

Mount Pleasant Recreation Department

Motivate **P**romote **R**ecognize & **D**emonstrate
GOOD SPORTSMANSHIP



FOOTBALL MANUAL

Fall 2020

**MT. PLEASANT RECREATION DEPARTMENT
TACKLE FOOTBALL
2020 MANUAL
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Mt. Pleasant Recreation Department

R.L. Jones Center – 391 Egypt Road - Mt. Pleasant, SC 29464
Phone: 843/884-2528 - Fax: 843/849-2778 - www.townofmountpleasant.com

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

I will place the emotional and physical well being of my players ahead of any personal desire to win.

I will remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary 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 insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

Date: _____ Name: _____

(Please print)

Signature: _____



MT. PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

BLOOD-BORNE PATHOGENS

Blood borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.



MT. PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES cont...

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose and mouth to contaminated blood are not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission could occur.

INFECTIOUS DISEASE GUIDELINES cont...

WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that good hygiene be used by all adults and youth participants. Towels, cups and water bottles should not be shared.

OTHER CONTAGIONS

Respiratory secretions, saliva and nasal discharge generally transmit contagions such as the Influenza Virus, the Common Cold virus and the Mononucleosis virus. This occurs through the air when an infected person sneezes or coughs, or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.



Mount Pleasant Recreation Department

391 EGYPT RD. , MOUNT PLEASANT, SC, 29464 PHONE: 884-2528 FAX: 849-2778 www.townofmountpleasant.com

TITLE: LIGHTNING SAFETY

DATE: February 28, 2011

REFERENCE NUMBER:

NRPA RELATED STANDARD: 9.6

TOWN RELATED POLICY:

RESPONSIBLE AUTHORITY: RECREATION DIRECTOR

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PURPOSE: To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mt. Pleasant Recreation Department's (MPRD) outside facilities and activities.

POLICY: Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

SPECIFIC PROCEDURES:

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
 - a. Facility Supervisor assigned to site/event
 - b. Game Officials/Referees/Umpires
 - c. Recreation Coordinator/Specialist assigned to activity
 - d. Athletic/Program Division Chief
 - e. Assistant Director
 - f. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD Staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

LIGHTNING SAFETY PROCEDURES

MPRD Policy

FEBRUARY 28, 2011

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- a. Any building normally occupied or frequently used by people; ie., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
6. MPRD has designated the following areas as a “safe structure or location” for the sites listed below:
- a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
 - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
 - c. Patriots Point – Individual vehicles in parking lot.
 - d. Park West – MPRD Park West building, Park West gym, Pavilion building or individual vehicles in parking lot.
 - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
 - f. Sloan Park - Individual vehicles in parking lot.
 - g. Moultrie Middle School - Individual vehicles in parking lot.
 - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
 - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
 - j. Whitesides Elementary School - Individual vehicles in parking lot.
 - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
 - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.
 - m. Trident Academy Field – Individual vehicles in parking lot.
 - n. Cario Multipurpose Field - Individual vehicles in parking lot.
 - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
 - p. Community Centers – Community center building or individual vehicles in parking lot.
 - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
 - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
 - s. James B. Edwards Park - Individual vehicles in parking lot.
 - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
 - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.
7. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
8. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.
9. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
10. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
11. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

Recreation Director

MT. PLEASANT RECREATION DEPARTMENT

RELEASE OF CONFIDENTIAL INFORMATION

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chances of leaving a copy somewhere on the field or in the dugout become greater with the more copies that you have.

If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

PERSONNEL

Executive Staff

Steve Gergick, Director
Jimmy Millar, Deputy Director
Sarah Garner, Executive Office Manager
Melissa Estrada, Account Clerk
Jason Boehm, Administrative Clerk

Athletic Division

Matt Hansen, Athletic Division Chief
Terri Steed, Recreation Coordinator/ Volleyball/Basketball
Jay Rhodes, Recreation Coordinator/Football/Track
Scott Koth, Recreation Coordinator/ Softball
Jessica Smith, Administrative Assistant
Ryan Johnson, Recreation Coordinator/Baseball
TBD, Recreation Coordinator/Soccer
Matt Blakeney, Recreation Specialist
Eric Duhamel, Recreation Specialist
Haley Vaughn, Recreation Coordinator/Tennis
Garrett Heatherington, Recreation Coordinator/FUNDamentals

