



**BOYS & GIRLS CLUB
OF CABARRUS COUNTY**

PARENT GUIDE 2018-2019

Boys & Girls Club of Cabarrus County
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ATHLETIC PROGRAMS

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OUR MISSION

In our athletics programs, we seek to achieve this mission by providing a fun, safe, and nurturing environment for your child to learn the game, enhance skills, and develop teamwork, sportsmanship, and other qualities that benefit them the rest of their lives.

Our mission is to enable all young people, especially those who need us most, to reach their full potential, as productive, caring, responsible citizens.



BOYS & GIRLS CLUB
OF CABARRUS COUNTY

PARENTAL GUIDELINES AND CONSENTS

As stated on Athletic Registration Form

- **Refund Policy:** It is our standard policy not to provide refunds. Under special circumstances, a refund may be requested by completing a refund form. If approved, a \$25.00 refund fee will apply.
- In the event of illness or injury while participating in Club programs, child has permission to receive treatment from Club personnel or volunteers. Parents will be notified of serious injury or illness immediately.
- Photos and videos taken on Club property and during Club activities may be released without permission of the parents. Photos / videos will never reveal confidential information about the child. Parents who object to the release of such photos must notify the Club, in writing, within 15 days of registration.

BEHAVIOR POLICY

All players, coaches, officials, parents, and spectators are required to adhere to the conduct policy of the Boys & Girls Club of Cabarrus County (see page 4).

There will be a **zero tolerance** policy for disruptive behavior at games and practices. This includes cursing, tobacco use, yelling at officials, coaches, and supervisors, threatening behavior, alcohol use, or any other behavior deemed disruptive or unnecessary by any Boys & Girls Club staff member. Please remember we are here to teach, mentor, and provide enjoyment for the kids. We hold all coaches responsible for the behavior of spectators at games and practices.

REGISTRATION GUIDELINES

Registration Hours: Monday through Friday 11:00am-6:30pm

Required Paperwork:

- Copy of child's Birth Certificate
- Copy of child's current physical (for football only)
- Athletic Registration Form
- Payment

Registration Guidelines:

- Payment must be made **in full** to guarantee child's placement in programs.
- A **\$10.00 late fee** will be charged to those who register after registration ends (if space is available).
- All documentation must be provided at registration. Child may not participate until all documentation has been received.
- **NO REFUNDS**

CODE OF CONDUCT

Please refer to the Codes of Conduct shown below. The Boys & Girls Club takes these matters very seriously. Regarding your child's behavior, there is no one who can instill discipline in your child more than you. We appreciate your support in this endeavor, however, the Club reserves the authority to administer appropriate forms of punishment for inappropriate behavior that is in the best interest of the individual and the Club.

YOUTH CODE OF CONDUCT

It is part of the Club's mission to provide a fun, positive, and safe environment for all of its members during all of its programs. Please be advised that misbehavior by the youth members will not be tolerated and will be dealt with by the staff. Each instance of misbehavior will be judged on its own merit. The severity and frequency of the misbehavior will determine the way Club staff will issue consequences.

Among the behaviors that are unacceptable are: chewing gum, running (in areas not designated for physical activity), eating/drinking outside designated areas, "hanging out" in halls and restrooms, name calling/bullying, any form of physical contact, disrespectful attitude, not following staff directions, lewd conduct, using profanity, stealing, fighting, possessing illegal/dangerous items.

Among the consequences that may be issued by staff are: verbal warning; parent conference; time out; suspension from a room, area, or activity; temporary or permanent suspension from the Club. A suspension from the Club will result in the member being suspended from all Club activities during the length of the suspension. The Club's no refund policy also applies to instances when a child is suspended from Club activities.

Please be advised of the following: Youth are strongly discouraged from bringing any personal belongings to the Club. The Club is not responsible for lost or stolen items, nor is it bound to conduct inquiries in order to retrieve such items; however, the Club does reserve the right to search members' belongings when there is reasonable suspicion that he/she possesses something illegally.

