (between the knees and the armpits of the batter). The batting coach may adjust and reposition the batter at any time as long as the ball is not in play.
8. At the discretion of the batting coach, the batter then hits the ball off the tee after the defensive coach calls "ball in play" and thereafter.
9. Batters will have no more than 4 attempts to successfully strike the ball.
10. All batters will hit off the Tee. No pitching to more advanced players. When you have a stronger batter up, please notify the other coach so he can protect his smaller players.
11. The batting coach will remove the tee from the playing field after the ball is hit.
12. A 10-foot circle will be drawn around the home plate. A hit ball must go outside the line. A foul ball is one hit inside the 10-foot arc line. Official baseball rules apply to a ball that stops on the line, i.e., foul ball rule. If a ball leaves the tee as a result of the tee being struck rather than the ball, then the ball shall be declared DEAD and another attempt shall be made to hit the ball.
13. In T-Ball the play is considered 'over' when the ball is returned to a player at the mound or any base.
14. At the time the ball is declared DEAD, the umpire shall award a runner the next base only if the runner is half the distance or more to that base. If the runner is not half the distance to the next base, he shall be returned to the base he had safely reached.
15. When the coach calls the ball dead, it stays dead until the coach calls the ball in play again.

16. Runners may advance to the next base on an overthrow out-of-bounds. Runners cannot advance on any foul ball.
17. The runner may not leave the base until the batter strikes the ball.
18. Leading off is not permitted.
19. Base stealing is not permitted.
20. No bunts are allowed.
21. Inning: Complete $\frac{1}{2}$ inning is 3 outs or 13 batters. The at-bat will be considered done the fielder controls when the ball is put in play by the 13th batter and the proper play has been made on the batter-runner.
22. Force-out: A legal force-out is made when a base runner must advance to allow the batter to achieve 1st base and the ball reaches the next base in the possession of a fielder, and the fielder while in possession of the ball, touches that base before the runner touches it.
23. Runners Overrunning a Base: First base and home plate are the only bases a runner may touch and run past. If a runner should overrun 2nd and 3rd base, and an alert fielder who is in possession of the ball touches the runner while off the base, the runner shall be declared out. A fielder may not push or force a runner off the base that a runner has gained in an attempt to tag him out. First base is treated like second and third bases when a runner makes a turn toward second base after touching 1st base. Should a runner make a turn around 1st base toward 2nd base and then tagged by the fielder, while in possession of the ball, prior to returning to 1st base, the runner shall be declared out.
24. The double bag will be used at the 1st base. On a force play, a fielder may only put a runner out by touching the white bag. On the initial play at first, the batter-runner should touch the orange bag, but may touch the white bag and remain safe if it is in an attempt to avoid contact with the fielder. On plays following the initial play at first, the runner shall utilize the white bag. NOTE: A batter-runner may initially touch the white bag on an extra base hit.
25. Tagging-Up: A base runner will be allowed to tag-up after a fly ball out (base runner leaves base after fly ball is caught) only if the ball is caught in the outfield grass. Tagging-Up is not allowed on infield fly outs.

Behavior and Discipline

1. Arguments between coaches will not be permitted. Only head coaches can dispute a call. Judgment calls are not disputable.
2. Sportsmanship is encouraged in all areas of the game. "Chanting" positively for your team is a good way to show your support and approval.
3. The following are not permitted by players, coaches, parents, or spectators:
 - A. Yelling at or taunting the opposing team
 - B. Obscene language or gestures.
 - C. Abusive language.
 - D. Throwing any equipment in anger.
 - E. Arguing judgment calls.

**Commerce City Parks & Recreation Department
Youth Baseball – Coach Pitch**

Performance Objective of the Machine Pitch Program

The performance objective for the Machine Pitch program is for our children to participate in coach assisted Baseball game that will be used to develop individual player skills in a non-competitive environment. The dimensions of the Machine Pitch diamond are smaller than regulation baseball. This division was developed as a teaching bridge between the t-ball and kid-pitch (Pee Wee) divisions. The emphasis will be on instruction, developing basic skills, teamwork and having fun. There shall not be any pressure placed on players to “win”, or any coaching strategy designed to “win” the game. The rules are simplified to accommodate young beginner players. The program emphasizes skill development and sportsmanship over winning. There is no score keeping of any kind.

Performance Goals of the Machine Pitch Program

1. Familiarize players with the concept of teamwork and with the responsibilities of a team-member. Players will know and address all teammates by name.
2. Familiarize players with the concept of sportsmanship. We will not run-up the score on any team. We will shake hands with the opponent after the game. Etc.
3. Players will demonstrate knowledge of Machine Pitch rules.
4. Players will demonstrate knowledge of basic offensive and defensive strategies.
5. Players will be able to identify parts of the baseball diamond.
6. Players will be able to identify the positions played in the game.
7. Players will be able to identify equipment used in baseball.
8. Players will be able to assume a proper batting position in the batter’s box.
9. Players will be able to hit a ball from the pitching machine.
10. Players will be able to run the bases.
11. Players will be able to assume the baseball ready position on defense.
12. Players will be able to field a ground or fly ball.
13. Players will be able to make a throw to the appropriate base or cut-off man.

General Information

1. Boys and girls baseball ages of 7 & 8 years old (as of June 1, given year) are eligible to play.
2. All games will be played at Fairfax Park, 69th & Fairfax or Pioneer Park, 5902 Holly Street. Games will be on Monday and Wednesday evenings.
3. Practices will be twice a week. Coaches and players will have determined practice days and times.
4. All players must bring a written excuse to the coach when absent. Coaches have the authority to not play a player that has too many unexcused absences.
5. All spectators, parents and players should refrain from sitting/standing behind the backstop and heckling the umpire.
6. Parents, players or spectators acting in an unsportsmanlike manner will be asked to leave the field, bleachers and area.
7. Players must furnish their own glove and shoes. Caps and shirts will be provided. Participants are not allowed to wear shoes with metal spikes.

8. Please do not add any names, numbers, etc. to baseball jerseys, T-shirts or batting helmets until the season is over.
9. Home team should supply 4 game balls (T-Balls) and a batting tee.
10. Pitching Machine is 25 feet from the home plate.

Safety

1. Safety is always first.
2. No throwing the bat.
3. All batters will wear a batting helmet while both at bat and on base. Full catcher gear must be worn: helmet, mask, chest protector, shin guards, mitt and protective cup.
4. No sliding.
5. No base stealing.
6. The on-deck batter will wear a helmet.
7. Shoes with steel spikes are prohibited.
8. No jewelry will be worn.
9. Throwing the bat by the batter constitutes an OUT. Speak with the player first, point out the danger that is caused by throwing the bat, but if the problem continues the player will be forced to lose an "at bat turn".

Start of the Game

1. A team should field a minimum of 7 players to complete a game.
2. If a team has 7 players and the opposing team has 10 or more players, then the coaches will select 1 or 2 players to play with the team, which is short.
3. Infield practice: Each team is allowed 10 minutes for infield practice. The home team should start the infield no later than 30 minutes before the game time. The visiting team should start their infield no later than 20 minutes before the game time. NOTE: If time does not permit – both teams will be denied infield practice.
4. Each game will consist of 4 innings. No new inning will start after 1 hour and 15 minutes.
5. All players present will be placed in the batting line-up and will bat in the order listed.
6. The home team shall supply a new ball for the game.
7. The home team will sit on the first base side.
8. Protest will not be allowed.
9. Each coach shall be responsible for the conduct of his/her players and fans/spectators.
10. Both Teams are responsible for cleaning up the area after each game.
11. No animals/pets of any kind are permitted on the fields during practices or games there is NO exception to this rule.

Players and Positions

1. A team should field a minimum of 7 players to complete a game.
2. All players present will be placed in the batting line-up and will bat in the order listed.
3. If a player is hurt, they may be removed from the game and at a later time return to the game. They may return only to the batting position that they held prior to being injured.
4. A fielding team will consist of 10 players.
5. On defense, the players will be positioned at Catcher, 1B, 2B, SS, 3B, and 1 pitcher. All other players will be positioned evenly in the outfield area. The pitcher must be on the pitching mound. Outfielders must play in the grass area.

6. Playing requirements: Each player must play 2 complete innings in the field. No player will play the same position for more than 2 innings.
7. Coaches will ensure that all players will play at least half of each game.
8. The batting order should be shuffled every game. All players should get the opportunity to bat leadoff, cleanup, etc. at some point in the season.

Coaches and Assistants

1. The 1st and 3rd base coaches are restricted to the area of the coach's boxes. Coaches are not allowed to physically assist base runners; e.g. pushing the runner or helping the runner off the ground, while the ball is in play.
2. A maximum of 1 coach from the defensive (fielding) team are allowed on the playing field. This coach should be situated behind 2nd base. This coach is on the field for instructional purposes only, such as re-positioning the fielders and relaying information.
3. An adult shall operate the pitching machine only at all times. The team at bat will have their coach pitch to their players.

Play of the Game

1. Regulation game is 4 innings. No new inning will be started after 1 hour and 15 minutes.
2. Make the game fun.
3. There will be no score keeping of any kind. This is a non-competitive league.
4. During the game, all players must remain in the designated team areas and on benches, except the batter at the plate.
5. Base Distance: 60 feet.
6. The next batter will not approach the plate until called by the umpire.
7. No bases on balls or strikeouts may occur. A maximum of 4 pitches per batter. If a pitch hits a player, it will count as one of the 4 pitches. If the batter has seen 4 pitches, the tee will be brought out and the batter will have 1 swing attempt to put the ball in play. Failure of the 1 swing attempt off the tee to produce a fair ball, or go beyond the 10-foot circle, will result in the batter being called out and ball being declared dead.
8. A 10-foot arc will be drawn from the 1st base foul line to the 3rd base foul line. A hit ball must go outside the line. A foul ball is one hit inside the 10-foot arc line. Official baseball rules apply to a ball that stops on the line, i.e., foul ball rule. If a ball leaves the tee as a result of the tee being struck rather than the ball, then the ball shall be declared DEAD and another attempt shall be made to hit the ball.
9. In Machine Pitch the play is considered 'over' when the ball is returned to a player at the mound or any base.
10. At the time the ball is declared DEAD, the umpire shall award a runner the next base only if the runner is half the distance or more to that base. If the runner is not half the distance to the next base, he shall be returned to the base he had safely reached.
11. When the umpire calls the ball dead, it stays dead until the umpire calls the ball in play again.
12. Runners may advance to the next base on an overthrow out-of-bounds. Runners cannot advance on any foul ball.
13. The runner may not leave the base until the batter strikes the ball.
14. Leading off is not permitted.
15. Base stealing is not permitted.
16. No bunts are allowed.

17. Inning: Complete $\frac{1}{2}$ inning is 3 outs or 13 batters. The at-bat will be considered done the fielder controls when the ball is put in play by the 13th batter and the proper play has been made on the batter-runner.
18. Force-out: A legal force-out is made when a base runner must advance to allow the batter to achieve 1st base and the ball reaches the next base in the possession of a fielder, and the fielder while in possession of the ball, touches that base before the runner touches it.
19. Runners Overrunning a Base: First base and home plate are the only bases a runner may touch and run past. If a runner should overrun 2nd and 3rd base, and an alert fielder who is in possession of the ball touches the runner while off the base, the runner shall be declared out. A fielder may not push or force a runner off the base that a runner has gained in an attempt to tag him out. First base is treated like second and third bases when a runner makes a turn toward second base after touching 1st base. Should a runner make a turn around 1st base toward 2nd base and then tagged by the fielder, while in possession of the ball, prior to returning to 1st base, the runner shall be declared out.
20. The double bag will be used at the 1st base. On a force play, a fielder may only put a runner out by touching the white bag. On the initial play at first, the batter-runner should touch the orange bag, but may touch the white bag and remain safe if it is in an attempt to avoid contact with the fielder. On plays following the initial play at first, the runner shall utilize the white bag. NOTE: A batter-runner may initially touch the white bag on an extra base hit.
21. Tagging-Up: A base runner will be allowed to tag-up after a fly ball out (base runner leaves base after fly ball is caught) only if the ball is caught in the outfield grass. Tagging-Up is not allowed on infield fly outs.

Behavior and Discipline

1. Arguments between coaches will not be permitted. Only head coaches can dispute a call. Judgment calls are not disputable.
2. Sportsmanship is encouraged in all areas of the game. "Chanting" positively for your team is a good way to show your support and approval.
3. The following are not permitted by players, coaches, parents, or spectators:
 - A. Yelling at or taunting the opposing team.
 - B. Obscene language or gestures.
 - C. Abusive language.
 - D. Throwing any equipment.
 - E. Arguing judgment calls.

Commerce City Parks & Recreation Department
Youth Baseball – Pee Wee

Performance Objective of the Pee Wee Program

The performance objective for the Pee Wee program is for our children to participate in a Baseball game that will be used to develop individual player skills in a non-competitive environment. The dimensions of the Pee Wee diamond are smaller than regulation baseball. The emphasis will be on instruction, developing basic skills, teamwork and having fun. There shall not be any pressure placed on players to “win”. The rules are simplified to accommodate young beginner players. The program emphasizes skill development and sportsmanship over winning.

Performance Goals of the Pee Wee Program

1. Familiarize players with the concept of teamwork and with the responsibilities of a team-member. Players will know and address all teammates by name.
2. Familiarize players with the concept of sportsmanship. We will not run-up the score on any team. We will shake hands with the opponent after the game. Etc.
3. Players will demonstrate knowledge of Pee Wee rules.
4. Players will demonstrate knowledge of basic offensive and defensive strategies.
5. Players will be able to identify parts of the baseball diamond.
6. Players will be able to identify the positions played in the game.
7. Players will be able to identify equipment used in baseball.
8. Players will be able to assume a proper batting position in the batter’s box.
9. Players will be able to hit a ball from a player pitching.
10. Players will be able to run the bases.
11. Players will be able to assume the baseball ready position on defense.
12. Players will be able to field a ground or fly ball.
13. Players will be able to make a throw to the appropriate base or cut-off man.

General Information

1. Boys and girls baseball ages of 9 & 10 years old (as of June 1, given year) are eligible to play.
2. All games will be played at Fairfax Park, 69th & Fairfax or Pioneer Park, 5902 Holly Street. Games will be on Tuesday and Thursday evenings.
3. Practices can be twice a week. Coaches and players will have determined practice days and times.
4. All players must bring a written excuse to the coach when absent. Coaches have the authority to not play a player that has too many unexcused absences.
5. All spectators, parents and players should refrain from sitting/standing behind the backstop and heckling the umpire.
6. Parents, players or spectators acting in an unsportsmanlike manner will be asked to leave the field, bleachers and area.
7. Players must furnish their own glove and shoes. Caps and shirts will be provided. Participants are not allowed to wear shoes with metal spikes.
8. Please do not add any names, numbers, etc. to baseball jerseys, T-shirts or batting helmets until the season is over.
9. Home team should supply 2 game balls (R.I.F. 5).
10. Division will follow NFHS Baseball rules unless noted in this document.

Safety

1. Safety is always first.
2. No throwing the bat.
3. All batters will wear a batting helmet while both at bat and on base. Full catcher gear must be worn: helmet, mask, chest protector, shin guards, mitt and protective cup.
4. The on-deck batter will wear a helmet.
5. Shoes with steel spikes are prohibited.
6. No jewelry will be worn.
7. Throwing the bat by the batter constitutes an OUT. Speak with the player first, point out the danger that is caused by throwing the bat, but if the problem continues the player will be forced to lose an "at bat turn".

