



ATHLETICS HANDBOOK

LEAGUE OPERATION BY-LAWS 15

Registration & Participation 15

Assessments & Drafting 16

Practices & Regular Season Games 16

All-Star Tournaments 17

SWAC 17

Awards..... 17

District Athletic Boosters..... 18

DISTRICT ATHLETIC BOOSTERS BY-LAWS 19-22

RULES & REGULATIONS..... 23

Baseball/Softball/T-Ball 23-29

Volleyball 30-32

Basketball 32-35

Cheerleading 36-39

OCPR ATHLETICS MISSION & PURPOSE

MISSION

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

CORE VALUES

Integrity

- Demonstrate honesty in all dealings with co-workers & community members
- Lead by example

Respect

- Demonstrate understanding & patience for individuals
- Be open to the suggestions of others

Teamwork

- Work together with community organizations to provide a variety of programs and services
- Work together to accomplish common goals
- Work collectively for the benefit of the whole organization & county

Learning

- Continuously strive to obtain surveys from the public to better understand the community needs
- Network with peers in the parks and recreation field to share ideas and enhance the experiences we offer in our county

OCPR STAFF – ATHLETICS

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OCPR Athletic Coordinator – Dominic Kessinger

Primary Districts: Southwest

OCPR Athletic Coordinator – Brandon Monk

Primary Districts: Southwest

OCPR Athletic Coordinator – Krystal Davis

Primary Districts: White Oak

OCPR Athletic Coordinator – Jacob Pelphrey-White

Primary Districts: Dixon

OCPR Athletic Coordinator – Leonard Exum

Primary Districts: Southwest, White Oak

OCPR Athletic Coordinator –

Primary Districts: White Oak

OCPR Athletic Coordinator – Tariq Farmer

Primary Districts: Richlands

OCPR Athletic Coordinator – Cedric McDonald

Primary Districts: Richlands

OCPR Athletic Coordinator – Lesleigh Thompson

Primary Districts: Dixon, Southwest

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OCPR LEAGUES

The youth leagues offered through Onslow County Parks & Recreation offer a platform for children to be physically active in a safe environment that fosters their development, exploration, and growth. Sportsmanship, enjoyment, and skill development are the focus within these programs.

SPRING BASEBALL/SOFTBALL/T-BALL	
Program Dates	March – June
Registration Dates	January – February
Cost	\$45 (baseball/softball) / \$30 (t-ball)
AGE GROUPS	
T-ball	3-4 years old / 5-6 years old
Baseball/Softball	8U / 10U / 12U / 14U

**Age of child as of May 1st*

SAND VOLLEYBALL	
Program Dates	June – July
Registration Dates	April - May
Cost	\$45
Age Groups	12U / 16U

FALL BASEBALL/SOFTBALL/T-BALL	
Program Dates	August - October
Registration Dates	July - August
Cost	\$45 (baseball/softball) / \$30 (t-ball)
AGE GROUPS	
T-ball	3-4 years old / 5-6 years old
Baseball/Softball	8U / 10U / 12U / 14U

**Age of child as of May 1st*

BASKETBALL	
Program Dates	October - March
Registration Dates	September - October
Cost	\$45
Age Groups	8U / 10U / 12U / 14U / 18U

CHEERLEADING	
Program Dates	October - March
Registration Dates	September - October
Cost	\$45
Age Groups	6U / 9U / 12U / 16U

POLICIES AND GUIDELINES

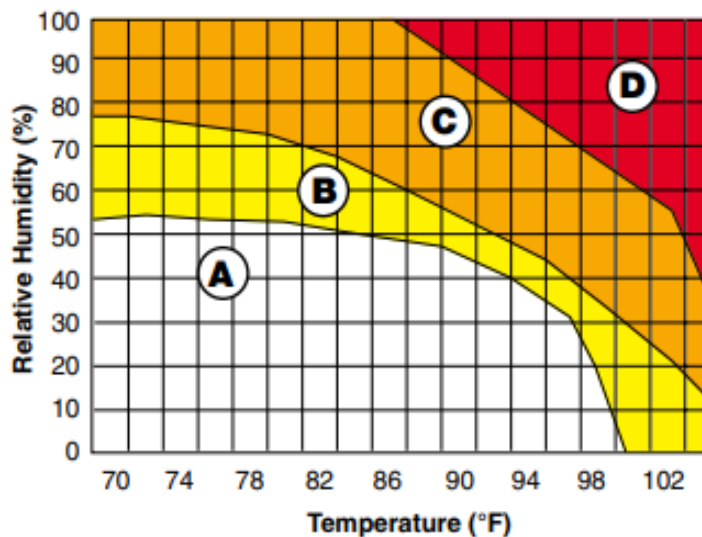
The following policies and guidelines have been developed and adopted to support the OCPR leagues in their operation and to protect all participants involved.