Program Division

Shelli Davis, Program Division Chief
Tina Carter, Program Coordinator
TBD, Aquatics Coordinator
Victoria Klein, Recreation Specialist, Aquatics
Anne Selner, Recreation Specialist
Erin Wilson, Recreation Specialist
TBD, Recreation Specialist
Sherrie Pompei, Senior Program Coordinator
Justine Haynes, Senior Program Recreation Specialist
Rhea Pitts, Administrative Assistant
TBD, Recreation Specialist, Aquatics

Public Relations/Special Events

Bethany Lavin, Public Relations
Danny Johnson, Sponsor Coordinator

Office Personnel

Karen Bedenbaugh, Office Manager
Chris Braggs, Administrative Assistant
Deborah Llaro, Administrative Assistant
Tiffani Walker, Administrative Clerk
Karen Washington, Administrative Clerk



CRITICAL DATES

Registration
July 5–July 20

9/10 Evaluations

August 26 at PW Football (9 yr. olds – 5:30; 10 yr. olds – 6:15pm)

9/10 Draft/Coaches Meeting

August 27 at Jones Center at 6pm

11/12 Evaluations

August 26 at PW Football (11 yr. olds – 5:30; 12 yr. olds – 6:15pm)

11/12 Draft/Coaches Meeting

August 27 at Jones Center at 6pm

Practices Begin

Week of August 31

Jamboree

September 19 at New Wando Stadium

Games Begin

Week of September 28

TOWN FOOTBALL PRACTICE FACILITIES

- I. **Town Hall** - 100 Ann Edwards Lane, Mt. Pleasant
- II. **Park West** – 1251 Park West Blvd., Mt. Pleasant
- III. **Jones Center Complex** – 391 Egypt Road, Mt. Pleasant
- IV. **Moultrie Middle School** - 645 Coleman Blvd., Mt. Pleasant
- V. **Thomas Cario Middle School** – 3500 Cario Blvd., Mt. Pleasant

MT. PLEASANT RECREATION DEPARTMENT

TEAM REQUIREMENTS

TACKLE FOOTBALL - A maximum of twenty-five (25) will be on the team roster during the season. Any variation of this must have approval from the Recreation Coordinator/Football.

DIVISIONS: 9-14 years of age as of **September 1, 2020**
PROOF OF BIRTH DATE REQUIRED FOR ALL DIVISIONS.

WEIGHTS: Ages	9 – 10	135lbs.	If a player exceeds the weight limit, they must play line.
Ages	11 – 12	150lbs	If a player exceeds the weight limit, they must play line.
Ages	13 - 14		NO WEIGHT LIMIT

All participants will play at their age level. There will be no waivers to play up regardless of skill level. If a participant is over the weight limit for their age division, they *must* play interior line (tackle position and in) as well as wear a 70 series jersey number.

PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the Football program. Scholarships are available on an individual basis. Contact the Athletic Division Staff for assistance concerning the scholarship program.

Each child must have a copy of their birth certificate or other acceptable document proving date of birth on file at the Recreation Department. First time participants must provide original documentation.

If a player is found to be ineligible because of a knowledgeable violation, all games in which that player participated will be declared forfeits.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing football are the responsibility of the participants/parents.

No player will be allowed to play Football for any high school affiliated team (Varsity, Junior Varsity, B-Team, etc.) and play in Mt. Pleasant league at the same time. Players that finish their high school season or do not complete that season once games begin will not be added to any team.

MT. PLEASANT RECREATION DEPARTMENT

TEAM SELECTION PROCEDURES FOR ALL AGE GROUPS

The Athletic Division of the Mt. Pleasant Recreation Department has made a commitment to ensure that placement of players on various teams is fair, equitable and above all consistent. The team selection procedures vary, depending on the age group. Below you will find information explaining the process for each age group.

Ages 9 - 14

These children are now in the age groups where equal competition is emphasized. By this we mean that even though scores and league standings are now being kept and awards are given to league champions, we still want all teams to be as equal as possible. Since we have no way of knowing the talent level of ALL PLAYERS, the only way that we can insure that no team “loads up” on the talent is to have specific draft procedures for each age group. This selection process in each age group is as follows:

A. 9 - 10 Selection Process

The player evaluation date for 9/10 is Wednesday, August 26, 2020 at the Park West Football Field. The draft is Thursday, August 27, 2020 at the Jones Center.

STEP #1 – The designated head coach of the team will be allowed to have his/her child/children on their team.

STEP #2 – A player evaluation will be held for all participants, returning and new players, to help better insure equal teams.

STEP #3 – The draft will be conducted with 9 and 10 year olds being selected in separate drafts to ensure that each team has an equal number of players from each age group.

STEP #4 – The head coaches and football coordinator will divide the teams equally and then randomly draw which coach gets which team.