Start of the Game

1. A team should field a minimum of 8 players to complete a game.
2. If a team does not have 8 players by 10 minutes after game time, the game will be a forfeit. If the team started the game with at least 8 players and then a player shows up late, that player will be added to the bottom of the line-up.
3. If a team has 7 or less players and the opposing team has 10 or more players, then the coaches will select 1 or 2 players to play with the team, which is short in a practice game.
4. Infield practice: Each team is allowed 10 minutes for infield practice. The home team should start the infield no later than 30 minutes before the game time. The visiting team should start their infield no later than 20 minutes before the game time. NOTE: If time does not permit – both teams will be denied infield practice.
5. All players present will be placed in the batting line-up and will bat in the order listed.
6. The home team shall supply a new ball for the game.
7. The home team will sit on the first base side.
8. Protest will not be allowed.
9. Each coach shall be responsible for the conduct of his/her players and fans/spectators.
10. Both Teams are responsible for cleaning up the area after each game.
11. No animals/pets of any kind are permitted on the fields during practices or games there is NO exception to this rule.

Players and Positions

1. A team should field a minimum of 8 players to complete a game.
2. All players present will be placed in the batting line-up and will bat in the order listed.
3. If a player is hurt, they may be removed from the game and at a later time return to the game. They may return only to the batting position that they held prior to being injured.
4. A fielding team will consist of 9 players.
5. Playing requirements: Each player must play 2 complete innings in the field.
6. Coaches will ensure that all players will play at least half of each game.
7. The batting order should be shuffled every game. All players should get the opportunity to bat leadoff, cleanup, etc. at some point in the season.
8. Pitching Limitation Rule: No one may pitch more than 3 innings in any 1 game or 4 innings one night if team has a double header. One pitch by a pitcher constitutes having pitched that inning.
9. Substitution Rule: The 9 starting players can be removed and then re-entered one time. Substitutes can enter game only once. No courtesy runners.

Coaches and Assistants

1. The 1st and 3rd base coaches are restricted to the area of the coach's boxes. Coaches are not allowed to physically assist base runners; e.g. pushing the runner or helping the runner off the ground, while the ball is in play.
2. A maximum of 3 coaches per game will be allowed on the field or in the dugout per team.

Play of the Game

1. Regulation game is 6 innings, or 5 ½ if home team is ahead. No new inning will be started after 2 hours. Double Header games no new inning will be started after 1-½ hours (for both games).
2. The game will be counted as a complete game if interrupted by darkness or weather at 4 innings completed or 3 ½ innings if home team is ahead.
3. If after 4 completed innings, or 3 ½ (home team), a team is ahead by 10 runs or more, the game will be stopped.
4. Make the game fun.
5. During the game, all players must remain in the designated team areas and on benches, except the batter at the plate.
6. Base Distance: 60 feet.
7. Pitching Distance: 46 feet.
8. The next batter will not approach the plate until called by the umpire.
9. **MUST SLIDE RULE.** A runner must slide at 2nd base, 3rd base and home plate if there is going to be a play at that base. A play constitutes a defensive player at a base, an offensive runner approaching the same base and a good likelihood that the ball will arrive in sufficient time to create a close play at that base. This is a judgment call by the umpire, who shall call the runner out for violating this rule. Head first sliding is prohibited. Violation of this rule results in a warning for each team, thereafter the base runner will be out.
10. When the umpire calls the ball dead, it stays dead until the umpire calls the ball in play again.
11. Runners may advance to the next base on an overthrow out-of-bounds. Runners cannot advance on any foul ball.
12. Leading off is not permitted.
13. Base stealing is permitted.
14. The runner may not leave the base until the pitched ball reaches or passes the batter.
15. Once a runner has reached third base, he/she can only advance to home on a fair hit, a base-on-balls force or deliberate play by any defensive player or any base runner. To simplify, stealing home or advancing home on a past ball/wild pitch is not allowed.
16. A batter may not attempt to advance to first base on a dropped third strike.
17. Inning: Complete ½ inning is 3 outs or 13 batters. The at-bat will be considered done the fielder controls when the ball is put in play by the 13th batter and the proper play has been made on the batter-runner. If a pitch hits the batter, he/she will have the option of going to first base or return to hit.
18. Force-out: A legal force-out is made when a base runner must advance to allow the batter to achieve 1st base and the ball reaches the next base in the possession of a fielder, and the fielder while in possession of the ball, touches that base before the runner touches it.
19. Runners Overrunning a Base: First base and home plate are the only bases a runner may touch and run past. If a runner should overrun 2nd and 3rd base, and an alert fielder who is in possession of the ball touches the runner while off the base, the runner shall be declared

out. A fielder may not push or force a runner off the base that a runner has gained in an attempt to tag him out. First base is treated like second and third bases when a runner makes a turn toward second base after touching 1st base. Should a runner make a turn around 1st base toward 2nd base and then tagged by the fielder, while in possession of the ball, prior to returning to 1st base, the runner shall be declared out.

20. The double bag will be used at the 1st base. On a force play, a fielder may only put a runner out by touching the white bag. On the initial play at first, the batter-runner should touch the orange bag, but may touch the white bag and remain safe if it is in an attempt to avoid contact with the fielder. On plays following the initial play at first, the runner shall utilize the white bag. NOTE: A batter-runner may initially touch the white bag on an extra base hit.
21. The balk rule will not be enforced.

Behavior and Discipline

1. Arguments between coaches will not be permitted. Only head coaches can dispute a call. Judgment calls are not disputable.
2. Sportsmanship is encouraged in all areas of the game. "Chanting" positively for your team is a good way to show your support and approval.
3. The following are not permitted by players, coaches, parents, or spectators:
 - A. Yelling at or taunting the opposing team.
 - B. Obscene language or gestures.
 - C. Abusive language.
 - D. Throwing any equipment.
 - E. Arguing judgment calls.

Commerce City Parks & Recreation Department
Youth Baseball – Junior

Performance Objective of the Junior Program

The performance objective for the junior program is for our children to participate in a Baseball game that will be used to develop individual player skills in a non-competitive environment. The dimensions of the Junior diamond are smaller than regulation baseball. The emphasis will be on instruction, developing basic skills, teamwork and having fun. There shall not be any pressure placed on players to “win”. The rules are simplified to accommodate young beginner players. The program emphasizes skill development and sportsmanship over winning.

Performance Goals of the Junior Program

1. Familiarize players with the concept of teamwork and with the responsibilities of a team-member. Players will know and address all teammates by name.
2. Familiarize players with the concept of sportsmanship. We will not run-up the score on any team. We will shake hands with the opponent after the game. Etc.
3. Players will demonstrate knowledge of Pee Wee rules.
4. Players will demonstrate knowledge of basic offensive and defensive strategies.
5. Players will be able to identify parts of the baseball diamond.
6. Players will be able to identify the positions played in the game.
7. Players will be able to identify equipment used in baseball.
8. Players will be able to assume a proper batting position in the batter’s box.
9. Players will be able to hit a ball from a player pitching.
10. Players will be able to run the bases.
11. Players will be able to assume the baseball ready position on defense.
12. Players will be able to field a ground or fly ball.
13. Players will be able to make a throw to the appropriate base or cut-off man.

General Information

1. Boys and girls baseball ages of 11 & 12 years old (as of June 1, given year) are eligible to play.
2. All games will be played at Fairfax Park, 69th & Fairfax or Pioneer Park, 5902 Holly Street. Games will be on Monday and Wednesday evenings.
3. Practices can be twice a week. Coaches and players will have determined practice days and times.
4. All players must bring a written excuse to the coach when absent. Coaches have the authority to not play a player that has too many unexcused absences.
5. All spectators, parents and players should refrain from sitting/standing behind the backstop and heckling the umpire.
6. Parents, players or spectators acting in an unsportsmanlike manner will be asked to leave the field, bleachers and area.
7. Players must furnish their own glove and shoes. Caps and shirts will be provided. Participants are not allowed to wear shoes with metal spikes.
8. Please do not add any names, numbers, etc. to baseball jerseys, T-shirts or batting helmets until the season is over.
9. Home team should supply 2 game balls (R.I.F. 10).
10. Division will follow NFHS Baseball rules unless noted in this document.

Safety

1. Safety is always first.
2. No throwing the bat.
3. All batters will wear a batting helmet while both at bat and on base. Full catcher gear must be worn: helmet, mask, chest protector, shin guards, mitt and protective cup.
4. The on-deck batter will wear a helmet.
5. Shoes with steel spikes are prohibited.
6. No jewelry will be worn.
7. Throwing the bat by the batter constitutes an OUT. Speak with the player first, point out the danger that is caused by throwing the bat, but if the problem continues the player will be forced to lose an "at bat turn".

Start of the Game

1. A team should field a minimum of 8 players to complete a game.
2. If a team does not have 8 players by 10 minutes after game time, the game will be a forfeit. If the team started the game with at least 8 players and then a player shows up late, that player will be added to the bottom of the line-up.
3. If a team has 7 or less players and the opposing team has 10 or more players, then the coaches will select 1 or 2 players to play with the team, which is short in a practice game.
4. Infield practice: Each team is allowed 10 minutes for infield practice. The home team should start the infield no later than 30 minutes before the game time. The visiting team should start their infield no later than 20 minutes before the game time. NOTE: If time does not permit – both teams will be denied infield practice.
5. All players present will be placed in the batting line-up and will bat in the order listed.
6. The home team shall supply a new ball for the game.
7. The home team will sit on the first base side.
8. Protest will not be allowed.
9. Each coach shall be responsible for the conduct of his/her players and fans/spectators.
10. Both Teams are responsible for cleaning up the area after each game.
11. No animals/pets of any kind are permitted on the fields during practices or games there is NO exception to this rule.

Players and Positions

1. A team should field a minimum of 8 players to complete a game.
2. All players present will be placed in the batting line-up and will bat in the order listed.
3. If a player is hurt, they may be removed from the game and at a later time return to the game. They may return only to the batting position that they held prior to being injured.
4. A fielding team will consist of 9 players.
5. Playing requirements: Each player must play 2 complete innings in the field.
6. Coaches will ensure that all players will play at least half of each game.
7. Pitching Limitation Rule: No one may pitch more than 4 innings in any 1 game or 5 innings one night if team has a double header. One pitch by a pitcher constitutes having pitched that inning.
8. Substitution Rule: The 9 starting players can be removed and then re-entered one time. Substitutes can enter game only once. No courtesy runners.

Coaches and Assistants

1. The 1st and 3rd base coaches are restricted to the area of the coach's boxes. Coaches are not allowed to physically assist base runners; e.g. pushing the runner or helping the runner off the ground, while the ball is in play.
2. A maximum of 3 coaches per game will be allowed on the field or in the dugout per team.

Play of the Game

1. Regulation game is 6 innings, or 5 ½ if home team is ahead. No new inning will be started after 2 hours. Double Header games no new inning will be started after 1-½ hours (for both games).
2. The game will be counted as a complete game if interrupted by darkness or weather at 4 innings completed or 3 ½ innings if home team is ahead.
3. If after 4 completed innings, or 3 ½ (home team), a team is ahead by 10 runs or more, the game will be stopped.
4. Make the game fun.
5. During the game, all players must remain in the designated team areas and on benches, except the batter at the plate.
6. Base Distance: 75 feet
7. Pitching Distance: 54 feet.
8. The next batter will not approach the plate until called by the umpire.
9. **MUST SLIDE RULE.** A runner must slide at 2nd base, 3rd base and home plate if there is going to be a play at that base. A play constitutes a defensive player at a base, an offensive runner approaching the same base and a good likelihood that the ball will arrive in sufficient time to create a close play at that base. This is a judgment call by the umpire, who shall call the runner out for violating this rule. Head first sliding is prohibited. Violation of this rule results in a warning for each team, thereafter the base runner will be out.
10. When the umpire calls the ball dead, it stays dead until the umpire calls the ball in play again.
11. Runners may advance to the next base on an overthrow out-of-bounds. Runners cannot advance on any foul ball.
12. Leading off is permitted.
13. Base stealing is permitted.
14. Inning: Complete ½ inning is 3 outs or 13 batters. The at-bat will be considered done the fielder controls when the ball is put in play by the 13th batter and the proper play has been made on the batter-runner. If a pitch hits the batter, he/she will have the option of going to first base or return to hit.
15. Force-out: A legal force-out is made when a base runner must advance to allow the batter to achieve 1st base and the ball reaches the next base in the possession of a fielder, and the fielder while in possession of the ball, touches that base before the runner touches it.
16. Runners Overrunning a Base: First base and home plate are the only bases a runner may touch and run past. If a runner should overrun 2nd and 3rd base, and an alert fielder who is in possession of the ball touches the runner while off the base, the runner shall be declared out. A fielder may not push or force a runner off the base that a runner has gained in an attempt to tag him out. First base is treated like second and third bases when a runner makes a turn toward second base after touching 1st base. Should a runner make a turn around 1st base toward 2nd base and then tagged by the fielder, while in possession of the ball, prior to returning to 1st base, the runner shall be declared out.

17. The double bag will be used at the 1st base. On a force play, a fielder may only put a runner out by touching the white bag. On the initial play at first, the batter-runner should touch the orange bag, but may touch the white bag and remain safe if it is in an attempt to avoid contact with the fielder. On plays following the initial play at first, the runner shall utilize the white bag. NOTE: A batter-runner may initially touch the white bag on an extra base hit.
18. The balk rule will not be enforced.

Behavior and Discipline

1. Arguments between coaches will not be permitted. Only head coaches can dispute a call. Judgment calls are not disputable.
2. Sportsmanship is encouraged in all areas of the game. "Chanting" positively for your team is a good way to show your support and approval.
3. The following are not permitted by players, coaches, parents, or spectators:
 - A. Yelling at or taunting the opposing team.
 - B. Obscene language or gestures.
 - C. Abusive language.
 - D. Throwing any equipment.
 - E. Arguing judgment calls.

Tennis

CARA Tennis is offered in the Summer (June - July). Team will practice at Fairfax Park and travel to surrounding communities in the Denver Metro area for matches.

Ages 8-17

Tennis Lessons are also offered by the Recreation Center. Commerce City Parks and Recreation contracts this program out to Hustle Sports, LLC.

Ages 4-17

*Rules on next page

C.A.R.A.Tennis

Tennis: A game that is played with rackets and a light elastic ball by two players or pair of players on a level court divided by a low net.

Introduction:

Coaching a C.A.R.A. tennis team can be a fun and rewarding experience, but it can also be frustrating for a first-year C.A.R.A. coach, as well as the experienced coach. Problems may arise in many areas: administration and organization to discipline, ethics, and coaching responsibilities. **Coaching is considered to be any technical, verbal, signals or advice given to a player and may occur during a match only by the coach (no coaching by friends or relatives, in this case you may be asked to leave) as outlined in rule 15 of CARA rules.** The coach is totally responsible for the operations and actions of the team. In the past, coaching discrepancies have occurred and, as a result, they need reviewing.

Many problems are due to the fact that the coach is new to the C.A.R.A. tennis program, while other problems are due to ignorance and the coaches not being well informed about the program. Unfortunately, some problems are due to the blatant shirking of responsibilities.

Discrepancies in this area include:

1. Failing to attend mandatory league meetings.
2. Not getting players to the match location on Fridays.
3. Failing to orient team members and their families to the C.A.R.A. program philosophy.
4. Failing to instill a sense of court honesty, behavior, and etiquette in team members.
5. Failing to maintain adequate records or communication with team members and opposing coaches, when organizing Friday matches.
6. Failing to place team members in proper age group. Be sure to have a registration form that asks age plus date of birth.
7. Failing to have phone number on registration form for district and state tournaments.
8. Each Coach with their respective CARA TENNIS PROGRAM shall provide a roster(s) to each district coach for weekly matches and prior to the State Tournament.