PARENT CODE OF CONDUCT

Club activities are designed for the fun and well-being of youth. All adults, as well as youth under their supervision, are required to conduct themselves in a respectful, sportsmanlike manner at all times. Inappropriate or disrespectful language or conduct directed towards any person in connection with any Club sponsored activity will not be tolerated. Club staff has the right to require any individual who is exhibiting such behavior to leave the premises of the Club sponsored activity temporarily or permanently. Club staff also reserves the right to remove any youth member who may be associated with the individual exhibiting such behavior from its activities temporarily or permanently.

Any issues concerning children should be addressed with a full-time Club staff member. No adult should address an issue with a child other than his/her own concerning misbehavior or discipline.

Please be advised that North Carolina legislation is in place, which states that any fan or player who assaults a sports official, coach, volunteer, or staff member could be fined and sentenced to up to two years in jail.

PRACTICE POLICY

There will be no practices allowed other than on assigned dates and times and only at the Boys & Girls Club. **Failure to comply with this rule will result in immediate suspension of coach for the entire season.** All players are required to attend every practice session; however, if there are extenuating circumstances that prevent a child from practicing or playing in a game, please notify the head coach prior to the practice or game. Missed practices may result in loss of playing time in the following game. The head coach should notify the child's parent of this decision prior to the game. The Club has the right to rule on a coach's decision to reduce or revoke playing time.

GAMES

All regular season football games will be played at Webb Field, located at 165 Academy Ave NW, Concord, NC 28025. The Football Bowl Game will be held at one of the local high schools (location to be determined each year). All basketball, volleyball and flag football games will be played at the Boys & Girls Club of Cabarrus County. Games will begin on Saturdays starting at 9am and on specified week nights. Game schedules will be provided by Athletic Director or child's coach.

DRAFT REGULATIONS

All players playing in a particular age division for the first time will be placed on teams through a draft process and will be held to the following guidelines:

- To be eligible for the draft, a player must be registered at least one day prior to the day of his age division's draft date and attend the draft "tryout" and/or mini camp in which coaches have an opportunity to evaluate all players.
- Within each age division, the team with the worst record from the previous football season will select first. The team with the second worst record will select second and so on until each round is complete.
- All players eligible for but not attending the draft "tryout" and/or mini camp will be placed on a team by pulling their names "from a hat". After the completion of the draft's final round, the team scheduled to have the next pick will receive the player whose name is first drawn from the hat, and so on.
- As long as the Club considers there to be an opening in the applicable league, a player may register on or after the date of the draft under the following conditions:
 1. Must pay a \$10 late registration fee.
 2. Each player will be placed on a waiting list.
 3. A player who is returning to the same age division will be placed on his/her previous year's team only if there is an opening for that team. If that team is full, the player will be placed on the team that would be scheduled to have the next selection in the draft, provided that team is not full.
 4. Once each team in an age division is full, no players will be added to that league.

Each team will be able to have one head coach's child as well as one assistant coach's child. If a head coach does not have a child, then the team is still only allowed to have one assistant coach's child. A coach is allowed three assistants in football, and 1 assistant in other sports. Coaches returning from last year must consider the coach's child as their automatic player on the team. Any other players must be drafted. A head coach cannot drop an assistant coach in order to get another coach's child. If a head coach returns to a team, but his child moves up, he is still only allowed to have one assistant coach's child.