B. 11 – 12 Selection Process

The player evaluation date for 11/12 is Wednesday, August 26, 2020 at the Park West Football Field. The draft is Thursday, August 27, 2020 at the Jones Center.

STEP #1 – The designated head coach of the team will be allowed to have his/her child/children on their team.

STEP #2 – A player evaluation will be held for all participants, returning and new players, to help better insure equal teams.

STEP #3 – The draft will be conducted with 11 and 12 year olds being selected in separate drafts to ensure that each team has an equal number of players from each age group.

STEP #4 – The head coaches and football coordinator will divide the teams equally and then randomly draw which coach gets which team.

C. 13 - 14 (Middle School) Selection Process

STEP #1 - Each child falling within the designated age limit will play for the middle school that he/she attends.

STEP #2 - If a child is within the age limit and does not attend a middle school within the league, he/she will be placed on a team using the following guidelines:

a. Players not attending a middle school team in the league will be added to a

- team in the league in need of players.
- b. Player A will play for the school that draws its students from player A's residential location.
 - c. If a player lives in an area that does not feed any of the MPRD middle school teams, the player will be placed on a team by the MPRD in a way that ensures equity and fairness for all teams and individuals involved.
 - d. Every attempt will be made to place multiple players from non-MPRD middle school teams on the same team to give these registrants a chance to play together.

NOTE: Again this year the middle schools will have two (2) teams. In addition, two (2) or more schools may, out of necessity, combine to form one (1) team, or more than one (1) team may be formed from a school if the numbers dictate this action. The Recreation Coordinator/Football will make final determination.

FOR ALL AGE GROUPS: ALL DELETIONS AND ADDITIONS TO THE TEAM ROSTERS WILL BE MADE BY THE ATHLETIC DIVISION, NOT THE COACHES. ANY COACH WHO ADDS OR REMOVES PLAYERS WILL BE SUSPENDED FROM COACHING. ALL PARTICIPANTS MUST BE REGISTERED WITH THE MT. PLEASANT RECREATION DEPT. IN ORDER TO PARTICIPATE.

MT. PLEASANT RECREATION DEPARTMENT
**2020 TACKLE FOOTBALL
RULES AND REGULATIONS**

The following policies and procedures have been established in order to help provide an enjoyable football program for the children of Mt. Pleasant. Please read these policies carefully and then we ask that you review them with your team.

All games will be played according to the guidelines in the National Federation of High School Football Rule Book, except where noted below:

I. LENGTH OF GAMES/BALL SIZE:

9/10	8 minute quarters - TDJ Size Ball
11/12	8 minute quarters - TDY Size Ball
13/14	8 minute quarters - TDY Size Ball

Halftime will be ten (10) minutes. **Timeouts: Three (3) per half** do not carry over into the second half if they are not used in the first half. Each time out will be sixty (60) seconds.

II. POINT AFTER TOUCHDOWN:

One (1) point for running or passing, two (2) points for successful kick. **There is no rushing of the kicker in the Small Fry league only.**

III. MINIMUM PLAYING REQUIREMENT:

All players must meet the minimum playing requirement established by the MPRD. The requirements are as follows:

- 1) All 9-10 and 11-12 players dressed out must play at least **five (5) plays** from scrimmage in each half. If 20 or more players are present at game **four (4) plays** per half will be requirement
- 2) All 13-14 players dressed out must play at least **four (4) plays** from scrimmage in each half.

Kickoffs, punts and extra points do not count towards playing requirements.

The only exception is injury or discipline to a player. The coach must tell the field supervisor prior to the start of the game if any player is being held out because of injury or discipline and must be approved by the Football Coordinator/Field Supervisor. Violation of the playing requirement will result in forfeiture of the game and a one game suspension of the coach.

*****ALL PLAYERS MUST WEAR A MOUTHPIECE AT ALL TIMES.**

IV. WEIGH-INS:

- A. Weigh-ins will be held from twenty (20) minutes prior to each game until the game begins. Players that arrive after the game has begun will be weighed at half-time. One (1) opposing coach will be allowed to witness the weigh-in of the opposing team. If the coach is not present at the weigh-in or does not want to witness the weigh-in, then Under no condition will a player be re-weighed once the facility supervisor has certified the player to participate. The opposing coach is encouraged to attend the weigh- in at the proper time.
- B. Every player will be weighed before every game of the season regardless of size. It is very important that the field supervisor/designee see every player on every team at the weigh in for the following reasons:
 1. To avoid jersey switching; i.e., John Smith wearing #38 weighing 60 lbs. at weigh in will be the same John Smith during the game.

