



BASIC RULES FOR YOUTH TEAM SPORTS

FCPR offers Traditional and Non-Traditional sports programming. The Traditional Sports are governed more strictly by registration zones and player drafts. The Traditional Sports are Winter Basketball, Spring Baseball/Softball, Fall Soccer, Football, Cheer, Fall Volleyball, Lacrosse, Rugby and Bowling. The Non-Traditional Sports have relaxed registration guidelines, pre-formed teams are allowed, there is no player draft, and game scores are not kept. The Non-Traditional Sports are Summer Basketball, Summer Volleyball, Fall Baseball, Fall Softball, and Indoor Soccer.

These rules apply to both Traditional and Non-Traditional unless an EXCEPTION is noted. For information about a specific sport please obtain a copy of the sport specific rules.

1:00 PLAYER ELIGIBILITY

1:01 REGISTRATION GUIDELINES – YOUTH TEAM SPORTS

1. The registration period will be held for 2 months for each sport.
2. Residents will be given a 2 week advance registration period.
3. Non-resident registration will begin after the 2 week advance registration period for residents.
4. For all recreation programs, the Non-Resident fee shall be a flat percentage increase of the Resident Fee. (*the Non-Resident fee will be double the Resident fee*)
5. For registration purposes, those Individuals or Families that contribute to the tax base which supports Fayetteville-Cumberland Parks and Recreation programming are considered “Residents.” (*Participants from Hope Mills, Spring Lake, Hoke Co., Robeson Co., Bladen Co., Sampson Co., & Harnett Co. are “Non-Residents”*)
6. Residents and Non-residents will register at the center determined by their street address.
7. Non-Resident registration locations for traditional team sports

NON-RESIDENT LOCATION	REGISTRATION LOCATION
Hoke County	Zone 2 / Zone 3
Robeson County	Zone 7 / Zone 2
Bladen County	Zone 7 / Zone 6
Sampson County	Zone 5 / Zone 6
Harnett County	Zone 4 / Zone 5
Moore County	Zone 4
Hope Mills	Zone 2 / Zone 7
Spring Lake	Zone 4

8. Residents of Fort Bragg are City of Fayetteville residents and register in Zone 3 or 4.

9. Three (3) proofs of residence will be required at the time of initial registration. It is recommended that one of the proofs of residence be a school document. Proofs of residence will be required the first time a child is registered, every 2 years as the child ages and when there is a change of address. Copies of the proofs of residence will be kept in the recreation center. See below for acceptable proofs of residence.
 - School records
 - Drivers license
 - Voters registration
 - Welfare/childcare records
 - Federal records
 - State records
 - Municipal records
 - Support payment records
 - Homeowner or tenant records
 - Utility bills (gas, electric, water/sewer, phone, heating, waste disposal)
 - Financial (loan, credit, investments) records
 - Insurance documents
 - Medical records
 - Military records
 - Internet, cable, satellite records
 - Vehicle records
 - Employment records
10. Proof of age will be required at the time of initial registration. Acceptable documents are: birth certificate / military ID / passport. A photocopy will be kept on file for future reference.
11. *Player will not be placed on a team until their picture is captured in Rectrac.*
12. Each player must have a registration form on file. Staff is to make sure the form is filled out completely – no blank areas. The parent or legal guardian of the player must complete/sign the registration form. If staff receives a registration form from a non-parent/legal guardian, staff will call the parent/legal guardian to verify that the information on the form is correct. Failure to do so will invalidate the registration.
13. *(TRADITIONAL)* Zones enforced: participant's physical address determines which zone they will play in.
14. *(TRADITIONAL)* Recreation centers will be divided into 7 registration zones.
15. *(TRADITIONAL)* If a participant is found to be out of zone improperly, they will be removed from that roster but permitted to play on a team in their home zone.
16. *(TRADITIONAL)* Drafting options for zones with multiple centers:
 - a. Option 1: all centers within the same zone are allowed to conduct a zone draft that includes all players registered within their zone.
 - b. Option 2: each center will be allowed to form their own teams if they have the minimum # of players
 - c. If a center does not have enough players to form their own teams, their players will be placed into a draft with the other centers in their zone or placed on teams at another center in their zone. Unique circumstances will be addressed in writing through the lead athletic coordinator and athletic director.
17. A late registration period will be held up until the date of the player draft. \$5 late fee will be charged.
18. After the player draft, late registration (on a space available basis) will last until **the close of business on the day prior to the first game**. \$5 late fee will be charged.
19. A player will be allowed to play up in age 1 year with a written letter of request. The play-up request must be received prior to the draft or at the time of registration. Exception: football – no play up is allowed.
20. *(TRADITIONAL)* New legal players will be assigned to a team using the FCPR draft.
21. *(TRADITIONAL)* Returning legal players who register prior to the draft will be placed on their previous team roster.