TEAM ASSIGNMENT

1. Players, who by age will be returning to the same age division as the previous year, will automatically return to his/her same team from the previous year. If a player is returning to an age division he has already played in, and his parent becomes a coach (head coach or assistant) of a different team in the same division, the player may switch to his parent's team only if the head coach of the player's original team agrees to release him.
2. All players returning to the same age division from the previous year but who may have been on a team that has been dismantled by the Club will be randomly placed on other existing teams by pulling their names "from a hat". Players will be placed on specific teams under the following conditions:
 - A head coach's child will automatically be placed on his/her parent's team, except for the provision in Rule 1.
 - An assistant coach's child will automatically be placed on his/her parent's team, except for the provision in Rule 1, and provided that no other assistant coach has a child on the team. A team can have up to a total of three assistant coaches, though only one of them will have his/her children automatically placed on the team. A head coach must declare before the draft which assistant coach will be eligible to have his/her children automatically placed on the team. Any additional assistant coach's children shall be counted as the team's draft picks. A team shall have no more than two "automatic" players at any time, that includes over the course of registrations/seasons of two consecutive years. All other players must be drafted.
 - If a child of an assistant coach has been declared as a team's "automatic" player and the assistant coach has not fulfilled his responsibilities/duties as an assistant coach, that player is ineligible to be an "automatic" for the duration of his playing years at the Boys & Girls Club.
 - Legal siblings will be placed on the same team provided their parent/guardian can provide legal documentation that they are siblings upon request.
 - Carpooling IS NOT an acceptable reason for placing players on specific teams.

AGE CUTOFF DATE

We follow the policy of Cabarrus County Schools. Our age cutoff date is August 31st. Players no younger than one year below the minimum age requirement in a certain age division may play in an older age division with his/her parent's permission and the approval of the Club. A player can play in only one age division per year. The Club reserves the right to prohibit a child from playing because of safety issues.

TEAM PARENT POLICY

- One Team Parent is allowed per team. Team Parent must pass background check.
- Team Parent is allowed to ask for no more than \$20 per child per sport season to cover cost of optional items such as trophies, team socks, t-shirts, helmet decals, accessories, jersey printing, end of year part/banquet, etc.
- All money collected from parents MUST go directly toward such items.
- It is suggested for the Team Parent to submit a memo to parents at the beginning of the sport season itemizing plans for the money.

RETURNED EQUIPMENT POLICY (FOOTBALL ONLY)

In order to receive new equipment this year, last year's equipment MUST be returned. This includes helmet, shoulder pads, pants, and thigh and knee pads. If this equipment is not returned, your child cannot participate unless you pay a replacement fee of \$150 and receive new equipment.

FOOTBALL

LEAGUE DIVISIONS

Players will be divided into the following age divisions:

- 5-6 yr. old league** No player may turn 7 years old on or before August 31st of the current year.
7-9 yr. old league No player may turn 10 years old on or before August 31st of the current year.
10-12 yr. old league No player may turn 13 years old on or before August 31st of the current year.

FOOTBALL RULES

The Club will follow standard tackle football rules with the following exceptions:

- a. Considering Points After Touchdowns (PATs), a conversion run or pass will count as one point, while a conversion kick will count as two points.
- b. There will be no kickoffs in the 5-6 yr. old league. The ball will be placed at the opponent's 40-yard line following a score.
- c. Defenses are not permitted to rush when the opposing offense has declared its intention to either punt or kick a field goal/extra point.

A player who is ejected from a game will be suspended from play for the remainder of that game and the next full game. Any player ejected from two games will be suspended from play for the remainder of the season. Players will not be allowed to practice during times of suspension.

FOOTBALL PLAYING TIME

If a team has at least 22 players during a game, any one player is limited to playing either on offense or defense but is not permitted to play both. Any number of players in excess of 22 players on a team, must play every other play on either offense or defense. The following is subject to the approval of Club staff: If Team A has less than 22 players, any number of players less than 22 may play on both offense and defense. However, the opposing team, Team B, although having more players than Team A, may also play the same number of players on both offense and defense as Team A is playing. Team B still must substitute its remaining players every other play. If a coach is playing a player illegally, then a game may be forfeited.

*Practices for ages 5-6 and 10-12 will be held on Mondays and Wednesdays from 5:30pm-7:30pm.

*Practices for ages 7-9 will be held on Tuesdays and Thursdays from 5:30pm-7:30pm.