OCPR WEATHER POLICY

To minimize the risk to young athletes participating in the Onslow County Parks & Recreation youth athletic leagues, the following policy has been adopted. This policy will be enforced for ALL leagues operated through OCPR, including games and practices.

HEAT RELATED GUIDELINES

Fluid breaks should be scheduled for all practices and be more frequent as the heat and humidity levels rise.



A. Children should receive a 5–10-minute rest and fluid break after every 25 to 30 minutes of activity.

B. Children should receive a 5–10-minute rest and fluid break after every 20 to 25 minutes of activity. Children should wear appropriate attire and no protective equipment.

C. Children should receive a 5–10-minute rest and fluid break after every 15 to 20 minutes of activity. Children should be in shorts and t-shirts only (all protective equipment removed).

D. Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space.

This guide should be utilized if temperatures are relative to the chart above. However, if OCPR staff feel that it is unsafe to operate due to temperature, the right is reserved to cancel practices, events, or games.

COLD WEATHER GUIDELINES

		WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT												
WIND SPEED		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60

- **Black/Red - Extreme Conditions/High Risk for Cold Related Illness:** Cancel/Attempt to move activities to indoors.
- **Orange - Moderate Risk for Cold Related Illness:** Consider cancelling if indoor facility for rewarming not available, extensive warm up time/exercises required, additional protective clothing required
- **Yellow - Less than Ideal Conditions:** Be aware of the potential for cold injury, consider cancelling, additional protective clothing required
- **Green- Good Conditions:** Normal activities

LIGHTNING/INCLEMENT WEATHER

When thunder is heard or lightning is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. **Suspend play for at least 30 minutes** and vacate the outdoor activity to the previously designated safer location immediately. Once play has been suspended, **wait at least 30 minutes after the last thunder is heard or lightning is witnessed prior to resuming play.** Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making the decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning should always take precedence over information from a mobile app or lightning-detection device.

At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

OCPR ATHLETICS CODE OF CONDUCT

All players, parents, spectators, and coaches must abide by the OCPR Athletics Code of Conduct. By registering, observing, or participating in any OCPR recreation program it is understood that all involved have knowledge of and will adhere to this code of conduct.

All parents, spectators, coaches, players, and guests will:

- Understand that the purpose of this program is for children to learn and have a positive experience.
- Learn the rules and the policies of the program and help teach their child the rules of the game.
- Be a positive role model for all children participating in the program, agreeing to be supportive, respectful, and compassionate throughout the duration of the program/event.
- Respect the volunteer coach's authority and role within the program or activity.
- Strive to make the program a training ground for life by acting as a positive role model, reinforcing good behavior, sportsmanship, and self-confidence.
- Treat players, coaches, and officials with respect.

All parents, spectators, coaches, players, and guests will not:

- Engage in any unsportsmanlike or inappropriate conduct.
- Criticize, taunt, or degrade the opposing team or officials by means of words, hands, or other negative gestures.
- Use profanity and/or abusive language of any sort.
- Condone or endorse violence or aggression in any capacity.
- Interfere with the course of a game or approach any sanctioned official to dispute calls, scores, etc.
- Engage in any verbal or physical dispute/confrontation.
- Ridicule, taunt, or verbally debase their child or any other participant during a game or activity.
- Smoke or use any tobacco product on facility grounds outside of designated areas and/or in the presence of children.
- Consume or possess alcohol and/or any other illicit or mind-altering substances at any time during the program.