22. (TRADITIONAL) New or returning legal players that register after the draft will be placed on a team according to program needs, if a roster spot is available. **RETURNING LEGAL PLAYERS WHO REGISTER LATE ARE NOT GUARANTEED A SPOT ON A TEAM ROSTER.**
23. (TRADITIONAL) A player draft will be held if there are enough players for more than 1 team.
24. (TRADITIONAL) Players register at a center in their zone of eligibility. If a zone is full after conducting their player draft, additional late registrations can be transferred to a neighboring zone under the following conditions:
 - a. Only full time center staff can transfer players.
 - b. Full time center staff must verify that the home zone is full via email correspondence
 - c. Staff must print the email verification and staple to the registration form/receipt that is kept on file.
 - d. Lead athletic coordinator is to be made aware at time of transfer.
 - e. In the “comments” section on the Rectrac receipt, staff must denote that the players home zone was full
25. (TRADITIONAL) *Once a player has been assigned to a team, their eligibility remains with that team and recreation center for the duration of that age group. Exceptions:*
 - a. *Change in residence.*
 - b. *Legal transfer (**from the previous year**).*
 - c. *Extreme circumstances.(supporting documentation requesting and supporting the circumstance must be submitted to district supervisor and athletic coordinator for approval)*
 - d. *Play-up approved.(PLAY UP IS NOT ALLOWED IN FOOTBALL)*
26. Summer basketball, summer volleyball, indoor soccer, cheer, fall baseball, fall softball , lacrosse, rugby, AND 6U sports are allowed pre-formed teams. Otherwise, players in these programs will be assigned to teams by center staff.
27. Summer basketball, summer volleyball indoor soccer, fall baseball, fall softball, lacrosse, rugby: Zones not enforced– participants in these programs can play at any recreation center.

SPORTS COMPARISONS

TRADITIONAL SPORTS	Zones enforced?	Drafts?	Pre-formed teams?
winter basketball	YES	YES	NO
spring baseball	YES	YES	NO
spring softball	YES	YES	NO
Football	YES	YES	NO
soccer (fall)	YES	YES	NO
Volleyball	YES	YES	NO
Cheer	YES	YES	NO
NON-TRADITIONAL SPORTS	Zones enforced?	Drafts?	Pre-formed teams?
summer basketball	NO	NO	YES
fall baseball	NO	NO	YES
fall softball	NO	NO	YES
indoor soccer	NO	NO	YES
Summer volleyball	NO	NO	YES
Lacrosse	NO	NO	YES
Rugby	NO	NO	YES

1:02 No player will be allowed to play on more than 1 team per sport. PENALTY: upon discovery the player will be removed and returned to the proper program.

1:03 If, during the season, a team becomes unable to field the required number of properly registered players to legally play a game or continue the season, that team will be

allowed to add enough players to finish the season. These games will be played as official games; however, all games from that point will be considered forfeits. The opposing team must have enough players present to play the forfeited games or the game will be considered a double forfeit. If a team chooses this option, it will be enforced for the remainder of the season. **EXCEPTION:** Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, rugby, bowling do not keep scores or won-loss records.