FOOTBALL WEIGHT LIMITATIONS

Each player will be weighed at the time of equipment distribution. The weight recorded for each player at this time will be his/her official weight for the entire season. No player will be weighed more than once during any season. Any player who, by design of an offensive play, receives the ball in the backfield and attempts to gain yardage is subjected to a weight limit in each age division.

The weight limits are as follows:

- 5-6 year old league** Players weighing over 70 pounds are ineligible for such positions.
7-9 year old league Players weighing over 105 pounds are ineligible for such positions.
10-12 year old league Players weighing over 130 pounds are ineligible for such positions.

2018 FOOTBALL IMPORTANT DATES TO REMEMBER	
August 7	Mandatory Coach Meeting 6:00pm-8:00pm
August 20	5-6 Leagues Mini-Camp 5:30pm-7:00pm (Practice Fields)
	Mandatory Parent Meeting 6:00pm-7:00pm (Gym)
	5-6 Leagues Draft (Coaches Only) 7:00pm-7:30pm
August 22	10-12 Leagues Mini-Camp 5:30pm-7:00pm (Practice Fields)
	Mandatory Parent Meeting 6:00pm-7:00pm (Gym)
	10-12 Leagues Draft (Coaches Only) 7:00-7:30pm
August 23	7-9 Leagues Mini-Camp 5:30pm-7:00pm (Practice Fields)
	Mandatory Parent Meeting 6:00pm-7:00pm (Gym)
	7-9 Leagues Draft (Coaches Only) 7:00pm-7:30pm
August 27	5-6 and 10-12 Regular Practice Begins 5:30pm-7:30pm (Practice Fields)
August 28	7-9 Regular Practice Begins 5:30pm-7:30pm (Practice Fields)
September 1	Equipment Day-Must have current physical
September 3	Labor Day-No Athletic Activities
September 8	Picture Day
September 15	Week 1 of Games
November 3	Bowl Day

- Mini-camps and mandatory parent meetings are for players new to the league and/or program only. Players returning to their teams from last year will report to the first day of regular practice. New players that do not report to mini-camp will be drafted at random and placed on a team.

BASKETBALL

BASKETBALL LEAGUE DIVISIONS Players will be divided into the following age divisions:

Co-Ed Division (boys & girls):

5-6 yr. old Co-Ed Division (boys & girls):

-No player may turn 7 yrs. old on or before August 31 of the current year.

Boys Divisions:

7-8 yr. old Boys Division:

-No player may turn 9 yrs. old on or before August 31 of the current year.

9-10 yr. old Boys Division:

-No player may turn 11 yrs. old on or before August 31 of the current year.

11-12 yr. old Boys Division:

-No player may turn 13 yrs. old on or before August 31 of the current year.

Girls Divisions:

7-9 yr. old Girls Division:

-No player may turn 10 yrs. old on or before August 31 of the current year.

10-12 yr. old Girls Division:

-No player may turn 13 yrs. old on or before August 31 of the current year.

BASKETBALL PLAYING TIME The following rules apply to all age groups:

- Each child plays either the entire 1st quarter or 2nd quarter (unless a medical condition or injury prevents this).
- In the second half, each child plays at least 4 consecutive minutes in either the 3rd or 4th quarter.
- If a team has 9 players or less, the head coach may choose one player to play the entire first half.
- If a team has 11 players or more, each player is promised no less than one entire quarter of playing time in first three quarters.
- There will be 1 practice and 1 game per week. Game schedules will be provided by Athletic Director or child's coach.

SPECIAL BASKETBALL RULES

All age groups and leagues play four 8-minute quarters. The clock only stops for time outs and free throws except during the last minute in each quarter, then the clock stops on each dead ball (out of bounds, fouls, infractions, time outs, etc.). We follow basic high school rules for basketball with the following special regulations for each age group and league:

- **5-6 Co-Ed** league plays on 8' goals. The defense must stay in the lane at all times.
- **7-8 Boys** league plays on 8' goals. The defense can full-court press only during the last 2 minutes of each half. When a team has a 10 point lead or more, the defense must stay inside the 3-point line. When a team has a 20 point lead or more, all defenders must keep at least one foot in the lane.
- **9-10 Boys** league plays on 10' goals and follows same defensive rules as 7-8 boys.
- **11-12 Boys** league plays on 10' goals. The defense can full-court press at all times unless they have a 10 point lead or more. When a team has a 10 point lead or more, the defense must pick up at half court. When a team has a 20 point lead or more, all defenders must keep at least one foot in the lane.
- **7-9 Girls** league plays on 8' goals. Defense must remain inside the 3-point line at all times except for last 2 minutes of each half. They may press then unless they have a 10 point lead or more where they must keep at least one foot in the box.
- **10-12 Girls** League plays on 10' goals and follows the same defensive rules as 7-8 and 9-10 boys.

2018-2019 BASKETBALL IMPORTANT DATES TO REMEMBER	
November 5	Mandatory Coach Meeting 6:00 pm
November 6	Mandatory Coach Meeting 6:00 pm
November 13	7-8 Boys Draft and Mandatory Parent Meeting 6:00 pm (Gym)
November 14	9-10 Boys Draft and Mandatory Parent Meeting 6:00 pm (Gym)
November 15	11-12 Boys Draft and Mandatory Parent Meeting 6:00 pm (Gym)
November 16	5-6 Co-Ed Team Assignment and Mandatory Parent Meeting 6:00 pm (Gym)
November 19	7-9 Girls Draft and Mandatory Parent Meeting 6:00 pm (Gym)
November 20	10-12 Girls Draft and Mandatory Parent Meeting 6:00 pm (Gym)
November 26	Week 1 of practice
December 4	Referee Training 1 6:00 pm
December 6	Referee Training 2 6:00 pm
December 19-Jan 2	Holiday Break-NO ATHLETIC EVENTS
January 3	Week 1 of Games
January 21	MLK Holiday-NO ATHLETIC EVENTS

- All returning and new players and parents must attend applicable draft and mandatory parent meeting.

VOLLEYBALL

VOLLEYBALL LEAGUE DIVISIONS

Co-Ed Divisions (boys & girls) ages 5-14. No player can turn 15 on or before August 31 of the current year.

VOLLEYBALL RULES

- Each match is a best of 3 games series. First two games are rally score to 25 (win by 2). Game three (if necessary) will be to 15 (do not have to win by 2).
- Athletic shoes are required. Knee/elbow pads are not required but are encouraged.
- A team shall consist of 10-12 players (6 play at a time). If there are not six players present at the start of the game a team may play shorthanded, however every time the missing player would come up to serve, a side-out will occur and a point/score will be awarded to the other team. Each team must have a least four players to begin match.
- When a team rotates to serve, the player who served the previous turn must come out of the game. If there are substitutes, they must enter in the center-back position only.
- Net heights are to be determined for each age group.
- Leagues will adhere to NCHS volleyball rules.
- There will be 1 practice per week. Matches will be held on Saturdays. Schedules will be provided by Athletic Director or child's coach.

2019 VOLLEYBALL IMPORTANT DATES TO REMEMBER	
March 5	Volleyball Coach Meeting and Training 6:00 pm-7:00 pm
March 11	5-8 League Draft and Mandatory Parent Meeting 6:00 pm-7:00 pm (Gym)
March 12	9-10 League Draft and Mandatory Parent Meeting 6:00 pm-7:00 pm (Gym)
March 13	11-14 League Draft and Mandatory Parent Meeting 6:00 pm-7:00 pm (Gym)
March 25	1st week of Regular Practice 6:00 pm (Gym)
April 6	Week 1 of Games
Apr 19-28	Spring Break-NO ATHLETIC EVENTS
TBD	Volleyball Pictures
May 27	Memorial Day-NO ATHLETIC EVENTS
June 1	Post Season Tournament

- All returning and new players and parents must attend applicable draft and mandatory parent meeting.
- League age groups subject to change depending on registration numbers.