DISCIPLINARY ACTION	
Ejection from Game	Minimum 1 Game Suspension <i>(Two ejections in the same season will result in season suspension)</i>
Unsportsmanlike Conduct	Minimum 7 Day Suspension
Profanity	Minimum 7 Day Suspension
Threats (Verbal/Physical)	Minimum Suspension for Remainder of Season
Use of Alcohol/Drugs on Property	Minimum Suspension for Remainder of Season
Physical Violence	Minimum Suspension for Remainder of Season (up to 2 years)

The guidelines above are not all inclusive of all possible disciplinary actions.

Multiple offenses will be liable to further consequence.

OCPR YOUTH PROTECTION POLICY

PURPOSE

Onslow County Parks & Recreation is committed to protecting youth in the community by providing a safe and secure environment for our leagues. OCPR Athletics has adopted this policy to ensure youth are protected from incidents of misconduct or inappropriate behavior. All adults working with youth under the age of 18 in county sponsored leagues and events must read, understand, agree to, and abide by this policy.

SCREENING

All county volunteers will be screened in accordance with this policy. The screening will include the following at minimum:

RecDesk Application: All potential volunteer coaching staff must complete an application in RecDesk.

Criminal Background Check: Criminal background checks will be conducted for all potential volunteer staff after they have completed the application. The background check will include a Federal Criminal background check, a sex offender registry search, and a motor vehicle record check. Background checks will comply with applicable rules and regulations. Background checks will be performed every two years for each volunteer.

Disqualifications: OCPR may deny any individual the right to work in youth athletics based on any of the following. If during a season or two-year background check cycle, an approved coach demonstrates conduct that does not align with volunteer expectations, OCPR reserves the right to remove a coach. *These disqualifiers are provided by the National Alliance for Youth Sports.*

- Sex offenses and misconduct
- Violent felonies
- Felonies (other than sex or violence related) within the past 10 years
- Any child abuse or domestic violence convictions
- Misdemeanors within the past seven years

TRAINING & EDUCATION

All adults volunteering in an OCPR league or event with youth under the age of 18 will receive an orientation that includes:

- Review and receipt of the OCPR Code of Conduct
- Policies related to but not limited to transportation, medications, use of alcoholic beverages and tobacco, prevention and reporting of child abuse, emergency procedures, and concussion protocol will be covered. A record of attendance and completion will be taken at all orientations.

SUPERVISION & PROTECTION

- Supervision: A volunteer coach will never be alone with an individual youth where he or she is not observable by others.
- Medications: Volunteers are prohibited from administering prescription and nonprescription medications to youth other than those they have legal guardianship over at county sponsored or affiliated events.

CONCUSSION MANAGEMENT PROGRAM

PURPOSE

Onslow County Parks & Recreation recognizes the importance of protecting the youth that are participating in our leagues as we strive to provide a safe environment that is conducive to development. The following policy will be utilized as a concussion management platform for all children who are involved in our athletic programs. These guidelines should not be utilized in place of a proper medical examination.

CONCUSSION

A concussion is a type of traumatic brain injury that can be caused by a bump, blow, or jolt to the head or body that causes the stretching and tearing of brain cells. As a result, the damaged cells create chemical changes in the brain.

SIGNS & SYMPTOMS

Signs Observed by Coaching Staff

Appears dazed or stunned
Confused about assignment or position
Forgets an instruction
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
Confusion
Just not "feeling right" or is "feeling down"

ACTION PLAN

If a player has a suspected concussion, you should:

1. **Remove the athlete from play.**
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion. Call 911 if severe symptoms are displayed.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s) about the possible concussion** and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's healthcare provider about the steps you should take to help the athlete safely return to play.** Before returning to play an athlete should:
 - a. Be back to doing their regular activities (such as school).
 - b. Not have any symptoms from the injury when doing regular activities.
 - c. Have the green-light from their healthcare provider to begin the return to play process. The return to play process is the responsibility of the parent.



EMERGENCY ACTION PLAN

This Emergency Action Plan is a guide to be utilized in emergency situations. Onslow County Parks and Recreation employees and volunteers are asked to become familiar with this document and keep it easily accessible.