2. “Roll call” for playing requirement personnel and coaches. **Players over the weight limit must wear jerseys 70-79. Once the jerseys are assigned that player must keep the same number.**
3. Players will also be weighed at every tournament game.

NOTE: The entire weigh-in process takes only a few minutes to complete.

- C. Players weighing over the weight limit can still play but must wear numbers 70-79 so they can be identified. No other players should wear these numbers or they will be treated as an over the weight limit player. They must play the interior line and not carry the ball in any aspect such as handoff, fumble recovery, interception, punt or kickoff return, etc.

V. 9/10 AGE GROUP ONLY:

One (1) coach is allowed on the field (for the first 4 games only) during the game when the team is playing offense or defense.

VI. ALL AGE DIVISIONS:

Running clock: When a team is leading by **20 or more points**, the clock will run continuously in the second half. It will only be stopped due to the following reasons:

1. Official or team time-outs.
2. Player injury.
3. The enforcement and implementation of a penalty. The clock will be stopped at the end of the play that the penalty occurred and will be re-started when the ball is placed by the referee at the new line of scrimmage.

Overtime Rules: Each team will get four (4) downs from the 10 yard line. A coin toss will determine who is on offense and defense first. Overtimes will continue until a winner is determined.

VII. OTHER RULES:

Horse-collar / Helmet to Helmet Tackling – 15 yard personal foul penalty.

Coaches on Sidelines – Only four (4) coaches per team are allowed on the sidelines.

VIII. 9/10 AGE GROUP:

Fourth Down – On fourth down a team may go for a first down or declare to punt only. A team may use the entire play clock to declare the punt and state their intention before it runs out. If the clock runs out before their intention is stated then a delay penalty will be given to the offense or they may call a time out in accordance with the game rules. If the team goes to the line in an attempt to draw the defense offside or to run a play and/or has a penalty on the play or calls time out, they may then change their intention and punt. If they choose to punt, the ball will be moved twenty five (25) yards from the line of scrimmage or ½ the distance to the goal, if it’s inside the fifty (50) yard line for their punt.

- a) Over the weight limit players will wear numbers 70-79 only so they can be identified. No other players should wear numbers in this range. If there are more over the weight limit players that can be covered by these numbers, then the next numbers, starting with 80, will be used. Any player wearing numbers in this range will be treated as an over the weight limit player.
- b) On offense, a maximum of five (5) over the weight limit players will be allowed and they can only play the positions of tackle, guard or center.
- c) On defense, a maximum of five (5) over the weight limit players will be allowed. They can only play tackle to tackle and must assume a three or four point stance prior to the snap of the ball.
- d) Players will be weighed each game. If a player is over the weight limit one game and under the next, they must change to an appropriate number.
- e) Over the weight limit players cannot play on Kick Off or Kick Off return teams. An over the weight limit players cannot be the punter, extra point or field goal kicker. An over the weight limit player cannot carry the ball at any time. If they recover a fumble, catch or intercept a pass or have the ball in their possession for any reason, it is down at that point.
- f) If a team chooses to run a tackle eligible formation or any equivalent formation, the players on the ends of the formation cannot be over the weight limit players even if they do not report as a receiver and are considered a tackle by High School rules.
- i) An over the weight limit player, not in their stance at the time of the snap, will be considered as "Delay of the Game."
- j) If an over the weight limit player is caught playing an ineligible position, there will be an unsportsmanlike penalty assessed and a warning given to the Head Coach. If it occurs a second time in the same game an unsportsmanlike penalty will be assessed again and the Head Coach will be ejected from the game.
- k) For defensive alignment purposes, the man on the end of the offensive line will be considered an end & cannot be lined up against with an overweight defensive tackle.

MT. PLEASANT RECREATION DEPARTMENT

EQUIPMENT AND UNIFORMS

For **Tackle Football** the Recreation Department will provide game jerseys. It is, however, the responsibility of each player to provide their own helmet, shoulder pads, pants with pads, mouthpieces and shoes. **MOUTHPIECES ARE REQUIRED for all age groups and athletic cups are suggested for all age groups.**

Equipment necessary for practices and games will be issued by the Recreation Department to the coaches and accounted for. Any equipment issued by the Recreation Department that becomes damaged or broken must be exchanged immediately for good equipment. Any lost/missing equipment must be reported as such immediately to the Recreation Coordinator/Football. The appropriate report of lost/missing equipment form must be completed at this time. During games the coach must share any Recreation Department equipment with the other team if it is necessary. **Failure to report lost/missing equipment could result in the individual who was issued the equipment having to reimburse the Mt. Pleasant Recreation Department for replacement cost.**

Only those game jerseys that are issued by the Recreation Department will be allowed to be worn in the games. All players must have on a uniform or will not be allowed to play in the game. Pants, socks, helmet decals, etc., are up to the individual players and teams.