FLAG FOOTBALL

FLAG FOOTBALL LEAGUE DIVISIONS

Co-Ed Divisions (boys & girls) ages 5-12. No player can turn 13 on or before August 31 of the current year.

FLAG FOOTBALL RULES

- Games will be played on a smaller size field (not 100 yards) based upon child's age group.
- A team shall consist of 10-12 players (7 on the field at a time).
- Each child will be required to participate in at least the minimum required playing time per half.
- Field size will be determined by age group.
- There will be 1 practice per week. Games will be played on Saturdays. Schedules will be provided by Athletic Director or child's coach.

2019 FLAG FOOTBALL IMPORTANT DATES TO REMEMBER	
March 5	Flag Football Coach Meeting and Training 6:30 pm-7:00 pm
March 14	Draft and Mandatory Parent Meeting 6:00 pm-7:00 pm (Gym)
March 25	First week of Regular Practice
April 6	Week 1 of Games
April 19-28	Spring Break-NO ATHLETIC EVENTS
TBD	Flag Football Picture Day
May 27	Memorial Day-NO ATHLETIC EVENTS
June 1	Post Season Tournament

- All returning and new players and parents must attend applicable draft and mandatory parent meeting.
- League age groups subject to change depending on registration numbers.

COACH INFORMATION

Volunteers to coach teams are needed for each sport. If an adult is interested in coaching or officiating, please contact the Club's Athletic Director.

COACHING REGULATIONS

Each football team is limited to four (4) coaches allowed on practice field and game field at all times. Each basketball and volleyball team is limited to two (2) coaches allowed at practice and games at all times. Failure to adhere to this rule will result in disciplinary actions taken by the Athletic Director. The Athletic Director and/or Assistant Athletic Director will be present at all practices and games.

REQUIRED PAPERWORK

COACHES:

- Coaching Application
- Completed Background Check paperwork

OFFICIALS:

- Official Application
- Completed Background Check paperwork
- Payroll forms and paperwork
- Availability form
- Signed packet acknowledgement

BACKGROUND CHECK POLICY

All coaches and officials are required to complete a background check to be able to participate.



**BOYS & GIRLS CLUB
OF CABARRUS COUNTY**

**Parent Guides are now online and include
interactive links to additional resources**

www.bgclubcab.org/resources

Boys & Girls Club of Cabarrus County

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Updated September 15, 2018. Information is subject to change. Please call the Club or check the website and Facebook pages throughout the year for updated information. Programs have their own registration dates, forms, and fees. Enrollment in one program does not secure enrollment in another program.

2018-2019 ATHLETIC PROGRAMS QUICK INFO

PROGRAM	FEE (per child)	REGISTRATION BEGINS	LAST DAY OF REGULAR PRICE REGISTRATION
Football Cost of equipment is included. Price includes jersey (child keeps)	\$100	June 18, 2018	August 3, 2018
Basketball Price includes uniform (child keeps)	\$60	October 25, 2018	November 2, 2018
Volleyball Price includes uniform (child keeps)	\$50	February 21, 2019	March 1, 2019
Flag Football Price includes jersey (child keeps)	\$50	February 21, 2019	March 1, 2019

IMPORTANT DATES TO REMEMBER	
June 18	Football Registration Begins 11:00am-6:30pm
September 3	Labor Day-NO ATHLETIC EVENTS
October 25	Basketball Registration Begins 11:00am-6:30pm
November 12	Veterans Day-NO ATHLETIC EVENTS
November 21-23	Thanksgiving Break-NO ATHLETIC EVENTS
December 19-January 2, 2019	Holiday Break-NO ATHLETIC EVENTS
January 21	MLK Holiday-NO ATHLETIC EVENTS
February 21	Volleyball Registration Begins Flag Football Registration Begins 11:00am-6:30pm
March 17-23	Pancake Week-NO ATHLETIC EVENTS
April 19-28	Spring Break-NO ATHLETIC EVENTS
May 27	Memorial Day-NO ATHLETIC EVENTS
June 13	Last Day of School (Cabarrus County)

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