EMERGENCY CONTACT NUMBERS

Onslow County Parks and Recreation Main Office	910-347-5332 (Monday-Friday, 8:00am-5:00pm)
Fire Department	911 Emergency
Onslow County Sheriff's Department	911 Emergency
Onslow County EMS	911 Emergency
Poison Control	1-800-222-1222

**If the situation is not an emergency or life threatening, please let 911 know this at the beginning of the call.*

BUILDING EVACUATION

When an emergency alarm sounds or an announcement to evacuate the premises is made, evacuation should begin immediately in a calm, orderly fashion by the following established guidelines. If others do not respond to the alarm/ notification, inform them of the need to evacuate and then proceed to leave the building.

- Use the fire escape route posted in the room/ building you are located in.
- Move at least 100 yards from the building and out of the way of emergency personnel.
- Stay upwind from smoke or chemical clouds.
- Stay with colleagues, fellow teammates, and coaches so that a head count may be taken.
- Follow the instruction of onsite emergency personnel. DO NOT RE-ENTER the building unless it is advised to do so by the Fire Department, Public Safety Officials, OCPR Staff Members, or other emergency personnel.
- Do not attempt to gather personal possessions during an evacuation.
- Make sure a head count is conducted for all Parks & Recreation personnel, Maintenance Staff, Youth Athletes and parents.
- Notify Emergency Personnel of the location of any person(s) that may have refused to leave or that may need assistance

FIRE AND/OR SMOKE

If you see fire or smoke, activate the nearest pull station, and evacuate the building immediately. Pull stations are generally located near stairwells and exits. Report all fire and/or smoke conditions to the Onslow County Emergency Operations Center by dialing 9-1-1. Calmly explain the nature and location of the fire and/or smoke.

In the case of a small fire, you may use the nearest fire extinguisher. Remember the following anagram:

P: Pull the pin

A: Aim the hose at the fire's BASE

S: Squeeze the lever

S: Sweep the fire extinguisher side to side

If you have any doubts as to whether you can contain the fire, do not attempt to do so.

When evacuating:

- Prior to evacuating through a closed door, feel the door for heat. If the door is warm or hot to the touch, use an alternate evacuation route.

- Evacuate immediately following the fire escape route posted in the room you are located.
- Parks and Recreation staff will have information and will assist with the building evacuation.

EXPLOSIVE DEVICE OR BOMB THREAT

When an item is suspected to be a bomb or explosive devices:

- DO NOT USE radio communications or cell phones in the vicinity to avoid possible detonation.
- DO NOT in any way touch an item or device that is suspected to be a bomb.
- When at a safe distance, immediately notify the local police department or Sheriff's Department.
- Follow the evacuation plan posted in the building/site you are located in.
- DO NOT re-enter the premises unless advised it is safe to do so by public emergency officials.
- If you receive a call stating a possible bomb threat, remain calm and try to obtain as much information as possible.

POWER / UTILITY LOSS

In the event of a power loss or utility failure, notify the acting OCPR site supervisor.

- If needed, move to areas of the building with emergency lighting.
- It may be necessary to evacuate the building.
- If the smoke/fire alarm sounds, immediately exit the building.

VIOLENT INCIDENTS / ACTIVE SHOOTER

Violent incidents, including but not limited to acts of terrorism, an active shooter, assaults, or other incidents can occur on Parks and Recreation property or in proximity with little to no warning. Call 911 immediately and give all the information you have available in a calm manner about the situation.

Immediate Action

- Secure/ lock/ barricade your immediate area and stay behind solid objects away from the door.
- Take appropriate steps to reduce your vulnerability.
- Block the windows.
- Silence cell phones, radios, and commuters.
- Place signs in exterior windows to identify your location.
- Keep calm and quiet.
- Unsecure Areas: If you find yourself in an open area, immediately seek protection. Put something between you and the assailant.

WEATHER EMERGENCIES

Weather can come in many forms and be severe and unpredictable. In some cases, evacuation may be necessary. Please do this in a quick and calm manner and in accordance with the fire escape routes posted in each building.