The use of the Coaches Manual by the coach and supervisor of the tennis program in each community in addition to these rules is designed to alleviate some of the problems. Further, remember that proper tennis attire (shirt, shoes, etc.) is required of the coach at matches and practice.

League Rules:

1. Rules of the United States Tennis Association will govern all play, in addition to any rules C.A.R.A. may establish.
2. The number of boys and girls for an ideal team will be 52. **The age of the player on July 31 of the current year** determines the age division in which he/she will play. Included are those players eligible to play high school tennis, or who have graduated during the current year. Players currently ranked in the top ten of C.T.A. are ineligible.

For the state tournament, the following breakdown of positions will be used:

Participants Ages Categories

8 girls and boy's 15-18 4 singles and 2 doubles

8 girls and boys 14 & under 4 singles and 2 doubles

8 boys 12 & under 4 singles and 2 doubles

8 girls 12 & under 4 singles and 2 double

5 boys 10 & under 3 singles and 1 double

5 girls 10 & under 3 singles and 1 double

*More than one player can play at each position – 4 is the deepest position in singles and 2 is the deepest in doubles. i.e. you can have 5 kids playing at position 4 for singles.

When both teams have additional players in the same age group, they may be scheduled to play an official match. This will count as one of the required for qualification to play in the State tournament.

3. Departments that have more than one team should be as equally matched as possible. Switching players from one team to another may be done to fill voids or time conflicts.
4. The team coach shall determine the player positions, placement to be based on player ability. Singles - best player is #1, etc; doubles - to be considered separate from singles. Doubles shall not be considered as playing down. A player's position need not be filled if he is absent.
5. When a team is short of players in comparison to the opposing players, players on that team may play twice.
6. The no-ad scoring system will be used in all matches.
7. Length of matches:
 - a) 7, 8, 9 & 10 year olds play a 9-game pro-set.
 - b) 11, 12, 13, & 14 year olds will play a match – 2 out of 3 sets. The first 2 sets will be to 6 games. The match tie-break in lieu of the 3rd set will be a 12 point tie break (1st to 7 win by 2) instead of the 10 point (first to 10 win by 2).
 - c) 15-18 will play a match - 2 out of 3 sets. The first 2 sets will be 6 games. The match tie-break in lieu of the 3rd set will be a 7 point tie break (1st to 7 win by 2).

EVERYONE: In lieu of time being a factor, players may play a 9-game pro set. This is played like regular set but the first one to 9 games win. The player must win by 2 games; if the score is tied 9-9 then they will play a 7-point tiebreaker.

Explanation - Singles: Tie-Break

- A. A player who first wins 7 points shall win the game and the set, provided that he leads by a margin of 2 points. If the score reaches 6 points all, the game shall be extended until this margin has been achieved. Numerical scoring shall be used throughout the tiebreakers.
- B. The player whose turn it is to serve shall be the server for the first point which is delivered from the right (duce) court. His opponent shall be the server for the second and third points (delivered from the left or called the add court, then right or called the duce court), and thereafter each player shall serve alternately for two consecutive points (left or add court, right or duce court) until the winner of the game has been decided.
- C. Players shall change ends after every 6 points and at the conclusion of the tiebreaker.
NOTE: After any change of end the server will be serving his second serving point.
- D. The player (or pair in case of doubles) whose turn it was to serve first in the tiebreaker game shall receive service in the first game of the following set.

Explanation - Doubles: Tie-Break

- A. In doubles, the procedure for singles shall apply. The player whose turn it is to serve shall be the first point. Thereafter each player shall serve in rotation for 2 points, in the same order as previously in that set, until the winners of the game and set has been decided.
 - B. Players change ends after every 6 points and at the conclusion of the tiebreaker.
 - C. The player (or pair in the case of doubles) whose turn it was to serve first in the tiebreaker game shall receive service in the first game of the following set.
8. Make-up of rainouts is encouraged if time and scheduling allows. Decisions on make-ups are left to the departments concerned.
 9. Departments are encouraged to schedule exhibition matches if they draw a bye during league play or if they wish that the participants have more playing exposure. These matches will count as one of the required for qualification to play in the District Tournaments.
 10. The home team will:
 - A. Furnish the balls. The number of balls needed for a match with two full teams would be approximately 64. Tens and twelve's can usually use the same balls. In the older age groups, the balls may be used more than once depending on wear.
 - B. Enforce established rules.
 - C. Provide a supervisor, (part-time or full-time department employee) who is knowledgeable in C.A.R.A. rules, at each court location.
 11. Coaches' Responsibilities (Read and adhere to coaches manual).
 - A. Confirmation of match times and match pairing is to occur by Wednesday prior to the Friday match. Visiting team will disclose team roster(s) to home team coach by Tuesday evening prior to Friday's match to:
 - 1) Determine the number of competitors both teams will be sending. If any changes occur before the Friday matches, coaches should notify one another immediately.
 - 2) Determine the time schedule for each age group.
 - 3) Give directions to courts.
 - B. Both coaches must keep records of all matches. This includes player positions and results. Records will be used for tournament seeding only. Team points and records are not kept by C.A.R.A.
 - C. Make sure players arrive at the appointed time of their matches.
 - D. Attend all meetings called for the State Tournament:
 - 1) Rules & Schedule Clarifications meeting in June.
 - 2) Any other meetings, which may affect his/her, team.
 - 3) Coaches meeting prior to State Finals.
 - E. All coaches should encourage their players NOT to participate in other tournaments, which run concurrently with the C.A.R.A. State Tournaments.
 12. **Each player will be given 5 minutes to warm up before a match.** This must be enforced in the interest of time.
 13. Players will call their own matches. The C.T.A. misbehavior rule will be enforced; 1st infraction - warning; 2nd - lose point; 3rd - lose game; 4th - lose match. Refer to the C.A.R.A. Code of Conduct.
 14. The Friday match times are to be arranged between coaches. It is recommended match time begin on or before 8:30 a.m. Suggested scheduling shall begin with younger age group players. There will be built-in flexibility. Coaches need to relay numbers of players in each age group/position to the other coaches for that week's match. Opposing coaches must contact each other by Tuesday prior to Friday match with completed roster.

15. A pro set at a total of ten games, 5 minute rest limit. Coaching will be permitted from the sideline at change over and split sets by a recognized coach; time limit not to exceed 90 seconds. Any coaching is by designated/appointed coaches only and can be done at anytime during the match, as long as play is not disrupted. At NO time will parents/spectators be allowed to coach players. Coaches are required to wear C.A.R.A. t-shirts (the t-shirts are all the same color for easy identification. (players should take towel and water to court at the start of match.)
16. Scheduling league matches: The following time allowance is suggested as a guideline when scheduling league matches:
 - 10 & Under 9-game pro set 45 minutes
 - 12 & Under 9-game pro set 45 minutes
 - 14 & Under 2 out of 3 sets (3rd set = 7 point tie breaker) 1 hour
 - 15 - 18 2 out of 3 sets (3rd set = 7 point tie breaker) 1 hour

Tournament Rules

General Information for State Tournament

1. C.A.R.A. will sponsor one state tournament for juniors.
2. Tournament host agencies shall meet the following qualifications:
 - A. Minimum of 12 courts in good condition and capabilities of completing the tournament in one day, weather permitting, during the designated tournament week. If necessary the tournament will be completed on Saturday.
 - B. All matches shall be played at no more than four locations unless approved by the Tennis Committee. There must be at least one supervisor, (part-time or full-time department employee) who is knowledgeable, in C.A.R.A. rules in charge at each court location.
3. Age groups, rules of play, match length, and scoring will be the same as the **league rules with the following additions:**
 - A. Whatever position a player has played the MAJORITY of the time in league play determines the position he/she should play in the tournament.
 - B. Coaches are urged to fill all positions for the State tournament following the guidelines stated in Rule 5 of League Rules.
 - C. All participants shall have played in at least three league matches and are members of their teams to be eligible to play in the State tournament. A player being scheduled, thus rostered for at least three league matches but defaulted against is therefore qualified.
 - D. Players may participate in one event only.

NOTE: A strong effort should be made to fill all brackets. The major emphasis of the State Tournament is participation.
4. Scratches to be made shall be given to the tournament director prior to tournament start or as soon as known.
5. Trophies will be presented to first and second place winners in each bracket at State, and all participants will receive a recognition award.
6. Forfeit time is 15 minutes past the scheduled match time as court availability allows; however, in the case of mitigating circumstances, forfeiture will be left to the discretion of the tournament directors.
7. All players should report 15 minutes prior to scheduled match time to the court check-in station at the location where they will be playing their match.

8. The tournament director's decisions shall be final after the tournament begins. C.A.R.A. rule interpretations can be appealed to a committee of the Tournament Director, Tennis Committee Chairman, and Co-Chairman.
9. There will be separate brackets for 1's, 2's, 3's, and 4's, and doubles for each division. Brackets may be combined if there are 2 or fewer opponents in the player's division. When there are 3 opponents, a round robin will be played. If there is a tie, the highest number of games won determines the winner. The State Tournament Committee may fill the draw with the qualified semi-finalists from other districts.

Tennis Committee District Representative

Each District will be represented by a Tennis Committee Member. The duties and responsibilities of these

representatives are as follows:

1. Act as a contact person for coaches in each district to:
 - A. Interpret rules.
 - B. Answer questions relating to schedules, timetables, and general procedures.
 - C. Act as a liaison between the committee and a team representative with complaint or protest.
2. Work with the State tournament host:
 - A. To assist with general tournament organization.
 - B. To review and evaluate the tournament with the host.State Tournament Host

The State Tournament Director shall be a full-time professional staff member who is responsible for the State Tournament and who is familiar with C.A.R.A. rules and philosophies.

1. Handles supervision at the tournament. There must be at least one staff person at each court location at all times during tournament hours.
2. Handles any complaints or protests in accordance with C.A.R.A. tennis rules. **C.A.R.A. rule; interpretations can be appealed to a committee of the Tournament Director, Tennis Committee Chairman and Co-Chairman.**
3. Perform any other functions as deemed necessary by the Tennis Committee.
4. All coaches will be given colored t-shirts to wear so they can be easily identified. Coaches are required to wear them.
5. Coach must check in at the tournament site, at that time they will be asked to read the rules provided and sign that they have read them. They must also wear their C.A.R.A. coaches t-shirt. They are also required to offer help at the tournament.

Volleyball

CARA Volleyball is offered in the Spring (March - May) and Fall (October – December). Teams will practice at local schools and the Recreation Center and travel to surrounding communities in the Denver Metro area for matches.

Divisions listed:

5th Grade and under (Co-ed)

8th Grade and under (co-ed)

*Rules on next page

C.A.R.A. Youth Volleyball

Hosting Agency Responsibilities:

Tournaments will be scheduled during the fall, winter, spring and summer season.

The fall and spring seasons will consist of about 6 tournaments with the final tournament being considered the State Tournament.

Regular season pool play five-team maximum. Committee chair can okay a six-team pool.

Hosting agency will provide game balls and flip scoreboards or some method of keeping score.

“Volley-lite” balls will be provided for the Elementary division.

Collection of \$35 per team entry fee. Filing appropriate forms with chairperson. Due to the length of State tournament, begin play at 9:00 a.m. or earlier if possible

State Tournament Hosts are responsible for acquiring awards for first and second place winners.

Reporting Protocol for Tournament Hosts:

The Hosting Agency is required to contact the committee chairperson within 48 hours of hosting a tournament by e-mail, phone, or fax with the tournament results. Agencies choosing not to follow protocol will be considered last for tournament entries.

The National Federation of State High School Associations Volleyball Rules will be followed with these exceptions:

Team Entry

Wednesday, prior to a tournament, participating teams must submit a team roster to the hosting agencies tournament director.

Submit payment of \$35 per team to tournament director. Checks made payable to hosting agency.

C.A.R.A Youth Volleyball will be offered to three grade divisions:

Elementary (5th grade and Under)

Middle School (8th grade and Under)

High School (12th grade and Under)

A team may play in a higher division but may not play in a division less than their current grade level.

All grade divisions play with 6 members on the court.

At least 7 players are recommended on the roster.

Teams may play with 4 players without forfeiting.

Court Dimensions

Court dimensions for all grade divisions will be 30 x 60 feet.

Net Height

Elementary: 6' – 6'6" (as close to 6' as possible)

Middle School 7' 2"

High School (non-coed) 7' 4 1/8"

High School (co-ed) 7' 11 5/8"

Agencies hosting a high school tournament with co-ed teams in attendance will set the net at "men's" height.

Scoring

Elementary: (Lower Rec Division)

(Upper Rec Division)

Side out scoring (point is only awarded if team serves)

Mandatory side out after 5 point scoring run

Catch up rule applies if a team is down more than 5 points.

Rally Scoring: Points are awarded each time a team commits a foul. If the serving team errors, the receiving team gains a point and the serve. If the receiving team errors, the serving team retains the serve and is awarded a point. No point is awarded when the ball changes sides due to the Mandatory side-out rule.

Middle School: (Lower Rec Division)

(Upper Rec Division)

Rally scoring

Mandatory side out after 5 point scoring run.

High School (Lower Rec Division)

(Upper Rec Division)

Rally Scoring

Mandatory side out after 5 point scoring run

High School

Comp Division

This division is for the players with advanced volleyball skills. Players should be consistent passers, be comfortable passing a hard driven ball off of an over hand serve, jump serve or attack. Teams should be comfortable with blocking, setting and different offenses and defenses.

Rally Scoring

Length of Games

All divisions will use the basic U.S.A.V. pool format

Elementary: (SIDE OUT SCORING)

5 Team Pool: Two game minimum to 11 points with 13-point cap.

4 Team Pool: Three game match. First two games to 11 points with a 13-point cap. Third game rally score to 15 points with a 17-point cap

State Tournament Play Off Format (SIDE OUT SCORING)

Top two teams from Pool Play will play two out of three games. First two games to 11 points with a 13-point cap. Third game rally score to 15 points with a 17-point cap

All Other Grade Divisions (RALLY SCORING)

5 Team Pool: Two game minimum to 21 points with a 23-point cap

4 Team Pool: Three game match. First two games to 21 points with a 23-point cap. Third game to 15 points with a 17-point cap

State Tournament Play Off Format

Top two teams from Pool Play will play two out of three games. First two games to 21 points with a 23-point cap. Third game played to 15 points with a 17-point cap.

Player Contact of Equipment:

Players touching the net will be called

Centerline violations: A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remain on or above the center line. Contacting the floor across the centerline with any other part of the body is illegal.

Time Outs:

All divisions are allowed one-30 second time out per game. No extra time outs will be given for overtime play.

Substitutions:

Although we encourage equal playing time for all players, each team is allowed to choose either unlimited substitution in to center back or player for player. CO-ED teams must substitute boy-boy or girl-girl. It is the responsibility of the coaches, players and parents not the hosting agency or game officials to monitor playing time.

Co-Ed Rule:

For all High School teams having more than one male player the following co-ed rule set will apply:

No more than three male players on the court at any time

Rotation must alternate male and female players

If the ball is contacted more than one time, one contact must be by a female player.

When a substitution is made, substitution must be male for male, female for female.

No male may come forward from the back row to block at any time.

Agencies with co-ed teams will need to alert the clearinghouse so that the nets can be raised to the co-ed height.