All equipment issued by the Recreation Department must be returned immediately following the end of the season.

SCHEDULES

Schedules will be made up by the Recreation Coordinator/Football. All games must be played at the time, day, and location outlined in the schedule.

The Recreation Coordinator/ Football will re-schedule any games that are postponed because of reasons beyond anyone's control.

The official team name is the sponsor's name. That name will appear on the game schedule.

RAIN OUT INFORMATION

Register at www.RainedOut.com to get an update on the playing status of games when inclement weather exists. The Recreation Department and officials will determine if a game is rained out. However, "when in doubt, dress out.

*Sign up for the main MPRD page, not the "specific page"

MT. PLEASANT RECREATION DEPARTMENT

PRACTICES

No players are to be left unattended after practices have ended. An adult must stay until the last player has left the premises.

Teams are not allow to participate in any hitting drills (player on player) for the first week of practices.

Practices are not allowed at any non-MPRD sites.

For the safety of our players, coaches and spectators, drones or any other flying devices including fireworks may not be used during games or practices

All practice schedules must be strictly followed. In the event a coach cannot make a scheduled practice, all players must be notified by the coach.

More than one team will be scheduled to practice on a field at one time. All coaches must share the space in an amicable manner.

Practices will be scheduled in 90 minute increments. After the allotted time is up, the practice must end immediately. Courtesy and consideration are paramount to satisfying everyone's needs.

Teams are **not allowed** to practice or play when it is **raining or when lightning is prevalent**. Refer to the MPRD Athletic Division Policy, AO-400.01, **Lightning Safety Procedures**, for further information regarding lighting safety. This policy is located in front of the manual right after Infectious Disease Guidelines. NO practices are to be conducted once the rainedout.com message has been sent out.

LEAGUE CHAMPIONS

There will be a post season tournament to determine post-season league champions for 9 year olds and older ***only if time permits***. Inclement weather as well as state mandated dates for All Star play will be considered. Teams will be seeded in the tournament based on their regular season record. If teams are tied for a seed, then their regular season head to head record will determine final seed.

AWARDS

In the 9/10, 11/12 and 13/14 Leagues the regular season champion will receive team trophies and individual trophies and the runner-up will receive a team trophy. There will be team as well as individual trophies given out to the champion and runner up for any post season tournament that ***may*** be played.

MT. PLEASANT RECREATION DEPARTMENT

SCAP ALL-STARS

The Mt. Pleasant Recreation Department is a member of the South Carolina Athletic Programs (SCAP), a state regulating body for youth sports. In being a member the Department now participates in SCAP All-Stars. SCAP All-Stars is a great experience for athletes, coaches and parents alike.

ALL-STAR PLAYERS

Players will be nominated for the All-Star team two (2) weeks prior to the end of the season. A meeting will be held with the coaches and Athletic Coordinator/Football with each age group to select the individuals for the All-Star team. The individuals for the All-Star team will be selected prior to the last game in each age group. **Players will be notified by the Athletic Coordinator/Football, *not by the coaches*.** The team will consist of not more than twenty-five (25) individuals.

ALL-STAR COACHES

The Head Coach of each All-Star team will be selected by the Athletic Coordinator/Football and corresponding Staff. The Head Coach of the Regular Season Champions is *not guaranteed* the All-Star Head Coach position. The position will be filled by the coach whom the Athletic Coordinator/Football and Staff feel will do the best job in that position. Aspects such as coaching ability, player interaction, coach interaction, staff interaction and officials interaction will be taken into consideration. The person selected as Head Coach may select three (3) Assistant coaches that were Head or Assistant coaches during the regular season. These coaches must be approved by the Athletic Coordinator/Football and Staff.

ALL-STAR FEES

Each player that is selected for the All-Star team must pay a fee of **\$15** before being eligible to practice or play with the All-Star squad. This fee goes toward entry fees for the District and State Tournaments, tournament trophies and All-Star gear (i.e. All-Star decals, T-shirts).

MT. PLEASANT RECREATION DEPARTMENT

CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs. In Tackle Football, coaches must remain within the confines of the coach's box.

At no time during or after a game may a coach or players argue a call of a referee.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a referee, scorekeeper, or Recreation Department personnel.

No smoking or use of any type of tobacco or alcohol products will be permitted by coaches or players while at practices or games.