In some cases, it is necessary to stay indoors. If this is the case, please follow the steps below:

- Seek shelter in a secure area. When at any Onslow County Park, it is advised to return to your vehicle if possible.
- Stay away from windows and doors. Use the interior hallways that are away from windows.
- If you are unable to seek shelter inside:
 - Take shelter inside vehicle if possible.
 - Lay in a ditch or low-lying area or crouch near a strong building.
 - Be aware of potential for flooding.
 - Use your arms to protect your head and neck in the "drop and tuck" position.
 - Use your jacket, cap, backpack to protect your face and eyes.

INJURY

Serious Illness or Accident (heart attacks, no pulse, severe bleeding, fractures, etc.)

- Perform First Aid and/or CPR using personal protective equipment. Do not move the victim. Clear the program area and isolate the victim.
 - Minor Illness or Accident.
 - REQUIRED TO PREVENT FURTHER INJURY.
- Notify Program Staff / Director of Parks and Recreation / Athletic Supervisor.
- If 911 is called, notify Staff / Director of Parks and Recreation / Athletic Supervisor.
- Continue First Aid/CPR until relieved by Emergency personnel.
- Fill out accident/incident report – if possible, blood borne pathogen exposure, note on report and notify supervisor immediately!
- If injury occurs to child – inform parent and have them decide:
 1. Assess the severity! If the child has a neck injury or broken limb, do not move them!
 2. Have parent remove child from area and seek medical assistance.
 3. Send the child to the hospital via Emergency personnel. Fill out accident/incident report – if possible, blood borne pathogen exposure, note on the report and notify your supervisor immediately!

CHILD ABUSE

Cases should be dealt with PROFESSIONALLY, CONFIDENTLY, AND IMMEDIATELY. Onslow County Parks and Recreation prohibits inappropriate touch, verbal, and physical abuse of any child by a staff member.

During or immediately after the occurrence:

- The staff taking the report will notify their OCPR supervisor. Refer all media inquiries to the Director of Parks and Recreation and or County Manager.
- Any incident in the Parks and Recreation sponsored program, regardless of location is consider job-related.

MISSING CHILD

Missing Child Reported by Parent/Guardian/Staff Member

1. Determine missing child's identity.
2. Form a detailed description: name, age hair/eye color, weight, clothes, and relay to search coordinator.
3. STOP ANYONE WHO IS TRYING TO LEAVE THE BUILDING / PARK WITH A CHILD WITHOUT PROPER IDENTIFICATION OF BOTH ADULT AND CHILD.
4. If the missing child is found with abductor, do not allow them to leave the area, but do not use force, CALL 911.
5. If the abductor leaves get as much information as possible including the make & model of the car, license plate number, and a description of persons involved.
6. Wait with Parent (s) at a safe location.
7. Use walkie-talkies/cell phones during building and grounds sweep per instruction of search coordinator.
8. Call 911 if child is not found.

ROBBERY

- Stay calm!
- Cooperate with robber by complying with all demands (as may be possible) and giving them everything they ask for. Material goods and money are replaceable but human life is not. Do not give the robber any excuse to use deadly force.
- Remember what the robber looks like by noting physical description and dress.

- Remember the getaway vehicle by noting the description of the vehicle and direction of travel.
- Do not attempt to follow the robber out of the building or write down information in front of them.
- Once certain the robber is gone, call 911.
- Inform supervisors and let them handle the situation.
- Complete an accident/incident report which includes detailed descriptions of incident.
- Do not disturb the crime scene by touching anything the robber may have touched. Wait for the police to arrive. Let them deal with the situation.

LIFE THREATENING EMERGENCIES

1. Survey the scene; evaluate personal safety issues.
2. Request assistance (SHOUT FOR HELP).
3. Call 911.
4. Provide the following information:
 - Number and location of victim(s)
 - Nature of injury or illness
 - Hazards involved
 - Nearest entrance (emergency access point)
5. Alert trained employees to respond to the victim's location and bring a first aid kit or Automated External Defibrillator (AED).

Procedures

- Only trained responders should provide first aid assistance.
- Do not move the victim unless the victim's location is unsafe.
- Take "universal precautions" to prevent contact with body fluids and exposure to bloodborne pathogens.
- Meet the ambulance at the nearest entrance or emergency access point; direct them to victim(s).