Officiating Duties:

All teams will be required to officiate at regular season and State tournaments. Each team is required to provide the following:

1st Referee (may not be a player in the tournament)

2nd Referee

2 Line Judges

Scorekeeper

General Play

Serving:

All coaches and referees are required to move players back as far as they can and still maintain success. Each server has 5 seconds to complete the serve after the 1st referee blows the whistle and motions for serve.

Elementary: May serve no closer than the 10 foot spiking line. NO LET SERVE.

Middle School: May serve no closer than 5' in from the end line. Over hand serves may be executed two steps in from the regulation serving line. Let serve permissible.

High School: All serves must be executed from behind the regulation serving line. Let serve permissible.

Re-Serve:

A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve.

One re-toss is allowed for each service attempt.

Ball Handling:

All divisions are required to have 2 touches on the ball per side for the play to be legal with the following exception:

Elementary

High School Competitive Division

Any ball that falls within the 10' spiking line may be returned with one touch. The flight of the ball, not the position of the player is the determining factor.

A hard driven ball may be returned with one touch. This includes a spike or serve. On a serve the ball may not rainbow; a spike is an attacked ball that does not rainbow or "pop-up" over the net. A spiked ball usually has speed and a downward trajectory.

Passing:

A serve may be received with a forearm (bump) pass or overhead pass. Although double contact on any first ball over is legal, the ball may never be held or lifted.

Setting:

All divisions are encouraged to set the ball. Balls remaining in the setter's hands longer than one second will be called as a lift. An obvious double contact will be called.

Blocking:

Blocking is encouraged for all divisions. A block is not considered to be one of the three touches allowed on each side. A serve may not be blocked or attacked.

Definition of Terms

Pass: A play in which the ball is hit into the air so another player can get into position to contact the ball.

- Forearm pass – a controlled skill, generally used as a teams first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
- Overhead pass – two-handed deflection of the ball.

Set: Two (or one) hand finger action directing the ball to an attacker

Attack: Any action other than a block or serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.

Blocking: A play approximately arm's length from, at, or near the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an action that would:

- Prevent the ball from crossing the net
- Return the ball immediately
- Deflect the motion of the ball

A block may involve wrist action provided there is no prolonged contact.

Only front row players are permitted to block.

Let Serve: A serve that touches the net while crossing into the opponents' court and remaining inside the boundaries of the court. No penalty is awarded and play continues.

Flag Football

Flag Football is offered in the Fall (September - October). Teams practice at local schools and play games on weekday evenings at Dick's Sporting Goods Park.

Divisions are listed:

Kindergarten Instructional Program

1-2 Grade (Co-ed)

3-4 Grade (Co-ed)

5-6 Grade (Co-ed)

* Rules on next page

Commerce City Parks & Recreation
Youth Flag Football Rules
Grades 1-2

- ❑ A coin toss determines first possession.
- ❑ The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- ❑ If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- ❑ All possession changes, except interception, start on the offense's 5-yard line.
- ❑ Teams change sides after the first 20 minutes.

Players

- ❑ Teams must field five (5) players at all times.
- ❑ Teams consist of 10 players (5 on the field with 5 substitutes).

Timing

- ❑ Games are played to 40 minutes running time.
- ❑ Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- ❑ Each team has two (2) 60-second time out per half.

Scoring

- ❑ Touchdown: 6 points
- ❑ Extra point: 1 point (played from the 5 yard line) or
2 points (played from the 12-yard line)
- ❑ Safety: 2 points

Running

- ❑ The quarterback cannot run with the ball.
- ❑ Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- ❑ Absolutely NO laterals or pitches of any kind.
- ❑ "No-running zones," located five (5) yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- ❑ The player who takes the handoff can throw the ball from behind the line of scrimmage.
- ❑ Once the ball has been handed off, all defensive players are eligible to rush.
- ❑ Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- ❑ The ball is spotted where the carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- ❑ All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- ❑ Only one player is allowed in motion at a time.

- ❑ A player must have at least one foot inbound when making a reception.

Passing

- ❑ All passes must be forward and received beyond the line of scrimmage.
- ❑ Shovel passes are allowed but must be received beyond the line of scrimmage.
- ❑ The quarterback has a seven (7) second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- ❑ Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

- ❑ The ball must be snapped between the legs, not off one side, to start play.
- ❑ Substitutions may be made on any dead ball.
- ❑ Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - At the point of an interception (interception returns are not allowed).
 - Ball carrier’s knee hits the ground.
 - Ball carriers flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

There is no rushing the quarterback.

Once the ball is handed off, all players may rush in. Remember no blocking or tackling is allowed.

Sportsmanship/Roughing

If the field monitor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

The referee will call all penalties:

Defense:

(All coaches will first warn the player and after excessive penalties then the penalty yards will be enforced.)

Offsides

5 yards and automatic first down

Interference

10 yards and automatic first down

Illegal contact (holding, blocking, etc.)	10 yards and automatic first down
Illegal flag pull (Before receiver has ball)	10 yards and automatic first down
Illegal rushing (starting rush from inside 7 yard marker)	10 yards and automatic first down

Offense:

(All coaches will first warn the player and after excessive penalties then the penalty yards will be enforced.)

Illegal motion (more than one person moving, false start, etc.)	5 yards and loss of down
Illegal forward pass (pass received behind line of scrimmage)	5 yards and loss of down
Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards and loss of down
Flag guarding	10 yards (from the line of scrimmage) and loss of down
Delay of game	Clock stops, 10 yards and loss of down

- ❑ Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- ❑ Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- ❑ Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Football cleats are allowed, except for metal spikes. A protective mouthpiece is not required but strongly recommended.

Jerseys supplied by the Commerce City Parks and Recreation Department are to be worn during the game. If the weather is cold or rainy the player must wear their jersey or their jacket or sweatshirt.

Note: There are no kickoffs, punts and no blocking allowed.

Commerce City Parks & Recreation
Youth Flag Football Rules
Grades 3-6

- ❑ A coin toss determines first possession.
- ❑ The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- ❑ If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- ❑ All possession changes, except interception, start on the offense's 5-yard line.
- ❑ Teams change sides after the first 20 minutes.

Players

- ❑ Teams must field five (5) players at all times.
- ❑ Teams consist of 10 players (5 on the field with 5 substitutes).

Timing/Overtime

- ❑ Games are played to 40 minutes running time.
- ❑ If the score is tied at the end of 40 minutes, teams move directly into overtime.
 - I. A coin toss will determine which team gains choice of first or second possession.
 - II. Team that has first possession will begin from its own 20-yard line. They have three (3) plays to score a touchdown. After three plays, a score or turnover, the other team gains possession at their 20-yard line.
 - III. If the first team scores a touchdown, they shall attempt an extra point. The second team must then score a touchdown (within three (3) plays) and attempt the extra point.
 - IV. If either team is ahead at this point then they win. If both teams are tied they will have one more overtime.
 - V. If at the end of two overtimes and neither team has won then the game will end in a tie.
- ❑ Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- ❑ Each team has two (2) 60-second time out per half.
- ❑ Officials can stop the clock at their discretion.

Scoring

- ❑ Touchdown: 6 points
- ❑ Extra point: 1 point (played from the 5 yard line) or
2 points (played from the 12-yard line)
- ❑ Safety: 2 points

Running

- ❑ The quarterback cannot run with the ball.
- ❑ Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- ❑ Absolutely NO laterals or pitches of any kind.

- ❑ “No-running zones,” located five (5) yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- ❑ The player who takes the handoff can throw the ball from behind the line of scrimmage.
- ❑ Once the ball has been handed off, all defensive players are eligible to rush.
- ❑ Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- ❑ The ball is spotted where the carrier’s feet are when the flag is pulled, not where the ball is.

Receiving

- ❑ All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- ❑ Only one player is allowed in motion at a time.
- ❑ A player must have at least one foot inbound when making a reception.

Passing

- ❑ All passes must be forward and received beyond the line of scrimmage.
- ❑ Shovel passes are allowed but must be received beyond the line of scrimmage.
- ❑ The quarterback has a seven (7) second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- ❑ Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

- ❑ The ball must be snapped between the legs, not off one side, to start play.
- ❑ Substitutions may be made on any dead ball.
- ❑ Play is ruled “dead” when:
 - VII. Ball carrier’s flag is pulled.
 - VIII. Ball carrier steps out of bounds.
 - IX. Touchdown or safety is scored.
 - X. At the point of an interception (interception returns are not allowed).
 - XI. Ball carrier’s knee hits the ground.
 - XII. Ball carriers flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember no blocking or tackling is allowed.

Sportsmanship/Roughing

If the field monitor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

The referee will call all penalties:

Defense:

Offsides	5 yards and automatic first down
Interference	10 yards and automatic first down
Illegal contact (holding, blocking, etc.)	10 yards and automatic first down
Illegal flag pull (Before receiver has ball)	10 yards and automatic first down
Illegal rushing (starting rush from inside 7 yard marker)	10 yards and automatic first down

Offense:

Illegal motion (more than one person moving, false start, etc.)	5 yards and loss of down
Illegal forward pass (pass received behind line of scrimmage)	5 yards and loss of down
Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards and loss of down
Flag guarding	10 yards (from the line of scrimmage) and loss of down
Delay of game	Clock stops, 10 yards and loss of down

- ❑ Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- ❑ Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- ❑ Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Football cleats are allowed, except for metal spikes. A protective mouthpiece is not required but strongly recommended.

Jerseys supplied by the Commerce City Parks and Recreation Department are to be worn during the game. If the weather is cold or rainy the player must wear their jersey or their jacket or sweatshirt.

Note: There are no kickoffs, punts and no blocking allowed.

Lacrosse

Flag Football is offered in the Fall (September - October). Teams practice at local schools and play games on weekday evenings at Dick's Sporting Goods Park.

Divisions are listed:

Kindergarten Instructional Program

1-2 Grade (Co-ed)

3-4 Grade (Co-ed)

5-6 Grade (Co-ed)

* Rules on next page

Lacrosse

Flag Football is offered in the Fall (September - October). Teams practice at local schools and play games on weekday evenings at Dick's Sporting Goods Park.

Divisions are listed:

Kindergarten Instructional Program

1-2 Grade (Co-ed)

3-4 Grade (Co-ed)

5-6 Grade (Co-ed)

* Rules on next page

Specialty Camps

Flag Football is offered in the Fall (September - October). Teams practice at local schools and play games on weekday evenings at Dick's Sporting Goods Park.

Divisions are listed:

Kindergarten Instructional Program

1-2 Grade (Co-ed)

3-4 Grade (Co-ed)

5-6 Grade (Co-ed)

* Rules on next page



Commerce City Parks & Recreation

Athletics Code of Conduct

Definitions

Coach/Manager- A person designated as a team spokesman, one who is either a player or non-player.

Player- a person, who participates in the game, sits on the bench or is on the team roster.

Spectator- A person watching the game for entertainment and having no physical involvement in the game in progress.

Official- Individuals on the field or court to administer the official league and game rules.

Participation- Any involvement in the Commerce City Parks & Recreation Department activities such as spectating, officiating, playing, coaching, or attending any P&R event.

Probation- Individuals allowed to continue in a program. If another violation of the Code of Conduct occurs, individual shall be suspended.

Suspension- Complete and total removal from a program for the designated amount of time.

Recreation- Any program or event sponsored by the Commerce City Parks & Recreation Dept. Activity

League- The Parks & Recreation Department employee designated to supervise the Supervisor activity.

Code

1. No Person Shall- At any time lay a hand upon, shove, strike, or threaten an official, player or spectator. Officials/league supervisors are required to suspend individuals immediately from the game.

Minimum Penalty Suspension for two league/tournament games. Placed on probation for one year.

Maximum Penalty Suspension for one year from all activities offered by the Commerce City Parks & Recreation Dept. Individual must request to be reinstated following one year suspension.

2. No Person Shall- Refuse to abide by an official or league supervisor's decision. Officials and league supervisors are required to suspend the individual immediately from the game.

Minimum Penalty Suspension for two league/tournament games, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

3. No Person Shall- Be guilty of obscene gestures, behaviors, verbalizations or objectionable demonstrations of dissent at official's or league supervisor's decision. Officials and league supervisor are required to suspend the individual immediately from the game.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

4. The Coach Shall - Be the only team representative who may discuss a decision with the officials. League supervisor/official are required to suspend the individual immediately from the game.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

5. No Person Shall- Be guilty of using rough tactics in the play of the game against the body and person of an opposing player. Officials are required to suspend players immediately from the game.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

6. No Person Shall- Be guilty of an abusive verbal attack upon any player, official, spectator or league supervisor.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

7. No Person Shall - Appear on the contest area under the influence of alcohol/drugs or consume alcoholic beverages while participating in a Parks & Recreation program. Officials/league supervisors are required to suspend individual immediately from the game.

Minimum Penalty Suspension for two league/tournament games, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

8. No Person Shall- Smoke or chew tobacco while coming off or going into the field of play or while in the contest area. Note: School Dist. 14 is a tobacco free environment inside and outside.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for remaining league/tournament games, plus probation for the following year.

9. Coach /Team- Are responsible for the conduct of spectators, parents or any person directly connected with their team. Officials and league supervisors are required to suspend individuals immediately from the game.

Minimum Penalty Suspension for one league/tournament game, placed on probation for remainder of season.

Maximum Penalty Suspension for spectator or suspension for spectator and coach for the remaining league/tournament games, plus probation for the remaining year.

10. Officials decisions are final. Judgment calls may not be protested.

Enforcement's

1. Suspended person from program shall result in the person(s) case being heard by the Recreation Supervisor of Athletics and the Assistant Director of Parks and Recreation. Their decision shall be final.
 - A. A suspended person must remove himself from the program/contest area as designated by the league supervisor.
 - B. If a suspended person does not remove himself from the confines of the program/contest area, the league supervisor shall call the authorities.
 - C. One-minute clause: One minute shall be allowed for a suspended person(s) to remove himself/herself from the designated program/contest area. If this time limit is not met, the contest shall be forfeited to the opponents.
2. Repeat offenders will receive the maximum penalty.

3. Reasonable Discretion– League Supervisor: any enforcement procedures, which are not stated herein, may be provided by the league supervisor as is necessary to provide for the recreational enjoyment of players, coaches, and spectators.



**City of Commerce City
Department of Parks & Recreation
2008**

BASKETBALL LEAGUE RULES & REGULATIONS

- A. All coaches are responsible to see that each member of the team receives a copy of the “Player’s Code of Conduct”, and that each member understands the importance of the rules and penalties to himself and the team.
- B. Managers are responsible for keeping the players’ bench clear of all persons except players and those who are directly associated with the team.
- C. Managers must turn in their line-up to the League Supervisor fifteen (15 minutes before the game is scheduled to start.
- D. No food, beverage, or smoking is allowed in the gym.
- E. Children must be supervised.

RULES

Current high school rules will be used except for the following:

- 1. Games will be 20-minute running halves.
- 2. A team may begin a ball game with a minimum of four (4) players or a maximum of five (5) players.
- 3. The clock will stop the last three minutes of the second half if there is a difference of ten points or less or anytime thereafter that the score becomes ten points or less. The clock remains a stop clock regardless of time remaining if the score becomes 11 points or more. (EXAMPLE: The score is nine point’s difference with 2:50 time left, and the team ahead scores to make it eleven points difference, the stop clock is still in effect).
- 4. Two 1-minute time outs per team will be allowed per half, with one time out per team allowed for each overtime period. Time outs are NOT cumulative.
- 5. Half-times will be 5 minutes long.
- 6. Game times are forfeiture times. However, in case of mitigating circumstances, forfeiture will be left to the discretion of the League Supervisor.
- 7. Age limit – 16 years old, as of the first league game.
- 8. **TECHNICAL FOULS** – will result in the opposing team being awarded two points and receive the ball out-of-bounds at mid-court.
 - a) Any player given an unsportsmanlike technical foul must sit out the remainder of that half in the ball game.