2:00 COACH ELIGIBILITY

- 2:01 Prospective coaches must complete a Volunteer Application/Release of Information Authorization for Background Check form. Coaches must have an acceptable background check in order to be approved. **All coaches are required to wear the FCPR volunteer coaches ID badge during all practices and games.**
- 2:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by FCPR.
- 2:03 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.
- 2:04 Coaches must set good examples of sportsmanship.
- 2:05 Coaches should make every effort to prevent injuries to players by insisting that everyone stretches and warms-up adequately. Coaches should refrain from using exercises that may be dangerous to a player's well being, such as duck walks, deep knee bends, etc. Coaches should also use discretion in teaching difficult and dangerous maneuvers such as slide tackling from the rear.
- 2:06 Coaches will not use profane language or use tobacco products on the field during practice or games.
- 2:07 Coaches and players must stay within the designated bench area. Unauthorized persons will not be allowed in the bench area.
- 2:08 Coaches are expected to have team meeting prior to the first practice with the parents to discuss team rules and the expectations that he/she expects the players and parents to follow. These rules should cover items such as the practice schedule, attendance policy, disciplinary actions, providing refreshments, whom to call in case of rain, etc. These guidelines must meet the approval of, and a copy on file with, the recreation center/local youth association before they will be considered valid. Coaches must use discretion and good judgment if they feel it is necessary to suspend a player for violation of team policy.

3:00 CODE OF CONDUCT / COACH ELIGIBILITY / SPORTSMANSHIP

- 3:01 Alcoholic beverages are not allowed on recreation or school property. Tobacco products are not allowed on any practice or game field, dugout, or sideline. Smoking is not allowed on Cumberland County School owned property. Smoking is allowed on parks and recreation owned property.

- 3:02 A coach, player, or spectator with the presence of alcohol on their breath will be asked to leave the school or recreation area.
- 3:03 Any coach or player who is ejected from a game will be suspended and subject to Code of Conduct penalties. ***A coach who is ejected from a game must leave the recreation property immediately. Failure to comply will result in a longer suspension. Ejected players will be allowed to remain on the bench if their parent is not in attendance.***
- 3:04 If a coach is ejected from a game, he/she must view the sportsmanship video before being eligible to coach again. *Suspended coaches and players will not be allowed on recreation premises until the suspension is completed.*
- 3:05 Fighting and/or unsportsmanlike conduct **WILL NOT** be tolerated before, during, or after the game. If a player or coach pushes, shoves, or strikes a member of the other team, he/she shall be suspended from play immediately and subject to the Code of Conduct penalties.
- 3:06 Spectators must display good sportsmanship. Unruly spectators will be asked to leave the recreation premises.
- *Please do not argue with the officials.*
 - *Please do not communicate threats to the officials.*
 - *Please do not use profanity towards the officials.*
 - *Please do not display unsportsmanlike conduct.*
 - *Please do not enter the playing area in a hostile manner.*
 - *Please do not consume alcoholic beverages at recreation sites.*
 - *Please do not bring any weapons to recreation sites.*
 - *Please do not create a hostile environment.*
 - *Please do not generate ill will amongst the spectators.*
 - *Please do not forget this is an amateur program.*
 - *Officials will make mistakes as they learn and grow.*
 - *Officials are not expected to and will not make every call correctly.*
 - *Officials are an extension of FCPR staff are the only impartial participant in a game.*
 - *Only head coaches may address the officials.*
 - *Applications to become an official are available.*

4:00 EQUIPMENT

- 4:01 In order to be considered for future coaching positions, all FCPR issued equipment must be returned within 30 days of the teams last game.
- 4:02 FCPR issued equipment cannot be used for any other game, practice, or event .
- 4:03 A PLAYER WHO IS BLEEDING, OR HAS AN OPEN WOUND, OR HAS AN EXCESSIVE AMOUNT OF BLOOD ON HIS OR HER UNIFORM, MUST LEAVE THE GAME AND MAY NOT RETURN PRIOR TO THE FIRST OPPORTUNITY FOR SUCH PLAYER TO RE-ENTER. IF THERE IS AN EXCESSIVE AMOUNT OF BLOOD ON THE UNIFORM, IT MUST BE CHANGED BEFORE THE PLAYER CAN RE-ENTER.

4:04 Corrective Lenses - FCPR recognizes the need for corrective lenses. However, the potential hazard they propose during sports participation is also recognized. For that reason, FCPR strongly recommends polycarbonate lenses and eyewear including safety strap designed specifically for use in sporting activities (i.e. - sport goggles, rec specs). FCPR also strongly recommends parents/guardians consult their child's optometrist/optician, prior to participation, as to the appropriateness of their eye wear for the designated activity. Additionally, due to the variance of needs of participants, the use of eyewear will be up to the sole discretion of the parent/guardian.

4:05 Shirts with numbers are mandatory.