LEAGUE OPERATION BY-LAWS

ARTICLE I NAME & PURPOSE

The leagues within the Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

ARTICLE II DISTRICT ALIGNMENT

Section 2.1 Each league will operate in the following districts:

DIXON	Baseball, Softball, T-Ball, Basketball, Cheer
RICHLANDS	Baseball, Softball, T-Ball, Basketball, Cheer
SOUTHWEST	Baseball, Softball, T-Ball, Basketball, Cheer
SWANSBORO	Basketball, Cheer
RICHLANDS	Baseball, Softball, T-Ball, Basketball, Cheer

ARTICLE III LEAGUE & DISTRICT ORGANIZATION

Section 3.1 OCPR will be responsible for the logistics for all leagues to include but not limited to:

Assessments & Team Rostering
Coach Approval & Assignment
League Rules
Uniforms
Equipment (list for each sport included in the rules)
Officials (scheduling/payment)
Practice/Game Schedule

Section 3.2 Each district Athletic Boosters will provide the following:

Additional equipment
All-Star Uniforms
End of Season Celebrations

ARTICLE IV REGISTRATION & PARTICIPATION

Section 4.1 Registration: All registrations will be conducted through RecDesk at onslow.recdesk.com.

- A birth certificate will be required on file in RecDesk for participation.
- If there are not enough participants in a particular age division, the registrants will be refunded.

Section 4.2 Participation: Players and coaches should be residents of Onslow County. Residents are defined as those people who physically reside or attend school in Onslow County. Non-residents may register, but only in a district that is adjacent to their county of residence.

Section 4.3 A player will register to participate in the age determined by the birthdate and cut-off date for age group. Age advancement per grade level parameter is permitted. An age advancement form along with grade level verification must be submitted to OCPR by the registration deadline.

Section 4.4 If a player quits a team for any reason, they will not be permitted to play on another team during that season.

ARTICLE V ASSESSMENTS & ROSTER FORMATION

- Section 5.1 Assessments will take place for each age division in each district. All players will be assessed and given ratings based on their performance (1-5). All players will be distributed to teams evenly based on assessment results.
- Section 5.2 All registered and approved coaches will assist in operating the assessments.
- Section 5.3 Rosters will be formed based on assessment results. Once rosters are formed, coaches will be assigned.
- Siblings in the same age division will automatically be placed on the same team.
- Section 5.4 Coach numbers are restricted per team to the following guidelines:
- T-Ball/8U Baseball & Softball: 4
 - 10U-18U Baseball & Softball: 3
 - 8U-18U Basketball: 3
 - Cheerleading: 3

ARTICLE VI PRACTICE

- Section 6.1 All practices will be scheduled by OCPR at OCPR approved sites. No team practices will be permitted at sites other than those approved by OCPR. No team practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.
- Section 6.2 Pre-Season: No more than three practices per team will be held in one calendar week.
Regular Season: No more than two practices per week.
No practices will be scheduled on Sundays.
- Section 6.3 No team practices will last longer than 60 minutes during regular season and tournament play.

ARTICLE VII REGULAR SEASON GAMES

- Section 7.1 OCPR will schedule all games for the leagues.
- Section 7.2 All requests for rescheduling regular season games must be submitted prior to the scheduling deadline date as determined by the OCPR department. Requests must be submitted through the OCPR Lead Athletic Coordinator for the district. Rescheduling requests will only be considered if they are due to legitimate schedule conflicts such as prescheduled school functions, etc.
- Section 7.3 No games will be held without an OCPR Athletic Coordinator present.
- Section 7.4 Regular Season Game Times:
Weekdays: No games may begin before 5:30PM or after 9:00PM.
Saturdays: No games may begin before 8:00AM or after 9:00PM.
Sundays: No games may begin before 12:00PM or after 9:00PM (makeup games only).
- Section 7.5 All spectators are expected to abide by the Athletic Code of Conduct. If the policy is violated, the OCPR Athletic Coordinator has the right to remove the spectator or participant from the park. No noise makers of any kind will be allowed at the games.
- Section 7.6 Each team is responsible for cleaning up the team area after each game.

Section 7.7 All policies regarding safety will be followed. If a child is injured during a game with blood showing on the child or uniform, the child must be removed from the game and change clothing before returning to play. If a clean uniform is not available, the child may return to play in other activewear.