- b) Any player given a second unsportsmanlike technical foul in the same game is automatically ejected from that game and disqualified from participating in his team's next scheduled game.
 - c) Once a player accumulates 3 unsportsmanlike technical fouls during the league season, he will be suspended at that point for the remainder of the league.
9. If a team or player receives an accumulation of 3 unsportsmanlike technical fouls in the same game, the game will be forfeited.
- a) Once a team accumulates 7 unsportsmanlike technical fouls during the league season, the team will be suspended at that point for the remainder of the league.
10. In the case of a tie, a three minute regulation (stop clock) overtime will be allowed in each overtime period.
11. **PROTEST** – The only protest allowed is to protest an illegal player who is not listed on a roster. Failure to produce proper identification upon conclusion of the game shall result in a forfeit of the game in question. The player(s) shall be prohibited from further participation until identification is presented. NOTE: Immediately following the last play of the game, each team loses the right to request proof of identification.
12. **UNIFORMS** – Each team must have similar colored jerseys with non-duplicating numbers. (Numbers should be 6 inches high.)
13. **END OF SEASON LEAGUE TEAM TIES** – There will be no league ties. Head to head or total points scored will determine tie breaker. (This will apply if two or more teams are tied.) Any team forfeiting a game will automatically be dropped from the tie.
14. Current year interscholastic high school and college basketball players are ineligible for state CARA basketball tournaments and league play.
15. The three point basket will be played. All shots from anywhere behind the 3 point line will count as 3 points.
16. **Dunking will not be allowed at any time.** Penalty for violation is suspension of guilty player from further play, and his team will be charged with an unsportsmanlike technical foul in the game in which they are playing when the dunking occurs.
17. **TEAM ROSTERS** – Rosters are open to 12 players and must be turned in prior to the first league game. Additions may be made through the 3rd game and final at the start of the 4th game.
18. Recreation League teams will be allowed only 1 person taller than 6'2". Everyone else on the team must be 6'2" or shorter.

COMMERCE CITY PARKS & RECREATION
SLOW PITCH SOFTBALL REGULATIONS

COACHES AND MANAGERS

1. All coaches are responsible to see that each member of their team receives a copy of the "Player's Code of Conduct" and that they understand the importance of the rules and penalties to themselves and to the team. Each manager is responsible for overall conduct of his team and spectators.
2. Managers are responsible for keeping the player's bench clear of all persons except players and those who are directly associated with the team. Umpires and League Supervisor are to enforce this rule. Players of other teams may not sit on the bench. ONE bat boy/girl (12 years & older) is allowed on the bench and should be aware of the danger involved. One person, a scorekeeper (does not have to be in uniform) may sit on the bench to keep score.
3. Managers MUST turn in their line-up to the League Supervisor **TEN (10) MINUTES** before the game is scheduled to start or game will be forfeited.
4. The umpire can call the game a forfeit if team employee tactics designed to either delay or hasten the game.
5. Team Guidelines:
 - A. Co-ed/Men's Teams in a D-Rec. League must consist of players at a D-Rec. level. Teams may have up to 2 D-Comp players or 1 "C" player, but not both.
 - B. Co-ed/Men's Teams in a D-Comp League must consist of players at a D-Comp level. Teams may have up to 2 "C" players or 1 "B" player, but not both.

All players must be identified on their team rosters with their playing skills/ability. "B"/"C"/"D-Comp"/"D-Rec."

NOTE: If any coach thinks that a team has players that exceed the team guidelines and feels that a coach has improperly identified a player at their skill level, they may protest that player. The player must be protested during a game and then the coach/manager must follow rule #10-Protests. Once the Recreation Dept. receives a protest on a Team Guidelines a meeting will be set up with all coaches from that league night. Coaches will vote if they feel the player in question has better skills than labeled. The Rec. Dept. will only vote if a tie exists. If the player is found to have a better skill level, he will be ejected from the league and the game he was protested in will be a forfeit. If he is found to be at the skills as labeled then he will continue to play and the protest money is forfeited.

6. Players must be able to present I.D. if questioned. Failure to produce proper I.D. upon conclusion of the game shall result in a forfeit. Protest fees for each ineligible player will be \$20 cash per player protested. If player is found to be ineligible, protest fee will be refunded. Ineligible player protest can be made from the toss of the coin (which starts the game) until the last out of the game. Players must be on the roster to be eligible for any post-season tournaments.
7. No player may play for more than one Slow Pitch team per league.
8. AGE LIMIT: 16 years and older.
9. It is important that each manager gets the NSA OFFICIAL RULEBOOK and studies the rules carefully. A great deal of misunderstanding can be avoided if this is done.

10. Phone Numbers – Athletic Weather Hotline (303) 289-3757.

GAMES AND REGULATIONS

1. Game Times: Game Times will range from 6:00 p.m. to 9:30 p.m.
 - A) No new inning will start one hour after game time. An inning must be finished if home team is behind.
 - B) If home team is ahead, the inning will continue until the one-hour time limit is up.
 - C) Game time is forfeit time. The only exception is the first game. They have 5 minutes to field a team. Failure to field a team in 5 minutes will result in a forfeit. (If the game starts at 6:20, the 1-hour time limit will also start at 6:20.) In all situations, the umpires will be the ones to indicate the game time, both starting and ending.

2. The OFFICIAL NSA RULES OF SOFTBALL will govern play with the following exceptions:
 - A) Complete games: A game will be considered a complete game and no new innings started:
 - 1.) At the completion of seven (7) innings and the game is not tied.
 - 2.) At the completion of one (1) hour and the game is not tied.
 - 3.) The 10 run rule is in effect after 4 ½ or 5 innings.
 - 4.) The 15 run rule is in effect after 3 1/2 or 4 innings.
 - 5.) If a game is called due to inclement weather, darkness or any other potentially hazardous conditions, the game shall be considered complete if five (5) or more full innings have been played, or four and one-half (4 ½) innings if the home team is ahead. Umpires shall decide when the game shall be postponed in the event of inclement weather. The Recreation Department will arrange makeup times.
 - 6.) If after a complete game and the score is tied, the game will go into the next inning. No special rules apply to hurry up the game.

3. Men's and Women's Slo-pitch teams may start and finish with a minimum of eight (8) players, or a maximum of twelve (12) players in the event of:
 - A) If an umpire ejects a player, that team may continue to play with as many as eight (8) players. If no legal substitutes are available, the player (s) that was ejected by the official will be counted as an "out" when his/her turn appears at bat. NOTE: The ejected player will be suspended for the remainder of the game and the next game his team plays.
 - B) If three (3) or more team members (players and coaches) are ejected, the game will result in a forfeit.
 - C) For reason of injury, teams may finish with as few as eight (8) players and no out will be recorded (spot will be skipped in the batting order). If a player is injured, removed from the game and not legally substituted for, that player cannot legally re-enter the game.
PENALTY: Forfeit

4. Additional Player (A.P.) -- (Men's and Women's Slo-pitch Only). A team may insert two additional players into the lineup. The batting order must remain the same; however, any 10 of the 12 players may take a defensive position throughout the game.
5. Home Run Rule -- Ball must go over the fence on the fly.

D-Rec. Men's League -- ONE HOME RUN (Summer and Fall Leagues)	D-
Comp Men's League -- TWO HOME RUNS (Summer and Fall Leagues)	NOTE: Home runs

in excess of the allowed limit will be counted as an out.
6. NO TABACO PRODUCTS WILL BE PERMITTED INSIDE THE PLAYING FIELD or SPECTATOR AREA.
7. No intoxicated person (as determined by umpires or League Supervisor) will be allowed inside the playing field. The consumption of alcoholic beverages is not allowed at the softball field. Teams or players violating this policy will be subject to suspension from the league.
8. Profanity will not be tolerated. Continuous unsportsmanlike conduct and non-adherence to the "Player's Code of Conduct" will result in withdrawal of the privilege of participating in this softball league by suspension for a specified time or indefinitely. No taunting will be allowed by players or spectators.
9. In case of a dispute, the umpires are instructed to talk to managers only. All others will retire from the immediate vicinity (at least 20 feet). **ANYONE** violating this regulation shall be subject to immediate removal from the game. Prolonged arguments will not be allowed. The umpires are instructed to notify managers that they have the right to file protest and then call "play ball" and the game shall proceed. Protests are to be written in accordance with the NSA Rule Book.
10. Protests: Protest Committee to be the Recreation Department Director; Recreation Supervisor and League Supervisor. All protests must be noted in the scorebook during the game. Coaches must notify league supervisor that they intend to file a protest. League supervisor will note on official score sheet. If not noted during the game, a protest will not be upheld. All protests must be typewritten and submitted with a \$50.00 protest fee. Protests must be in to the Recreation Department by 4:00 p.m. two (2) days following the game. Exceptions being games played on Friday or on a day before a holiday. These protests must be submitted on the next working day of the Recreation department. If protest is upheld, fee will be refunded. If not, fee will be forfeited to the Recreation Department. **NOTE:** NO protests regarding umpires' judgment calls will be accepted. (See page #1 on protesting ineligible player.)
11. Team rosters: Number of players on a team's roster shall be limited to nineteen (19) plus a non-playing manager and coach, or two coaches if the manager is playing. All rosters must be filled out and turned in prior to the first game. Changes and additions will be allowed the first 3 weeks. Rosters will be finalized on the start of the 4th week. If rosters are not turned in by start of 4th week the team will be fined \$50. After the 4th week each team will be allowed to add two players to their roster for a fee of \$25 per player. You may add players by contacting the League supervisor and submitting the \$25 fee. Added players must be added three days prior to their team's next league game.

NOTE: If your team goes to a CARA State Tournament, you will only be allowed 15 players on your state roster.
12. Teams will not be allowed to warm up by the bleachers.
13. If a ball goes out of the playing field, the pitcher cannot wait for that ball to be returned. He must throw at least one pitch with the ball supplied by the umpire.

14. All teams will be required to have a minimum uniform consisting of matching jerseys with non-duplicating numbers by the start of the 4th week. If a team has red jerseys and blue numbers they must all match. A player would not be allowed to have a red jersey w/taped on numbers. Your team jersey must also match on the sleeves, all no sleeve, all short sleeves or all full sleeve, no combinations of sleeves. If your team wears a vest jersey, all your players must wear a vest jersey, no restrictions on under shirts. NOTE: With the start of the 4th week, any player who does not have a matching jersey will be ineligible to play. If a player comes up to bat or takes the field and is not in uniform the official will stop the game and ask the player to put on his/her jersey if they don't they will be ineligible to play. I recommend each coach/manager bring 4 or 5 extra jerseys with him to each ball game. **No jerseys will be required for the fall leagues.**
15. Pitchers will be limited to five (5) warm-up pitches at the start of the game, with one (1) warm-up between innings. If pitcher delays getting to the mound, this will be waived and "play ball" will be called. Teams may throw the ball around the horn after an out.
16. Curfew time is 11:00 p.m. -- IT WILL BE ENFORCED.
17. All suspended games will be played at a later date following the NSA Rule Book for suspended games.
18. League Ties: If two or more teams have tied with identical records at the end of league play, the following method shall be used to determine the league standings.
 - A. Head to Head - consists of the winner of the most games between the teams when they played each other. Note: any team forfeiting a game against a team in the tiebreaker (head to head) will automatically be dropped from the tie.
 - B. Run spread – differential of runs scored when the teams played each other. (Runs earned vs. runs given up equal the differential.)
 - C. Coin flip
19. Both teams must retrieve foul balls.
20. Men's and Women's Slo-pitch Courtesy runners will be allowed. (The player who made the last out shall be the runner.)
21. Double first base -- when a batter hits the ball and a play is being made on him. The batter/runner will use the orange base and the defensive player will use the white base.
22. Any bat that does not contain an ASA certification mark for "Recreational Play", any bat that exceeds 1.20 BPF rating, any titanium bat, any composite bat, any carbon bat, any altered or dented bat, or any bat listed on the attached ILLEGAL BAT LIST will not be allowed in any Commerce City Parks & Recreation League games. Any player caught using an illegal bat will be suspended for the remainder of the game as well as the next game his team plays. If a player is caught a second time, they will be suspended from the league.
23. Blood Rule - A player, coach or umpire who is bleeding or has blood on his uniform shall be prohibited from further participation in the game until appropriate treatment can be administered. If said injured person cannot cover up the injury within five (5) minutes, that person will have to leave the game.
24. Bases - 70' Mound/Pitching Rubber – 54'
25. We reserve the right to disqualify a team or player(s) from further participation if that team or player(s) exceeds the qualifications of their league.

26. The Commerce City Recreation Department shall have complete charge of the leagues. Any and all situations not covered in these regulations shall be acted upon by the Recreation Department and all decisions are FINAL.
27. Please help keep the park clean. Teams and spectators are responsible for cleaning up their dugout and bleachers after the game is over.
28. Awards - The Parks & Recreation Department will hand out 1st thru 3rd place team awards and 15 first place individual awards per league with a minimum of 6 teams per league
29. No metal cleats are allowed in the league.

COMMERCE CITY PARKS AND RECREATION

CO-ED SLOWPITCH SOFTBALL RULES

1. A 12" ball will be used. See general rules and regulations for bat regulations.
2. No restrictions on batting stance for men or women.
3. Batting line-up must alternate the sexes.
4. On any walk to a male batter (intentional or not), the male batter shall automatically go to second base (the male batter must touch first base en route to second base) and the next batter--a female--has her choice of walking or hitting.
5. Defensive positions:
 - Outfield -----two males / two females
 - Infield -----two males / two females
 - Pitcher/Catcher --One male / one female
6. A team may start and/or finish with a minimum of eight (8) players -- 4 men & 4 women. In the event of:
 - A) If a player is ejected by an umpire, the team may continue to play with as many as eight (8) players. If no legal substitutes are available, the player(s) that was ejected by the official will be counted as an "out" when his/her turn appears at bat. NOTE: The ejected player will be suspended for the remainder of the game and the next game that his team plays.
 - B) If three (3) or more team members (players and coaches) are ejected, the game will result in a forfeit.
 - C) For reason of injury, teams may finish with as few as eight (8) players and no out will be recorded (spot will be skipped in the batting order). If a player is injured and not legally substituted for, the immediate male or female counterpart in the batting order must also be removed from the game.
 - 8 players -- 4 men / 4 women
 - 10 players -- 5 men / 5 women
 - 10 players plus 2 A.H. (1 male/1 female) -- 6 men / 6 women
7. Additional Hitters (A.H.) -- A team may insert two additional hitters (1 male/1 female) into the line-up. The batting order must remain the same; however, any 10 of the 12 players may take a defensive position throughout the game. [NOTE: Rule #5 from Co-Ed Rules on defensive positions.]
8. OUTFIELD ARCH RULE -- All four (4) outfielders must remain behind the 175' line until the ball is hit.

PENALTY: If an outfielder crosses the arch prior to the ball being hit and also fields the ball inside the arch, a delayed dead ball shall be signaled. The offense shall have the option of taking the result of the play or awarding the batter first base.
9. HOME RUN RULE -- Ball must go over the fence on the fly.
 - D-Comp co-ed League – No Home Runs
 - D-Rec. co-ed League -- No Home RunsNOTE: Home runs in excess of the allowed limit will be counted as an out.
10. Courtesy runners will be allowed. (The last male out will run for a male and last female out will run for a female.)