Absolutely no fighting will be permitted by any player or players. Violators will automatically be suspended from further league participation.

Any player or coach ejected from a game must leave the playing area immediately. The game will not be allowed to continue until the offender has left. A player or coach suspended will serve a minimum one (1) game suspension. A meeting with the Athletic Division Chief/Designee may be required before the child or coach is eligible to participate again.

Any coach who pulls his or her team from the field before the contest has ended will be suspended immediately for the rest of the season at the minimum.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Coordinator/Football after a meeting has been held.

Do not contact the sponsors for additional money.

For the safety of our players, coaches and spectators, drones or any other flying devices including fireworks may not be used during games or practices.

Any player using inappropriate language will be removed from the game. Multiple violations will result in the athlete being removed from the league.

The Recreation Coordinator/Football has the authority to, and will, dismiss any coach who does not conduct themselves according to any of the above policies, or in any manner that is not deemed appropriate by the Mt. Pleasant Recreation Department.

The Mt. Pleasant Recreation Department has established the following Code of Conduct for all players, spectators, coaches, managers, and umpires to follow.

- Any coach/player using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach or player who does not conduct themselves according to any of the above policies.
- No player, manager, coach, spectator, or umpire under the influence of alcohol or drugs shall be allowed in the facility. **NO ALCOHOL OR DRUGS WILL BE ALLOWED IN THE PARKING LOT.** In addition, the facility supervisor **WILL** notify the police to respond to the facility in case such is noticed.
- Any team allowing the consumption of alcohol or drugs in/on the facility and adjacent grounds by their players shall forfeit the game and shall be removed from the league immediately for the remainder of the season and

ABSOLUTELY NO REFUND ON ANY FEES THAT HAVE BEEN PAID BY THE TEAM AND/OR PLAYERS.

- Any coach allowing an illegal player to participate will receive no less than a one year ban from participating in any Mt. Pleasant Recreation Department League.
- Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.
- Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys removed from the game and suspended for the next game.
- All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sidelines.**
- Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

OFFENSE	1ST OFFENSE	2ND OFFENSE
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 additional game suspension.	Current season suspension.*
2. Abusive/offensive language directed at officials, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at officials, staff players or spectators.	Suspension for current season plus 1 year probation.	During probationary period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension from all sports.
5. Defacing, damaging, or destroying Town property or equipment. and repair/replacement cost).	1 game suspension up to permanent suspension (depending on circumstances)	Current season suspension up to permanent.

*If suspension occurs at last game of regular season, suspension will carry over into any post season tournament. If suspension occurs during post season tournament, suspension will carry over into next regular season that player participates in.

****3RD OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief.

There are no further appeals to the Athletic Division Chief's decision.

MT. PLEASANT RECREATION DEPARTMENT

FACILITY SUPERVISORS

There will be a facility supervisor at each game identifiable by a purple T-shirt or sweat shirt. They are Recreation Department employees, and as such, represent the final authority for each situation not handled by the referee.

Please familiarize yourself with these people. They are athletes themselves with expert credentials for being supervisors. If you have any concerns, suggestions, or information, please tell one of our facility supervisors. They

have a Game Summary Form that they are required to complete at the conclusion of all contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

PROTESTS

Protests will be allowed in Tackle Football; however, judgment calls by the officials cannot be protested. The proper procedure for filing a protest is as follows:

All protest must be initially filed with the Head Official at the game site and entered on the scorecard at the time of the incident that prompts the protest. Failure to do this will result in the protest not being recognized.

The official protest form must be submitted by 9:00am on the next regular work day at the Jones Center to be considered. The form must be properly filled out with a check for the \$50.00 filing fee made payable to the Mt. Pleasant Recreation Department.

The protest must include the following information:

1. Coaches' name filing protest.
2. Team and age division.
3. Date of protest.
4. League that game was played in.
5. Contest (to include date and time).
6. Recreation Supervisor(s) present.
7. Game Official(s) present.
8. Protest described in detail to include rule being protested and the point of the game that the rule is protested.

The Protest Committee will make a recommendation on the outcome of a protest to the Athletic Division Chief. The Athletic Division Chief will have the final decision on the outcome of the protest.

If the protest is upheld, the \$50.00 filing fee will be refunded. If the protest is denied, the Recreation Department will keep the filing fee.

MT. PLEASANT RECREATION DEPARTMENT

SPORTS PROTEST FORM

Date Received: _____

Initials: _____

Protest Fee: _____

YES
Returned

NO
Kept

1st Tie Breaker - Head to head play with the best record against each other will be used.