ARTICLE VIII ALL-STAR TOURNAMENTS

Section 8.1 A countywide All-Star tournament will be held at the end of each season (baseball/softball/basketball). One All-Star team in each division for each district will be eligible to participate.

Section 8.2 Regular season rules will apply during county tournaments.

Section 8.3 All-Star rosters will consist of 12 players for basketball and a maximum of 15 for baseball and softball. Regular season coach number restrictions will remain in tournament play.

Section 8.4 All-Star Players: Head coaches will nominate All-Star players from their regular season team. All regular season head coaches will have the opportunity to nominate players through an electronic form that includes position information and season statistics. An All-Star selection meeting will be held by OCPR for each district in which player nominations are discussed and coaches will vote on player selection.

Section 8.5 All-Star Coaches: The All-Star coach will be selected once the regular season has finished. The head coach will be selected based on overall winning percentage. Ties in winning percentage will be broken utilizing the following methods in the order they are listed: head-to-head competition, comparison in how tied teams fared against other district teams. Assistant coaches will be selected by the head coach. Only coaches who coached during the regular season can be selected. Any coach who has been ejected or received disciplinary action from OCPR during the regular season will not be eligible for All-Star coaching positions.

Section 8.6 The District Athletic Boosters will be responsible for providing All-Star Uniforms for the teams in each age division within their district. All-Star uniforms must follow the SWAC guidelines within uniform regulation so that a team may wear them for the SWAC tournament should they advance.

ARTICLE IX SWAC TOURNAMENTS

Section 9.1 The winning team for each age division in the County All-Star tournament will play in the SWAC (Statewide Athletics Committee) tournament offered through NCRPA. The entire winning team will be the only players rostered for the SWAC tournament.

Section 9.2 If the winning team chooses not to accept the automatic SWAC tournament bid, the District Athletic Boosters will be responsible for paying the tournament fee back to the county, and any other fees that the SWAC committee assigns to the team that is withdrawing. This payment shall be made within two weeks of their decision notification.

ARTICLE X AWARDS

Section 10.1 Regular season awards will be the responsibility of the District Athletic Boosters.

Section 10.2 All-Star tournament awards will be provided by OCPR. Each first-place team will receive a team trophy and all rostered individuals will receive a medal. Each member of the second-place team in each age division will receive a medal.

ARTICLE XI DISTRICT ATHLETIC BOOSTERS

- Section 11.1 Each district shall have one Non-Profit entity known as the District Athletic Boosters that supports all athletic programs affiliated with their district in the OCPR leagues and operates within the guidelines established in the OCPR District Athletic Booster Expectations.
- Section 11.2 The District Athletic Booster Expectations shall be referenced for further information on organization and responsibility.

DISTRICT ATHLETIC BOOSTERS BY-LAWS

ARTICLE I OBJECTIVE

Section 1.1 The district Athletic Boosters will provide positive support to ALL athletic programs affiliated with their district. Each district within the OCPR league will have one booster club that serves all sports offered for that district.

Section 1.2 Specific objectives of the Athletic Boosters shall be:

- Concession Stand Operation
- Acquire Community Sponsorships
- Provide All-Star Uniforms (all age groups for specific district each season) through preferred vendor
- Provide End of Season Awards for All Players
- Provide Additional Season Equipment
- End of Season Celebrations (details must be pre-approved by OCPR per event application guidelines)

Section 1.3 Current Districts:

DIXON	Baseball, Softball, T-Ball, Basketball, Cheer
RICHLANDS	Baseball, Softball, T-Ball, Basketball, Cheer
SOUTHWEST	Baseball, Softball, T-Ball, Basketball, Cheer
SWANSBORO	Basketball, Cheer
RICHLANDS	Baseball, Softball, T-Ball, Basketball, Cheer

ARTICLE II MEMBERSHIP

Section 2.1 Membership in the OCPR District Athletic Boosters shall be open to any adult interested in the purpose or programs of the Boosters either living within the community that is served by the district or who is the legal guardian of a child participating in the district leagues that are offered.

Section 2.2 Membership is defined as having active involvement in Booster or athletic league related events and activities. There are no membership fees.