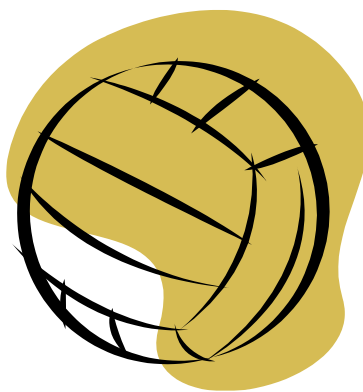
**City of Commerce City
Department of Parks & Recreation
Co-Ed Volleyball Rules**



1. Commerce City Parks & Recreation reserves the right to change any and all rules, regulations and policy whenever due cause warrants a change. All managers of teams affected by any such change will be notified.
2. Current USA Volleyball rules will apply, except for Commerce City league modifications.
3. Team rosters are open to 12 players and must be turned in to the volleyball supervisor the first night of the league. Additions to the roster may be made through the first three games and final beginning the fourth game.
4. Players must be on the appropriate team roster to be eligible to participate.
5. Each team must have at least five (5) players [3 women; 2 men or a majority of women] ready to play at game time. If a team is reduced to less than 5 players, it will be a forfeit. Teams should play with an equal number of men (3) and women (3) on the court. NOTE: A team may not play with a majority of men at any time.
6. If the ball is contacted more than once by a team, one contact must be made by a woman.
7. Any team not having 5 or more players ready to play by 5 minutes after scheduled match time will forfeit the first game of the match. After 15 minutes, should a team fail to have 5 or more players ready to play; the second game will be recorded as a loss.
8. If a forfeit exists, a scrimmage game may be played among available players. There will be no officials or scorekeepers and the time limit will be 35 minutes.
9. Team managers and captains are responsible for the conduct of their teams and for informing all players of rules and regulations.
10. The playing captain or manager is the only player who may address the referee. All other players must retire from the vicinity.
11. Unsportsmanlike conduct by any team or player may be handled by doing any of the following:
 - a) the referee may give the player(s) a warning;
 - b) the offending team will lose the service and the point, if applicable;
 - c) ejection from the game;
 - d) ejection from the gym by the gym supervisor;
 - e) ejection from the league or any portion thereof, by the league supervisor. Refer to the player code of conduct, also.
12. An unlimited number of substitutions will be allowed, however a team must rotate all players in and out of the same position on the court.
13. Matches will consist of two games, each played to 15 points, unless the supervisor deems that the 2nd game be played to 11 due to time constraints. Each game will count on the standings as a win or loss.
14. Each team must provide 4 people (2 scorers', 2 linesmen) as shown on the game schedule.
15. If a team is unable to have 4 people on hand to keep lines & scores, they may borrow officials from other teams. If a team cannot supply 4 people, that assigned team will receive 1 loss per game assigned. These will count against league standings.

16. The scorer is responsible for keeping the written record. He/she should give the proper score sheet to the captain or coach to fill in their lineup while warm-up is going on so the game can start on time.
17. Linesmen should call all foot faults, signal the referee if the serve or any played ball crosses the net entirely outside the markers on the sides of the net, or not entirely within the net antennas. Use the proper OUT hand signal, pay attention to the job of watching the lines, and signal touches off the backline. Linesmen should always be standing and should always help retrieve out of play balls.
18. There will be no protests and there will be no protest committee.
19. Two time outs per game may be called per team. Time-outs will be one minute long. Time-outs due to injury are official time-outs and are not charged to affected teams.
20. The referee must beckon the server to serve. The penalty for violating this rule shall be a warning and replay on first team offense, side out will be called on all subsequent offenses.
21. Blocking or attacking the serve is illegal. Setting the ball on the serve is also illegal.
22. In the small gym, a ball hitting the ceiling is in play as long as it is not the third hit and it touches the ceiling on the side of the net of the team that played it. A ball that hits the ceiling and travels over the net is dead. A ball that hits the side baskets is out. A ball that hits the end basket is a replay. (Indoor rules.)
23. Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided there is no finger action used during the effort, and the ball is not held or thrown.
24. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held and shall be called as a lift/push.
25. If the ball is held simultaneously by two opposing players, it is a double fault and a replay will be called.
26. A player is not allowed to attack the ball on the opposite side of the net.
27. Uniforms are not required, but are appreciated.
28. A back row player who is on or forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net when returning the ball to the opponent's team side. The restriction does not apply if the backline player's foot contact was behind the attack line. After contacting the ball, the player may land on or in front of the attack line.
29. Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.
30. Blocking of the ball across the net above the opponents court shall be legal provided that such block occurs after a player of the attacking team has spiked the ball, or in the referee's judgment, intentionally directed the ball into the opponent's court.
31. When only one male player is in the front line at service, one male backline player may come forward of the attack for the purpose of blocking ONLY.

32. Contacting the opponents playing area with any part of the body except the feet is a fault. Touching an opponent's area with a foot or feet is not a fault provided that some part of the encroaching foot or feet remains on or above the center line.
33. If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault.
34. When competition is scheduled or is occurring on an adjacent court(s), it is a fault if a player enters the adjacent court(s) or crosses the extension of the sideline to play a ball or after playing a ball.
35. Games postponed because of snow or adverse weather during the course of a season will be rescheduled in the order that they were missed. A decision as to whether a game is to be canceled will not be made any earlier than 5:00 p.m. that day. Managers and players can call the Recreation Athletic Weather Hotline (289-3757) after 5:00 p.m. It is not the responsibility of the Parks & Recreation Dept. to inform managers of cancellations.
36. Age limit--16 and over.
37. Players must be able to present I.D. if questioned. Failure to produce proper I.D. upon conclusion of the game shall result in a forfeit.
38. There are no alcoholic beverages or smoking or food allowed in the gymnasium. No alcohol may be consumed while playing in the park.
39. Children are not allowed in the gymnasium unless they are accompanied by a NON-PLAYING ADULT. (Indoor Rules)
40. The Commerce City Parks & Recreation Dept. will find a suitable individual award for up to 10 players on the championship team, as well as a 1st, 2nd, & 3rd place trophy.



Commerce City Parks and Recreation Department Lighting Safety for Outdoor Athletic Facilities

General Information

Lighting's behavior is random and unpredictable. Preparedness and quick response are the best defenses towards the lighting hazard.

Lighting Safety Program for Athletic Facilities

At the first signs of lighting or thunder, leave the playing area. Go to vehicle and take shelter there with the windows rolled up ("If you can hear it (thunder), clear it (suspend activities).")

AVOID the rain and sun shelters and the dugout areas. These are not safe from lighting.

AVOID going underneath trees. Trees "attract" lighting.

AVOID metal fences, gates and tall light poles and power poles.

Wait 20 minutes after the last observed lighting or thunder before you leave shelter. Field Supervisors will signal a resumption of activities.



**Commerce City Parks and Recreation Department
Youth Coaches Application**

Parks and Recreation

We appreciate your interest in coaching for our program. In order to insure that we select the most qualified coaches for our programs and to insure the safety of our children and adults participating in these programs, we request that you complete all sections of this coach's application.

Full Name (First, MI, Last)		Home Telephone Number: ()	Work Telephone: ()
Street Address:		City, State, Zip Code	E-mail Address
Social Security Number	Date of Birth (Mo/Date/Yr)	Have you ever been known by another name? __Yes __No If yes please indicate below:	
What sports are you interested in coaching?			

Coach's Experience
Please note approximate dates, types, and places of experience:

Emergency Contact Information

Contact Name:	Relationship:
Street Address, City, State, Zip Code:	
Home Telephone Number: ()	Work Telephone: ()

References

Contact Name:	Relationship:	Phone:
Contact Name:	Relationship:	Phone:
Contact Name:	Relationship:	Phone:

Background

Have you ever been charged with a crime that resulted in plea of guilty, no contest, deferred judgment, deferred prosecution or conviction of any law violation (except minor traffic violations)?

YES NO

If Yes, list for each conviction: (1) date of offense; (2) charge; (3) jurisdiction; (4) court name and (5) disposition

Have you ever been involved in an incident involving child abuse or neglect? YES NO

If Yes please explain:

Applicant's Statement

I certify that all information provided in this volunteer application is true and complete. I understand that any false information may disqualify me from further consideration as a volunteer and may result in dismissal if discovered at a later date. I authorize the investigation of any or all statements contained in this application. I also authorize, whether listed or not, any person, school, current employer, past employers and organizations to provide relevant information and opinions that may be useful in making the decision to be accepted as a volunteer coach. I release such persons and organizations from any legal liability in making such statements. In connection with my application for volunteering, I understand that I will be required to be fingerprinted by the Commerce City Police Department and that an investigation report may be requested that will include information as to my character, work habits, performance, and experience, along with reason for termination of past employment. I understand that as directed by city policy, you may be requesting information from public and private sources about my: driving record, court record, credentials and references.

I have read, understand and by signature consent to these statements,

Signature: _____ Date: _____

**Commerce City Parks and Recreation Department
Youth Coaching Agreement**

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability:

- To give every child the opportunity to participate in Youth Sports, regardless of ability.
- To teach the participants the skills and fundamentals of the sport in which they are participating.
- To encourage the participants' development of sportsmanship, team play, and leadership.
- To teach the participants that competition and winning are not the primary objective; therefore a strong commitment should be made towards improvement of skills and just having fun!!
- To encourage children that success does not require winning a game and that losing does not mean one is a failure.
- To have kids to strive for excellence, to do the best they can.
- To be trained through the National Youth Sports Coaches Association Certification Clinics.
- To have mandatory playing rule to guarantee participation opportunities for every child.
- To stress to the participants the importance of being drug free and the relationship of sports participation.

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given below.

- I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
- I will do my best to learn the fundamental skills, teaching and evaluation techniques and strategies of my sport.
- I will become thoroughly familiar with the rules of my sport.
- I will become familiar with the objectives of the youth sports program with which I am affiliated. And I will strive to achieve these objectives and communicate them to my players and their parents.
- I will uphold the authority of the officials who are assigned to my sport, and I will assist them, in every way, to conduct fair and impartial competitive games.
- I will conduct my practices and games so all players have an opportunity to improve their skills through active participation.
- I will protect the health and safety of my players by insisting that all the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.
- I will adhere to all Commerce City Parks and Recreation Department policies and procedures.

With my signature, which I voluntarily affix to this contract, I acknowledge that I have read, understand and will do my best to fulfill the promises made herein.

Sport

Signature of Coach

Date

Commerce City Parks & Recreation Department

COACHES MANUAL



Commerce City Recreation Center

6060 E. Parkway Dr.

Commerce City, CO 80022

Ph. 303.289.3789 Fax 303.289.3783

Goals and Purpose for Youth Sports

- To give every child the opportunity to participate in Youth Sports, regardless of ability.
- To teach the participants the skills and fundamentals of the sport in which they are participating.
- To encourage the participants' development of sportsmanship, team play, and leadership.
- To teach the participants that competition and winning are not the primary objectives; therefore a strong commitment should be made towards improvement of skills and just having fun!!
- To encourage coaches to teach children that success does not require winning a game and that losing does not mean one is a failure.
- To have coaches teach kids to strive for excellence, to do the best they can.
- To train coaches through the National Youth Sports Coaches Association Certification Clinics.
- To have mandatory playing rule to guarantee participation opportunities for every child.
- To stress to participants the importance of being drug free and the relationship of sports participation.

SKILL DEVELOPMENT

The first practice initiates the season. The first order of business should be to introduce yourself, welcome the parents and players. Make them feel important and ask for their support and involvement. If you do not have volunteers for co-coaches and team parents, this is the time to request help from the parents.

Usually four practices are scheduled prior to the first game. These practice sessions should be used to provide the basic rules, skills and procedures needed for the first game. During these practices, the players should learn:

- Positions – Each position and it's role should be explained. Stress the need for each position and how players need to work together.
- Strategy – Teach basic defense and offense by using controlled scrimmages.
- Basic Skills – Use drills to teach the basic skills and rules needed to fully participate and perform in the sport.

Be sure to have all equipment you need for each practice and game. Have the balls, bats, game rules, first aid kit, etc. ready.

Practice Session Outline (1 hour practice session)

I. Warm Up (5 minutes)

Warm up activities prepare the body for more intense activity, thus reducing the risk of injury. Each practice must begin with some simple warm up exercise.

II. Stretch (5 minutes)

Stretching is vital before participating in any physical activity. Stretching the muscles related to the activity is very important. For example, if a child is pitching, he/she should concentrate on stretching his/her arm and back muscles. If a child is catching, the focus should be on the legs and back.

III. Skill Development (20 to 30 minutes)

The skill development component should be age appropriate and organized so that everyone is involved. Use individual and partner drills frequently. Arrange players so that everyone has room to practice at the same time. This allows players to make mistakes without fear of being ridiculed in front of teammates and ensures plenty of activity. The skill development consists of two parts:

- A. Practice previously taught skills (all players benefit from working on fundamentals)
 1. During this part of the practice, players should work on improving skills they already know.
 2. Ask for player input on what skills they need to work on based on previous practice sessions or games.
- B. Teach new skills(at least one new skill per practice should be taught, using the existing skills for a foundation).
 1. Give players something new to try at each practice
 - a. Briefly explain the skill
 - b. Demonstrate the skill (coach or player)
 - c. Let players try the skill
 2. Keep instructions to a minimum as players are practicing skills
 - a. Give encouragement.

- b. Try to correct errors in a positive way.

IV. Play (20 to 30 minutes)

Scrimmages are fun and they increase the likelihood that skills learned in practice will be used in games. Include activities that simulate the contest conditions players will face and that will develop useful team skills.

- A. Rotate players so they all get to play all positions.
- B. Scrimmage using simplifications of the game
 1. Play for specific periods of time, not score.
 2. Focus on one or two rules or skills at a time.
 3. Control the scrimmage by periodically stopping play and pointing out learning opportunities.

V. Team Circle (5 minutes)

Team circle allows for the coach to go over the skills that were learned at the at practice. It also allows the coach to get feedback from the players. Also during this time the coach should remind the players of the next practice or game.

SKILLS AND DRILLS

Young players respond best to challenges. Try to build on the foundation of skills and give your players something new to practice in each session. When you present a skill, give a brief explanation, demonstrate the skill (use a player if they can perform the skill), then let players try the skill. Remember that players learn more from doing rather than listening, so keep instructions to a minimum. As the players are practicing, give encouragement and try to correct errors. Remember to be positive in your comments, so players are not discouraged. Some helpful rules for teaching new skill

1. Understand thoroughly what you want done and make your directions brief. Demonstrate the skill using proper terminology in your explanations.
2. Stand where you can face everyone. Speak so that you can be heard, but do not shout. Let the group listen.
3. Get into the practice skill activity without hesitating. Choose something that is familiar or that is easy to explain in a few words, and get the group actively interested from the very start. More difficult material may be presented after the players have gained confidence in themselves.
4. Practice a skill until it is almost at its best, then move on to another. Progressive learning and exposure to several skills will help eliminate boredom.
5. Actively participate.
6. Use positive reinforcement. Your players need smiles, eyes contact, encouragement and communication when they do well.
7. Keep practices fun through a games approach to drills.

INJURY AND RISK PREVENTION GUIDELINES

THE DO'S

Coaches have responsibility to help prevent injuries. Many injuries can be prevented if coaches take few simple precautions.

1. Regularly inspect your playing area and equipment for hazards. Report dangerous conditions immediately and do not permit your athletes to play until it is safe.
2. Make sure that players do not participate in physical activities when hurt.
3. Make sure that players warm up before all practices and games.
4. Supervise all activities and teach strict observance of game rules. "Horsing around" is a common cause of injuries.
5. Prevent heat injuries by encouraging regular water breaks and including brief rest periods.
6. Advise players about the proper playing equipment. Teach players how to prevent blisters by wearing footwear that fits correctly, by gradually breaking in new shoes, and by wearing two pairs of socks if needed.
7. Never be the only adult on site. An accident requires a lot of attention. Always have your first aid kit at practice and games.