4:06 Jewelry, which includes hair beads, will not be allowed. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

5:00 POSTPONED GAMES/INCLEMENT WEATHER

5:01 In case of inclement weather, cancellations will be announced using the following media:

- a. Text messaging (to sign up for alerts, text "fcprd" to 84483)
- b. Facebook (facebook.com/fcpr.us)
- c. Twitter (twitter.com/parksrecreation)
- d. Inclement weather hotline: 910-306-7325

If no cancellation is listed, teams should report to the field.

5:02 Prior to the start of the game, the field supervisor or FCPR staff on duty will have sole authority to postpone or play the game. After the game begins, the referee in consultation with staff on duty will have authority to postpone or play the game.

5:03 Suspended games, if rescheduled, will be resumed from the point of interruption.

LIGHTNING & THUNDER POLICY

All athletic activities conducted on Fayetteville – Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

- 1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.**
- 2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.**
- 3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.**
- 4. The activity shall be suspended immediately for a minimum of 15 minutes and a maximum of 20 minutes.**
- 5. This delay will only be allowed if safe cover for all of the participants and players is available**

6. **Once the game has reached the delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1st game of the day is cancelled, all remaining games for that site will also be cancelled.**
7. **Under no circumstances will players be allowed to remain in the dugout during this delay.**
8. **All participants must have a safe and protected area available for their use.**
9. **Examples of safe and protected areas include permanent enclosed structures and automobiles.**
10. **If one participant does not have a safe and protected area available for their use the event is to be cancelled.**
11. **If a permanent site does not exist automobiles may be used.**
12. **Do not let pressure from the coaches influence your judgment.**
13. **Remember, Safety First. A game can always be rescheduled.**

6:00 PRACTICE

6:01 Practices should not exceed 3 hours per week.

6:02 Practices must be over by 9:00 p.m.

7:00 COMPLAINTS/INELIGIBLE PLAYERS/FORFEIT TIME

7:01 Complaints concerning officials, supervisors, and other aspects of the program can be made in **writing** at anytime after a game has been completed.

7:02 Requests for determining the eligibility of a player (1. Improper age **OR** 2. Not registered) can be made at any point during the season by head coaches. When requesting the inquiry, coaches must give the players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

7:03 If a player is found to be out-of-district, then they will immediately be removed from that team's roster but permitted to register on a team in their proper district.

7:04 A team will forfeit their game if not ready to play within 10 minutes after the scheduled starting time for the first game of the day at that site. All other games will begin at scheduled game time. A team will forfeit if not ready to play at that time

7:05 No protest based upon an officials judgment will be allowed.

8:00 END OF SEASON TOURNAMENTS

8:01 End of season tournaments are not conducted in any 6U or 8U age group. Scores and won loss records are not maintained for 6U sports.

8:02 End of season tournaments are not conducted for Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, rugby. Scores and won-loss records are not maintained in these sports.

8:03 In the 10U, 12U, 14U, 17U age groups, all regular season teams will be eligible for the end of season single elimination tournament.

9:00 PLAYER DRAFTS

9:01 To insure equitable distribution of players and promote fair play, drafts will be held for each sport in which scores and won-loss records are maintained.

10:00 PETS IN THE PARKS

10:01 FCPR acknowledges the enjoyment of pets for citizens. However, the potential hazard they propose during sports events is also recognized. For that reason, FCPR strongly recommends that no pets should be allowed during programmed sporting events. FCPR also strongly recommends parents/guardians consult their veterinarian as to the appropriateness of their pet's presence at the designated activity. Additionally, due to the variety and nature of pets, the allowed presence of pets will be up to the discretion of FCPR staff.

10:02 Properly tagged service animals will be allowed.

10:03 Reference county code "Sec. 3-17. Dogs prohibited from park trails" and "Animals running at large."

Facts about kids and sports

- Sports can build character in kids **if** their social environment encourages moral and ethical behavior.
- The most common reasons kids play sports are to have fun and hang out with friends.
- NCAA fact: 3-5% of high school athletes will play college sports (3-5 per 100).
- NCAA fact: .02%-.09% of college athletes will be drafted by a professional team (2-9 per 1000).
- 70% of kids drop out of sports by the age of 13.
- 15-20% of youth sporting events involve some kind of behavior that requires a written notice (National Alliance of Youth Sports).
- The least favorite aspect of the game for kids is the ride home with parents.
- A child's behavior is a reflection of what they have seen an adult do before. Please be a positive example to your children and players.