2nd Tie Breaker - If teams split even number of games against each other, then the highest point spread total of games against each other will be utilized.

3rd. Tie Breaker - If teams are still tied or did not play during the regular season, then a coin toss will take place

Practices Rules for Concussion Safety

1. No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead in to each other are both permitted.) However, there should be no intentional head-to-head contact!

2. The amount of contact at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). In this context, “contact” means any drill or scrimmage in which drills; down line vs. down line full-speed drills; and scrimmages.

Darkness To Light

A prevention and response
program for children

Learn the facts and understand the risks.

Realities, Not Trust, Should Influence Your Decisions Regarding Children.

- Experts estimate that **1 in 4 girls** and **1 in 6 boys** are sexually abused before their 18th birthdays.
- Nearly **40%** are abused by older or larger children.
- In more than **90%** of sexual abuse cases the child and the child's family know and trust the abuser.
- Sexual abusers are drawn to settings where they can gain easy access to children, such as sports leagues, faith centers, clubs, and schools.
- Approximately **70%** of sexual offenders of children have between **1 & 9** victims; **20-25%** have between **10 to 40** victims.
- Serial child molesters may have as many as **400** victims in their lifetimes.
- Most child victims never report the abuse.
- It is estimated that only **4-8%** of child sexual abuse reports are fabricated. Most of the fabricated reports are made by adults involved in custody disputes or by adolescents.

Minimize Opportunity

If You Eliminate or Reduce One-Adult/One-Child Situations, You'll Dramatically Lower the Risk of Sexual Abuse for Children.

- **Think carefully about the safety of any 1-adult/1-child situations. Choose group situations when possible.**
- **Drop in unexpectedly when the child is alone with any adult.**
- **Make sure outings are observable, if not by you, then by others.**
- **Ask the adult about the specifics of the planned activities before the child leaves your care. Notice the adult's ability to be specific.**
- **Talk with the child when he or she returns. Notice the child's mood and whether the child can tell you with confidence how the time was spent.**
- **Ensure that all one adult-one child activities can be interrupted and observed.**
- **Think carefully about the safety of situations in which older youth have access to younger children. Make sure that multiple adults are present who can supervise.**

Talk About It

Children Often Keep Abuse a Secret, but Barriers Can Be Broken Down by Talking Openly About It

- **The abuser shames the child, points out that the child let it happen, or tells the child that his or her parents will be angry.**
- **The abuser is often manipulative and may try to confuse the child about what is right and wrong.**
- **The abuser sometimes threatens the child or a family member.**
- **Children are afraid of disappointing their parents and disrupting the family.**
- **Many abusers tell children the abuse is "okay" or a "game".**
- **Be proactive. If a child seems uncomfortable or resistant to being with a particular adult, ask why.**
- **Children who disclose sexual abuse often tell a trusted adult other than a parent. For this reason, training for people who work with children is especially important.**

Learn the Signs: Stay Alert

Don't Expect Obvious Signs When a Child is Being Sexually Abused. Signs Are Often There But You've Got to Spot Them

- **Physical signs of sexual abuse are not common.**
- **Redness, rashes or swelling in the genital area, urinary tract infections, or other such symptoms should be carefully investigated.**
- **Physical problems associated with anxiety, such as chronic stomach pain or headaches, may occur.**
- **Emotional/behavioral signals are more common, such as acting "perfect", withdrawal, depression, unexplained anger, & rebellion.**
- **Sexual behavior and language that are not age-appropriate can be a red flag.**
- **Be aware that in some children there are no signs whatsoever.**

Make A Plan

Learn Where to Go, Whom to Call, and How to React

- **Believe the child and make sure the child knows it. Very few reported incidents are false.**
- **Encourage the child to talk but don't ask leading questions about details.**
- **Know the agencies that handle reports of abuse.**
- **2 agencies handle most reports of child abuse:**
 - **DSS: Child Protective Services**
 - **Law Enforcement**
 - **Darkness2Light Helpline:**

1-866-FOR-LIGHT

- **Childhelp USA National Child Abuse Hotline:**

1-800-4-A-CHILD

CONCUSSION INFORMATION FOR COACHES

(LINK - <http://www.cdc.gov/concussion/HeadsUp/youth.html>)

THE FACTS

A concussion is a **brain injury**.

All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

Concussion, a type of traumatic brain injury, is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETE

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

A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

Any concussion signs or symptoms, such as a change in the athlete's behavior, thinking, or physical functioning.

Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she can't recall coming to the practice or game.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

Confusion

Just "not feeling right" or "feeling down"

WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow, or jolt to the head or body the athlete exhibits one or more of the following danger signs:

One pupil larger than the other
Is drowsy or cannot be awakened
A headache that gets worse
Weakness, numbness, or decreased coordination
Repeated vomiting or nausea
Slurred speech
Convulsions or seizures

Cannot recognize people or places
Becomes increasingly confused, restless, or agitated
Has unusual behavior
Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

An athlete should return to sports practices under the supervision of an appropriate health care professional.

Below are five gradual steps that you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.

BASELINE: Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

STEP 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

STEP 3: Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5: Athlete may return to competition.

If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him or herself too hard. The athlete should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

PREVENTION AND PREPARATION

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries: Ensure that athletes follow the rules for safety and the rules of the sport. Encourage them to practice good sportsmanship at all times. Wearing a helmet is a must to reduce the risk of severe brain injury and skull fracture.

However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

CONCUSSION ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

1. **REMOVE THE ATHLETE FROM PLAY.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!
2. **ENSURE THAT THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury: Cause of the injury and force of the hit or blow to the head or body
 3. Any loss of consciousness (passed out/knocked out) and if so, for how long
 4. Any memory loss immediately following the injury
 5. Any seizures immediately following the injury
 6. Number of previous concussions (if any)
7. **INFORM THE ATHLETE'S PARENTS OR GUARDIANS.** Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for signs or symptoms that appear or get worse once the athlete is at home or returns to school.
8. **KEEP THE ATHLETE OUT OF PLAY.** An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.

If you think your athlete has a concussion...take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

For more information, visit www.cdc.gov/Concussion.

STAYING HYDRATED:

Hydration

Following a drinking schedule helps ensure that your children drink enough to stay hydrated without over-drinking:

When Kids < 90 lbs. Kids > 90 lbs.
1 hour before activity

3-6 oz. of fluid
6-12 oz. of fluid
During activity, every 20 minutes

3-5 oz. of fluid
6-9 oz. of fluid

After activity, to replace fluids lost through sweat

Up to 8 oz. of fluid,
per 1/2 lb. lost
Up to 12 oz. of fluid,
per 1/2 lb lost

THE BEST FLUID TO DRINK:

While water is readily available to most kids, research shows active kids don't always drink enough water to stay fully hydrated:

- Juices have too much sugar, so it takes longer for the fluid to be absorbed into the body.
- A scientifically formulated sports drink* helps kids stay better hydrated because it:
 - o Replaces electrolytes active children lose through sweat, helping to maintain the right balance of fluids in the body.
 - o Contains flavor and sodium to encourage drinking when active.

Research shows kids will drink considerable more when drinking a sports drink like Gatorade or Powerade than water and as a result stay well hydrated and safe on the playing field:

TREATMENT FOR DEHYDRATION:

Prevention is the goal, but if dehydration or heat illness strikes, it's important to know the symptoms! If your young athletes complain of any of the following symptoms, move them to a shaded area and give them fluids to rehydrate.

Early warning signs of dehydration may include:

- Thirst
- Irritability
- Headache
- Dizziness
- Muscle Cramping
- Nausea
- Vomiting
- Weakness
- Decreased Performance

If your child's condition does not improve quickly, seek further medical attention from a certified athletic trainer or dial 911 for emergency medical services.

ref: National Athletic Training Association

PARTICIPANTS –

- High five, group cheers, chants etc. prohibited
- Players must bring individual water bottle, no team coolers allowed
- Players entering gym must wear face covering. Mask removed to play
- Players cannot share equipment, bats, gloves, balls, catcher's face mask etc.

SPECTATORS –

- One spectator per athlete
- Face covering required (Indoor sports)
- Maintain social distancing in bleachers
- Only spectators of game in progress allowed in gym. Spectators for subsequent game must wait until gym is cleared and sanitized to enter.
- Game start times staggered to allow spectators to clear facility prior to next game

COACHES/OFFICIALS –

- Wear face covering – unmask during game (officials), coaches encouraged to wear masks as much as possible
- Avoid group huddles, cheers, handshakes etc.
- Keep players social distanced during practice, on bench, dugout when possible

FACILITY/EQUIPMENT-

- Teams supply and use their own game ball (Football & volleyball)
- Bleachers, score tables, ref stand, high contact areas disinfected btwn games (Indoor)
- Players cannot share equipment, bats, gloves, balls etc.
- Wear masks in dugout
- Designated entrance/exit for gyms
- Water fountains unavailable

FOOTBALL ONLY

- Sideline boxes extended for more room for social distancing
- One captain per team only for pregame coin toss