THE DONT'S

1. Don't administer medications. This includes aspirin and sunscreen.
2. Don't transport the injured child yourself. If you feel the youth needs medical attention notify the parents or call 911.
3. Don't give a diagnosis of injury unless you are a physician. Just state the symptoms and what happened.
4. Don't leave any youth unattended without adult supervision.

Prevention

General Injury Prevention Know the risk factors of the sport specific physical activity. Help athletes to develop strength flexibility and endurance. Increase training time, distance and repetitions, no more than 10% a week. Encourage athletes to report pain and injury. Respond positively about complaints of pain.

Preventing Muscle Strains Warm up activities are slow sustained exercises, calisthenics and slowly increasing the intensity of motion. Ingredients of a good warm up:

- Increased body temperature
- Increased respiration
- Increased heart rate
- Followed by stretching muscles with a slow static stretch

Cool Down Gradually reduce workout intensity. Having athletes walk at a slow rate until their heart rate gets near normal. Follow up with light stretching.

Over Use Injuries Tendonitis, bursitis, and stress fractures. Usually caused by repetitive stress and damage to tissue. Usually athletes continue to play when fatigued or injured. Athletes often fail to report

injuries. It is very important that coaches are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Youth are predisposed to over use injuries because of the physiology of growing. Cartilage of young athletes is easily damaged. Muscles and tendons of young athletes tend to tighten. Some youth specialize in a select sport too early, cross training is important.

Dehydration Prevention Two to three hours before a workout or competition drink 2 cups of fluid. One hour before a workout drink 1 cup of fluid. Fifteen minutes before, ½ cup of fluid. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes.

Preventing Sprained Ankles and Knees Stretching of muscle groups surrounding the joints is very helpful in reducing sprains. Many sprains happen when the entire foot is planted and the leg twists.

Preventing Slide Burns If possible an athlete should wear long pants or protective pads on, when sliding.

Preventing Tendonitis Most commonly caused by repetitive movements on body parts that lack conditioning and stamina. It is an inflammatory response to repeated stress or irritation.

FIRST AID BASICS

Emergency Basics

- Developing first aid common sense is an important part of providing first aid care.

- First aid, properly given, can reduce the effects of injuries.
- First aid must be given quickly and effectively.
- First aid must be administered calmly and efficiently. In the excitement of an emergency, it is important to stop for a moment to clear your head and think before you act.
- If you remain calm it will set the tone for the victim and bystanders to remain calm.

Injury	Recommended First Aid
Bleeding	<p>General Principles to Control Moderate to Heavy Bleeding</p> <p>Direct Pressure- Compress directly over the Wound.</p> <p>Elevation- Elevate injury above the heart, if fracture is indicated.</p> <p>Pressure Points- Four Points: between elbow and shoulder on the brachial artery, femoral artery in upper middle inner thigh</p>
Abrasion: Outer layer of skin is scrapped away from all.	To decrease the possibility of infection, clean the injured area thoroughly and cover with a sterile bandage.
Incision: Sharp, even cuts from knives, razor blade or broken glass. This result in heavy bleeding and damage to muscles, nerves, and tendons.	Use direct pressure with a sterile bandage over incision area to stop bleeding. If the wound bleeds through the bandages remove all but the bandage immediately covering the wound and replace with fresh bandages as needed.
Laceration: Jagged or torn cuts from sharp irregular edges or by force. This type of wound result in heavy bleeding and damage to muscles, nerves, and tendons.	Treat with direct pressure over injured area. Continue to treat with direct pressure until bleeding stops, then apply a dressing.
Punctures: Holes in soft tissue from sharp, pointed objects such as pins, nails or splinters. There is a possibility of internal bleeding and infection from tetanus in these sorts of wounds.	If object is larger than a pin leave object in tissue and seek medical assistance.
Avulsions: Part of the tissue is torn away from the body. Avulsions usually result in heavy bleeding which needs to be controlled.	If body part has been completely separated from the victim, pack tissue in ice and get them to a hospital immediately.
Heat Stroke: Signs and symptoms: Red, hot dry skin, dilated pupils, very high body temperature, body needs to be cooled quickly.	The victim must be cooled down as quickly as possible. Escort them to a cooler place and if necessary immerse victim in a cool bath or wrap them in wet sheets. Do not give them anything to eat or drink. The victim also needs to be treated for shock.
Dehydration: Profuse sweating usually accompanied by a strong thirst.	Rehydrate by drinking large amounts at one time of cool, not cold, fluids such as water.
Heat Exhaustion: This condition usually occurs when people exercise heavily or work in a warm, humid place. In these cases body fluids are lost through heavy sweating but the sweat does not evaporate so the body is not effectively cooled. Signs and symptoms: Cool, clammy skin, pale, white skin, heavy	The victim must be cooled down as quickly as possible. Escort victim to cooler place. Remove or loosen their clothing and have person lie down on their back and put their feet up. Responder can fan victim or apply cold packs, wet towels to speed up cooling process. Remember to be aware of signs of shock in the victim. Have victim drink ½ glass of water

sweating; dilated pupils; headache, nausea; dizziness; vomiting.	every 15 minutes.
Heat Cramps: The loss of water and salt from heavy sweating causes muscular pains and spasms during heavy exertion. Signs and symptoms: Hard "knotting" in a muscle; involuntary muscle contraction and loss of function.	Escort victim to a cooler place and give them ½ glass of water every 15 minutes for one hour.
Insect Bites and Stings: Signs and symptoms: Pain; swelling of the throat; redness or discoloration at the site; itching; hives; decreased consciousness; difficulty or noisy breathing.	Make sure other children are safe and remove from any further danger. Check the child for any life-threatening condition. Call for help if the child shows signs of an allergic reaction. For a typical insect sting, remove the stinger (use a swift swipe of a fingernail or credit card), and wash the area with soap and water. Apply a cold compress to reduce swelling and pain. Place the injured area below the level of the heart. Be alert for signs of shock.
Nose Bleed: Symptoms: Bleeding, usually out of one nostril, no blackening under the eyes, the septum (bridge of the nose) is in place.	Hold their head in a natural (upright) position. Apply ice to the bridge of the nose. If bleeding does not stop within 10 minutes seek medical attention? Do not let victim blow their nose.
Nose Fracture: Symptoms: Blackening under the eyes, septum is displaced, usually victim complains of headache and or nausea.	Ice on the bridge of the nose. Seek medical attention. Do not have the victim blow their nose.
	Note: when an athlete has received a blow to the head do not administer any aspirin, Tylenol, or any other type of headache relief medicine until being directed to do so by a physician. These medications can mask symptoms and lead to a misdiagnosis.
Fracture: Deformity, swelling, direct tenderness, indirect tenderness, bony deviations, dislocation. Always do a bilateral comparison.	Seek medical assistance immediately, if victim must be moved, immobilize the injured area.
Strain: Pain over the site of injury, muscle spasm, loss of strength.	It is difficult to tell the difference between mild and moderate injuries. Rest, Ice, Compression, and Elevation (RICE). If it is too painful for normal walking the athlete should be referred immediately to seek medical attention.

Coaching Guidelines

Before the first practice:

- Call all the kids and parents on your roster and introduce yourself. Tell them of the practice times, days and locations. Tell the parents you would like to have a short meeting (less than 20 minutes). Try to do it just before the first practice.

- At the meeting pass out Player Emergency form, Parents Code of Ethics, and any other information you may have.
- Let your parents know your expectations of them and find out what they expect from you. If the expectations are unrealistic, now is the time to address them. Get a list of parent's names and work numbers and emergency contact names and numbers.
- Indicate how important practice time is. It can be negative for a child and the team when a player arrives at a game without the necessary information and preparation to be a successful member of the team.
- If you need an assistant or a backup, now is the time to find them.

First Practice:

- LEARN EVERYONE'S NAME...FAST.
- The number one reason kids drop out of programs is because they do not feel connected to the team. It is your job to create team unity and encourage new friendships from the start. Make sure kids who know each other are separated and mixed with kids they do not know.
- They will be excited at the beginning of practice. It is okay to start warming up and do some light running before you talk with them.
- Be organized. Have your practice planned out in detail. Go over practice plan with your assistants before the practice.
- Make sure every child is on your roster. If not, then they are not on your team. Please contact the League Director as soon as possible if there are problems. Friends and neighbors may not participate in practices or games. Only the League Director may add a player to your roster.
- Don't forget to spend time warming up and stretching.
- Remember your objectives. Participating in sports helps to increase the self-esteem of the athletes and develop character in youth.

Before the Game

- Be the first person to arrive at the field.
- The performance of most athletes will increase if competition pressures can be reduced. A brief pregame talk gives you the opportunity to put the importance of the game in its proper perspective. Remind players of the skills they have been practicing and tell them to concentrate on performing these skills and tell them to concentrate on performing these skills rather than worrying about what their opponents will do. Emphasize the need to think and play as a team and not criticize teammates. Above all, stress the importance of behaving properly at all times, not arguing with officials, and having fun.

During the Game:

- Relax and enjoy, remember we are having fun. To be a good coach you do not always have to give advice. It is okay to spend some time smiling and being supportive.
- Try to be enthusiastic and compliment players on good performances. Remember, everyone on your team deserves encouragement, not only the best players.
- When players come out of the game, first try to say something positive about their performance, and then give them ideas and suggestions for improvement.
- Do not focus on what they a player is doing wrong, focus on what you would like then to do right.

After the Game:

- Always congratulate the other team and thank them for their participation.
- Talk to your team about the positive things that happened during the game, regardless of the result of the game.

- Now is not the time to discuss problems with opposing coaches or officials. They do not work for you. Their supervisor is the League Director to which all problems should be directed.

Sport Parent Code of Conduct

Commerce City Parks and Recreation

We, the Commerce City Parks and 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 the league. Any parent guilty of improper conduct at any game or practice will be asked to leave the facility.

facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending any remaining games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and these seven core principles:

- **Everyone Plays**
- **Safety First**
- **Fair Play**
- **Positive Competition**
- **Family Involvement**
- **Sport for All**
- **Sport for Fun**

The highest potential of sports is achieved when the game reflects these seven pillars of youth sports.

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 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 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 participants for making a mistake or losing a competition.
13. I will emphasize skill development and the importance of practice 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 wellbeing 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 or gymnasium, and will take time to speak with coaches or a field supervisor about any possible issues.
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 sporting 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 _____ Date _____



Commerce City Parks and Recreation Youth Basketball Evaluation Form - Coaches

Thank you for being a part of Commerce City's youth basketball program. Without your help this program would not exist. In order to continuously improve the quality of our programs for our patrons, we need your input. Please feel free to give me a call with any questions. Thanks, Josh (303-289-3705)

Please circle the appropriate response:

Applicable	Strongly Agree	Agree	Disagree	Strongly Disagree	Not
I enjoyed being part of the program	1	2	3	4	N/A
The practice fields were safe and in good condition	1	2	3	4	N/A
The equipment supplied was sufficient	1	2	3	4	N/A
The practice times were too long	1	2	3	4	N/A
The parents were easy to work with	1	2	3	4	N/A
Coach Jon was helpful at practice	1	2	3	4	N/A
The game days were well organized	1	2	3	4	N/A
The umpires were fair and consistent	1	2	3	4	N/A
The communication was good	1	2	3	4	N/A
The field supervisors did a good job	1	2	3	4	N/A
The other coaches were easy to get along with	1	2	3	4	N/A
I had the support needed to be successful coach	1	2	3	4	N/A
I would like to coach again for the city	1	2	3	4	N/A

-Do you have any additional comments regarding the baseball Program? (Please use back of paper if additional space is needed)

-What was your favorite part about the program?

-What in the program would you like to see improved upon in the future?

Name (optional) _____ Phone _____



Commerce City Parks and Recreation Youth Basketball Evaluation Form - Parents

Thank you for participating in Commerce City's youth basketball program. In order to continuously improve the quality of our programs for our patrons, we need your input. We value your feedback and would appreciate your help. Please complete the evaluation and give to your coach or drop it off at the recreation center. If you have any questions or concerns, please feel free to contact Josh Polgar – Youth Sports Coordinator at 303-289-3705 or jpolgar@c3gov.com.

Team/Coach: _____

Please circle the appropriate response:

Applicable	Strongly Agree	Agree	Disagree	Strongly Disagree	Not
My child had a positive experience	1	2	3	4	N/A
The practice facilities were safe and in good condition	1	2	3	4	N/A
The coach was enthusiastic and positive	1	2	3	4	N/A
The coach was well organized	1	2	3	4	N/A
The skills taught in practice were age appropriate	1	2	3	4	N/A
I felt the game days were well organized	1	2	3	4	N/A
The officiating was fair and consistent	1	2	3	4	N/A
My child had a fun experience in the program	1	2	3	4	N/A
The cost of the program was fair	1	2	3	4	N/A
I would recommend this program to others	1	2	3	4	N/A
I will sign-up for another Commerce City recreational program in the future	1	2	3	4	N/A

-Do you have any additional comments regarding the Basketball Program? (Please use back of paper if additional space is needed)

-What was the greatest benefit your child received from this program?

-What in the program would you like to see improved upon in the future?

-Are there any different youth sports you would like to see offered in the future?

Name (optional) _____ Phone _____

Commerce City Parks and Recreation Youth Sports

Parent Handbook

Build Friendships, Learn Sportsmanship, Develop Teamwork

Have Fun!



Commerce City Parks and Recreation Department
6060 E. Parkway Dr.
Commerce City, CO 80022
303.289.3760
www.c3gov.com

Thank you for choosing to participate in a Commerce City Parks and Recreation youth sports program. Please take a minute to read through this packet to familiarize you with our philosophy and policies. We are looking forward to a fun and rewarding season!

Commerce City Parks and Recreation Philosophy of Youth Sports

Our youth sports programs build strong kids, strong families and a strong community by allowing each child to play at least half of each game without pressure of competition or try-outs. Skill development and healthy lifestyles are emphasized along with values of caring, honesty, respect and responsibility. In our youth sports programs we stress fun and skills over winning and competition, in a safe, supportive and healthy environment. We encourage parental participation by training staff and volunteers, collaborating with schools and building strong relationships throughout the community. Commerce City Parks and Recreation Youth Sports programs are a safe place to play, grow and have fun for all.

Seven Pillars of Commerce City Parks and Recreation Youth Sports

Pillar One - Everyone plays. We do not use tryouts to select the best players, nor do we cut kids from our youth sports programs. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

Pillar Two – Safety First. Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to make sure the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

Pillar Three – Fair Play. Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in Commerce City Youth Sports. It's about your being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

Pillar Four – Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. These are the lessons we want to teach through our youth sports programs.

Pillar Five – Family Involvement. Commerce City Parks and Recreation encourages parents to be involved appropriately along with their child's participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six – Sport for All. Commerce City Parks and Recreation Youth Sports is an inclusive sports program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children

who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

Pillar Seven – Sport for Fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends and of competing with their peers. Sometimes when adults become involved in children’s sport, they over organize and dominate the activity to the point of spoiling children’s enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; let them have fun.

Helping Your Child Enjoy Sports

You can help your child enjoy sports by doing the following:

Developing a Winning Perspective

Every decision parents make in guiding their children should be based first on what’s best for the child and second on what may help the child win. Stated another way, this perspective places **Athletes First, Winning Second**. We’re not saying winning is unimportant. Winning—or striving to win—is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation.