Code of Conduct

Fayetteville-Cumberland Parks & Recreation activities are made available to youth and adults to enjoy fun and wholesome recreational programming that teaches character and sportsmanship. FCPR supports the belief that all recreational programming and experiences should be positive and safe with sportsmanship and enjoyment the primary goal. To achieve this goal, FCPR strives to provide a safe environment for participants of these programs and to protect them from harm to the best of our abilities. To that end, all participants and spectators must be held accountable for their behavior and zero tolerance given for intentional violation of this Code of Conduct.

EXPECTATIONS

- Treat all parties involved with dignity and respect.
- Use appropriate language, tones and volume when communicating. When in doubt, remain silent.
- Become knowledgeable, understanding and supportive of all established guidelines, rules, policies and procedures applicable to related programming.
- Recognize/acknowledge FCPR programming as a privilege that can be rescinded for the greater good.

Unfortunately, aggressive behavior is on the rise in recreational programming. Negative attitudes, verbal abuse of officials, poor sportsmanship, profanity, child predators and violence are casting a negative light in our arena. It is for that reason penalties have been assessed and will be enforced for acts perceived by FCPR as intentional violations.

PROCEDURES

- When an incident occurs at an FCPR activity/event, FCPR officials have the authority to institute immediate suspensions. FCPR officials will offer to escort the offending individual(s) from the facility. If the offending individual(s) refuses to leave the premises, local authorities will be contacted immediately and asked to enforce the ruling.
- Individual(s) removed from the facility in this manner will be sent a registered letter stating the violation of policy and the penalty in effect. The individual(s) will then have forty-eight (48) hours from receipt of the letter to respond to FCPR with a written appeal.
- After the written appeal is received, an investigation will be conducted and FCPR will render a final decision within ten (10) working days from receipt of the appeal.
- A panel consisting of the facility supervisor, program supervisor, immediate supervisory staff and a department superintendent will conduct the investigation. During the investigation, the individual(s) will be suspended from all FCPR activities/events/facilities. Individual(s) requesting the appeal may be asked to appear before an appeal review committee led by the FCPR Director. This decision will be final.
- Suspensions of less than ten (10) days cannot be appealed.

It is FCPR's sincere desire that situations never warrant the removal of an individual from any activity, event or facility. However, it is our obligation to maintain a controlled, safe and healthy atmosphere for everyone. Recreational activities are designed to foster qualities such as character building, social interaction, enjoyment and relaxation while educating the general public and promoting healthy lifestyles. These activities are not designed to be overly competitive and FCPR does not promote this contention.

OFFENSE & PENALTY (to include but not limited to:)

Level 1 - *Standard*

- **Offense:** Failure to follow departmental established guidelines, rules, policies and procedures as applicable to related programming; failure to comply with an FCPR official's decision; taunting/mocking/harassment of players; disgruntled expressions such as rude gestures or comments, screaming and loudly disagreeing with others or obscene/profane/vulgar language; throwing/kicking/striking of bats, balls and other miscellaneous equipment; unnecessary roughness among participants.
- **Penalty:** Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum ten (10) day suspension.

Level 2 - *Verbal*

- **Offense:** Malicious obscene/profane/vulgar verbal abuse directed towards another individual; verbal epithets related to race, color, religion, creed, gender or sexual orientation; verbal communication of threats, physical violence or acts of insulting another with intention to offend, defame or embarrass.
- **Penalty:** Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum thirty (30) day suspension.

Level 3 - *Physical*

- **Offense:** Physical aggression towards another; pushing, shoving, striking or touching another individual with the perceived intent to incite, inflict or cause harm; invading another individual's personal space during a dispute.
- **Penalty:** Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one hundred eighty day (180) day suspension.

Level 4 - *Unlawful*

- **Offense:** Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- **Penalty:** Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one (1) year suspension.

***** PLEASE NOTE: Suspensions will be tracked and monitored. Individuals who have been suspended will be immediately placed on probationary status for a period of one (1) year from the date of the offense. A second offense by the same individual within one (1) year, regardless of nature, will result in double the term of the penalty and an extension of probationary period from the date of the second offense. A third violation by the same individual within one (1) year, regardless of nature, will void all FCPR privileges indefinitely. Failure to comply with these guidelines will result in legal action. *****