But they can turn sour if, through losing, you or your children lose the proper perspective also. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

Building Your Child’s Self-Esteem

Building self-esteem in your child is one of your most important parenting duties. It’s not easy—and it’s made even more difficult in sport by the prevailing attitude of “winning is everything.” Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Don’t praise dishonestly; children can see through that. If your child strikes out three times and make an error in a softball game, don’t tell her she played well. Just show the same amount of love and approval for her—not for her performance—that you showed before the game.

Emphasizing Fun, Skill Development, and Striving to be Successful

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids don’t have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win and don’t improve or learn new skills. Conversely, they *do* have fun when practices are well organized, they get to play in games, they develop new skills, and the focus is on *striving* to win.

Helping Your Child Set Performance Goals

Performance goals—which emphasize individual skill improvement—are much better than the outcome goal of winning for two reasons:

1. Performance goals are in the athlete’s control.
2. Performance goals help the athlete improve.

Performance goals should be specific, and they should be challenging but not too difficult to achieve. Help your child focus on performance goals before a game; this focus will help sport be an enjoyable learning experience for your son or daughter.

Parents' Responsibilities

All parents want their kids to do well and have fun in the activities they pursue. We want you to be actively involved in positive ways with your child's sport experiences in youth sports. To do that, you need to first understand your responsibilities as a parent of a child in Commerce City Parks and Recreation youth sports:

1. Encourage your child to play sports, but don't pressure. Let your child choose to play—and to quit—if he or she wants.
2. Understand what your child wants from sports, and provide a supportive atmosphere for achieving these goals.
3. Set limits on your child's participation. Don't make sport everything in your child's life; make it a part of life.
4. Make sure the coach is qualified to guide your child through the sport experience.
5. Keep winning in perspective, and help your child do the same.
6. Help your child set challenging but realistic *performance* goals rather than focusing only on "winning the game."
7. Help your child understand the valuable lessons sport can teach.
8. Help your child meet responsibilities to the team and to the coach.
9. Turn your child over to the coach at practices and games—don't meddle or coach from the sidelines.
10. Supply the coach with information on any allergies or special health conditions your child has.
11. Please be on time to drop off and pick up child from practice. And be sure to make the coach aware if someone else will be picking up your child from practice.
12. If no one is able to pick up the child and all emergency contacts are called, the coach will bring the child to the recreation center; if the center is closed the police department will be called.

Character Development

Coaches and parents are strongly encouraged to work with the children in developing the four character values Caring, Honesty, Respect and Responsibility, by providing an environment in which these values are fostered. PARENTS AND COACHES ARE ALL ROLE MODELS and their behavior should reflect these values.

Caring – Being sensitive to the well being of others involved in the sports program.

Honesty – To have integrity, making sure that one's actions match one's values through participation in sports.

Respect – To value the worth of every person, including oneself, one's teammates, opponents and officials.

Responsible – To be accountable for one's behavior and obligations.

Parent Behavior

Parents, participants, and spectators are expected to conduct themselves in a respectable, responsible, honest, and caring way. The Commerce City Parks and Recreation Department has a no tolerance policy for behavior that is disrespectful, disruptive or rude. We will not hesitate to ask someone to leave the gym and/or facility for inappropriate behavior. Each season coaches receive copies of Parents Code of Conduct forms that all parents are expected to sign before the start of the season.

Please be responsible for your own behavior and set a good example for the kids. **Gym/Field Supervisors and officials have the authority to ask any spectator or coach, who does not display conduct consistent with the Youth Sports philosophy, to leave the game area. This includes inappropriate comments to the officials, staff, or other participants.**

Volunteer Coaches

All coaches are VOLUNTEERS who take time to instruct your child. Without their efforts, sports program would not be possible. Coaches are provided with drills and practice plans, but your knowledge and assistance is always welcome. The Commerce City Parks and Recreation does our best to find knowledgeable, caring, responsible adults with the time and commitment level to provide the best experience for the team.

Background checks

Head coaches and the 1st assistant must fill out a complete volunteer application which includes a criminal background checks and reference checks.

NYSCA-National Youth Sports Coaches Association

All will go through the NSYCA Volunteer Coach Training Program.

Heads Up Concussion in Youth Sports-Concussion Training for Coaches

All will go through the online training for coaches.(we recommend you as a parent complete the concussion training as well. www.cdc.gov/ConcussionInYouthSports)

What if there is no coach

The Commerce City Parks and Recreation Department makes every effort to find coaches for teams. In the event that a coach cannot be found for a team by the first scheduled practice, a staff member will run the first practice with the parents. If a coach is not found at this time or parents are not willing to work together to coach the team, the team will be disbanded and full refunds given.

Concerns with coaches

If during the season you begin to have concerns regarding your coach, please do not hesitate to call the Recreation Coordinator-Youth Sports to let us know. We do appreciate your feedback on coaches and will use your feedback to help coaches create the best experience possible for all participants.

General League Information

Registration

Registrations can be taken for youth sports in person or online.

Team Composition

Players are placed on teams according to age/grade and the school they attend.

Age/Grade Guidelines

Divisions are specified by the participant's grade level. For the summer baseball season, divisions will be divided by the age the child is as of June 1 of that given year.

Special consideration will be evaluated by the Recreation Coordinator-Youth Sports.

Athletic Weather Hotline

Commerce City Parks and Recreation has an Athletic Weather Hotline phone number that may be called on game days. The number is 303.289.3757. Coaches will determine if practices need to be cancelled.

Financial Information

Refunds

We want you to be completely satisfied with your youth sports experience. Therefore refunds will be granted for all requests for refunds (for whatever reason) that are made before the start of the season. A five dollar fee is assigned to all refunds.

Partial refunds for instances of hardship, such as injury, will be given once the season has started, based off of how many games the participant has already played in before the request for the refund was made. Please allow two weeks delivery for a refund check. Cash refunds are not available.

Credits

Credits on your Commerce City Parks and Recreation account can be substituted for refunds on any request. This allows you to use money for a refunded program when registering for a future Commerce City Parks and Recreation program. No five dollar fee is assigned to a credit.

Program Cancellations

The Commerce City Parks and Recreation Department reserves the right to cancel programs due to insufficient registrations. In the case that a program is cancelled for this reason, all registered participants will be notified and given full refunds.

Financial Assistance

Financial assistance is available to those that qualify. Scholarship applications are available at the front desk of the Commerce City Recreation Center. Please see the front desk to get more information on the required documentation. Only complete applications will be considered for assistance.

Scholarship applications need to be turned in before the registration deadline with a registration form for the child and sport you would like to register. Complete scholarship applications will be reviewed. The parent will then be contacted on the amount of the scholarship and asked to make their payment at the Commerce City Recreation Center to officially register their child for the sports program. New scholarship applications must be filled out each program.

Communication

Parents Meeting

At the beginning of each of the sports seasons there is a pre-scheduled parents meeting set by the coach. This is the opportunity for the parents to learn about the program and also get important information for the start of the season. Important season dates, coach, practice and team information will all be distributed to parents at the meeting. Also handed out at this meeting will be the Parents Code of Conduct and Players Emergency/Health form.

Communication with Staff

Each game site has a Gym/Field Sports Supervisor in charge of the events at that location. Any emergencies or concerns should be brought to the attention of this staff person. If you feel your concern has not been met or addressed by the staff person on site, please contact the Recreation Coordinator-Youth Sports.

Working with Officials

Youth Sports officials are usually parents, other coaches, and high school or college students. Most of these people are learning how to officiate through practical experience.

Officials do receive training from the Commerce City Recreation Athletic Staff but they improve as officials by officiating! Coaches and parents should try to be sympathetic rather than critical of the official's role. We want to maintain a positive playing environment and cutting down officials on the court/field is not positive. Keep in mind that the officials work with the Commerce City Recreation Athletic staff and are not obligated to discuss their job with coaches, parent or spectators after each game. If you have feedback about officials please direct it to the Recreation Coordinator-Youth Sports.

Facility Use Guidelines

Without the assistance and cooperation of school districts, gyms and fields our sports programs would not be possible. Each facility needs to be treated with the utmost respect. Specific rules for each facility are given to coaches with their practice permit. If guidelines are not followed gyms and fields can be lost therefore reducing the size and quality of our programs. Please review the general guidelines below and contact the Recreation Coordinator-Youth Sports if you have any questions about the facility that your team is using.

1. Teams are only allowed in the gym or on the field during their scheduled practice time. Please arrive and exit practice and game sites on time.
2. Parents must check in with the coach at each practice and game, do not just drop your kids off! Parents are encouraged to stay for practice and get involved.
3. If a player's siblings are present during practice or games an adult must accompany them. Please do not let your children run around, they must stay under your **direct supervision**.
4. No one is allowed outside the gym except to use the restrooms or to exit the building. An adult must accompany any children needing to use the restrooms. Do not allow children to play in the hallways, classrooms or outside of the building.
5. **No food or drink is allowed in the gyms or turf fields.** Water in non-breakable containers is acceptable. Teams having snacks after games need to find an appropriate place as designated by the Recreation Athletic Staff.
6. No alcohol or tobacco may be used on City or school property.
7. Any damage to site property will not be tolerated. Facilities need to be treated with respect.
8. Please make sure to pick up any trash and leave your practice location better then when you started. Any baskets or equipment in the gym that was moved needs to be moved back when practice is complete.
9. For practices at school gyms, enter only through the designated after hours entrance. You may not enter the facility any time earlier then your scheduled practice time. Do not pound on the doors to get them unlocked. If a practice is scheduled at a school then the designated door will be unlocked by the school's night supervisor at the time practice is to begin.
10. Fields with frost or puddles of water should not be played on. At any time when play in weather conditions is damaging the field, practices should be discontinued.

Thank you for your cooperation in abiding by these rules. Any person, group, or team breaking these guidelines, resulting in the loss of a facility, as determined by the Recreation Coordinator or School representative, will be removed from the league without refund.

Equipment & Uniforms

Basic equipment for most sports will be checked out to coaches for the season. If you bring your own equipment to practices or games please make sure it is clearly marked with your name and phone number. Below is the information on basic equipment participants need for each sport offered by the Commerce City Parks and Recreation Department.

Basketball – Each player needs to have non-marking tennis shoes and shorts or pants. Jerseys will be given to coaches to distribute to their players.

Baseball - Each player needs to have their own baseball glove, tennis shoes or rubber cleats (no metal) and pants. Other equipment as well as hats and jerseys will be given to coaches to distribute to their players.

Volleyball - Each player needs to have non-marking tennis shoes and shorts or pants. Knee pads are recommended but not mandatory. We will provide shirts for games and volleyballs for coaches to use during practice.

Flag Football - Each player needs to have tennis shoes or rubber cleats (no metal) and shorts or pants. Mouth guards are recommended. Other equipment as well as team shirts will be given to coaches to distribute to their players.

Strategies to Prevent Child Abuse

1. The Commerce City Parks and Recreation Department has in place a comprehensive pre-employment screening procedure to screen out staff and volunteers not suited for working with children. All of our volunteer head coaches and 1st assistant coaches go through a criminal background check.
2. The Commerce City Parks and recreation Department will take any allegation or suspicion of child abuse seriously.
3. Staff and Volunteers understand their legal obligation to report suspected abuse.
4. Staff and Volunteers understand what practices may be considered abusive and the difference between what may be considered appropriate and inappropriate touch.
5. Staff and Volunteers protect themselves and the Commerce City Parks and Recreation Department by agreeing not to be alone with youth or program participants outside of Commerce City Parks and Recreation programs or facilities (i.e.: babysitting, take children on trips, etc.) Players may not go to coaches homes, unless their parents are with them.
6. Coaches should monitor the release of participants on their teams to ensure a child is never left alone or picked up by a stranger.
7. Profanity, inappropriate jokes and any other type of harassment by persons participating in or attending Commerce City Recreation programs is prohibited.
8. Coaches are trained to use positive techniques of guidance including positive reinforcement and encouragement rather than competition, comparison, and criticism.
9. Parents do not let your child...
 - Be alone with a coach
 - Take a gift from a coach
 - Hang out with a coach outside of a practice or game setting
10. Please report any suspicious behavior to the youth sports coordinator.

Accidents and Emergencies

Player Injuries: If a parent or guardian of an injured child is not present when the injury takes place, the child's coach or Commerce City Athletic staff person will contact a parent to notify them of the incident that occurred. Staff and coaches are instructed that when they do not feel comfortable handling a medical situation to immediately call the proper authorities. Parents will be notified of the injury and course of action as soon as possible.

We encourage parents to stay at team practices and games to be there for your child in case of an emergency. It is also vital that parents keep staff updated with current contact information.

Restrictive Problems: If your child has special needs or a medical issue that may affect their participation in the program please inform your coach. If special accommodations need to be made please contact the Recreation Coordinator-Youth Sports.

Bad Weather: In the case of bad weather on a practice night, it is up to the coach to determine if practice should take place or not and to contact their team in the event of a cancellation. The Recreation Department will not reschedule missed practices. Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Information will also be posted on the Commerce City Athletic Weather Hotline, 303.289.3757.

Lightning: It is recommended that activities be stopped and all people moved inside to a safe location when either of the following occurs:

1. Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
2. In cloud lightning is occurring directly overhead

The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen. It is the responsibility of the Commerce City Athletic staff person on site to determine when play should be stopped and when play should resume.

Tornado Warning: In the event of a tornado warning practices and games should be discontinued. Return to the building or seek shelter nearby. Practices and games may only continue when the warning has ended and no dangerous weather conditions are present.

Concussion- Signs and Symptoms

SIGNS OBSERVED BY PARENTS OR GUARDIANS

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- **Appears dazed or stunned**
- **Is confused about assignment or position**
- **Forgets sports plays**
- **Is unsure of game, score, or opponent**
- **Moves clumsily**
- **Answers questions slowly**
- **Loses consciousness (even briefly)**
- **Shows behavior or personality changes**
- **Can't recall events prior to hit or fall**
- **Can't recall events after hit or fall**

SYMPTOMS REPORTED BY ATHLETE

- **Headache or "pressure" in the head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Sensitivity to noise or light**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Concentration or memory problems**

- **Confusion • Does not “feel right”**

What Should You Do If You Think Your child Has A Concussion?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

*We strongly recommend you visit: www.cdc.gov/ConcussionInYouthSports

THANK YOU for participating in Commerce City Parks and Recreation Youth Sports

Any further questions please contact:

Josh Polgar, Recreation Coordinator-Youth Sports

Direct Line: 303.289.3705 E-mail: jpolgar@c3gov.com

Parents,

Please fill out the information below. This info will help inform your coach if your son/daughter might have any health concerns, is on any medication, or whom to call if any medical attention is needed.

Participants Name: _____

Parent Name: _____

Parent Phone #: _____

Emergency Contact Name & Phone #: _____

2nd Emergency Contact Name & Phone #: _____

HEALTH CONCERNS (Examples: Asthma, Diabetes, Seizures, etc.)

MEDICATIONS: Is your son/daughter on medication? YES _____ NO _____

If yes, what for? _____

Family Doctor: _____ Phone #: _____

Thank you for taking the time to complete this form. Please return to your coach as soon as possible. If you have any questions or concerns, please call 303.289.3705.

Josh Polgar

Sport Parent Code of Conduct

Commerce City Parks and Recreation

We, Commerce City Parks and 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. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and seven core principles:

- Everyone Plays
- Safety First
- Fair Play
- Positive Competition
- Family Involvement
- Sport for All
- Sport for Fun

The highest potential of sports is achieved when competition reflects these seven pillars of youth sports.

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 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 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 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 wellbeing 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