Section 2.3 Active members will assist in events and season operation. Members will also participate in election voting each year.

ARTICLE III GOVERNING OF BOOSTERS

Section 3.1 Each District Athletic Boosters shall acquire and hold non-profit status individually. All costs incurred from obtaining or maintaining non-profit status shall be at the expense of the District Athletic Booster Club.

Section 3.2 Each district Athletic Boosters will have an Executive Board who will oversee operation related to the specific objectives of the Athletic Boosters. These Executive Board positions will be voted in by active members. The Executive Board shall be comprised of the following officers:

President

- Oversee and maintain responsibility for the overall booster club as an organization
- Plan and run district booster club meetings (at least once per month during active seasons)
- Communicate with the OCPR Athletic Coordinators and Supervisor regularly
- Act as a representative at all scheduled county meetings and other events

- Approve, document, and submit all sponsorships acquired for the district to the OCPR athletic supervisor
- Perform other duties related to the general operation of the organization as requested by the Executive Board

Vice President

- Assist president in responsibilities of the booster club organization
- Assume tasks of president when the president is unable
- Assist the sport liaisons and representatives as needed
- Ensure sponsorships are provided the appropriate advertisement through coordination with OCPR
- Perform other duties related to the general operation of the organization as requested by the Executive Board

Secretary

- Record the attendance and meeting minutes at each monthly booster meeting
- Finalize and publish each monthly meeting minutes prior to the next monthly meeting
- Perform other duties related to the general operation of the organization as requested by the Executive Board

Treasurer

- Collect, deposit, and disburse the funds of the Boosters as directed by the Executive Board
- Record and keep record of the financial transactions of the Boosters
- Maintain records related to concession stand income and expense; ensure that prices set in the concession stands are based on market value in comparison with other concession stands
- Maintain financial record of all acquired sponsorships each year and/or season
- Report financial status to the Executive Board
- Provide financial reports to OCPR as requested
- Perform other duties related to the general operation of the organization as requested by the Executive Board

Section 3.3 The Executive Board shall be supported by Sport Liaisons who will fulfill the following role:

Sport Liaisons (Basketball, Cheerleading, Baseball, Softball, T-Ball)

- Communicate with the head coaches of the associated sport and to the Boosters at large
- Organize concession stand volunteer operation for primary affiliated sport

Section 3.4 Personnel holding booster club volunteer board positions will not be required to be at every practice or game during the season. However, it is highly encouraged that all volunteers are visible throughout the seasons, especially for the district in which you represent.

Section 3.5 Vacancies during term for any Executive Board position will be addressed through special elections at the discretion of OCPR.

Section 3.6 Failure to carry out any of the assigned tasks in a responsible manner or according to expectation will result in immediate removal from the District Athletic Boosters board. OCPR reserves the right to remove board members for failure to act according to the responsibilities deemed appropriate for the position. Removed board members will not be eligible to run for any board position for three years following removal.

ARTICLE IV ELECTIONS

- Section 4.1 The election of new officers shall take place at the June annual meeting. New officers will begin their term August 1st of the election year. New officers will attend the annual OCPR District Boosters meeting in July but will not hold voting power until August 1st.
- Section 4.2 A vacancy of the president's position during the term of office shall be filled by the vice president. The vacancy of any other office shall be appointed by the Executive Board with approval from OCPR.
- Section 4.3 Term: All Executive Board positions shall be served as a one-year term. There is no limit on the number of terms an officer may serve.
- Section 4.4 No Executive Board member may hold more than one position at a time unless deemed appropriate by OCPR.
- Section 4.5 All sitting liaisons, representatives, and active Booster participants in good standing with the Boosters and OCPR shall be eligible for nomination to the Executive Board.
- Section 4.6 Nominations for Executive Board positions and sport liaisons shall be taken electronically by OCPR per the dates and deadlines assigned by OCPR. A person may nominate themselves or someone else for the position. Seconds to nominations are not necessary. Candidates may receive nominations for more than one Executive Board position and may run for multiple positions. However, an individual may only hold one Executive Board position unless deemed necessary by OCPR.
- Section 4.7 When there is more than one nominee for a given position, a ballot vote shall be taken. The winner shall be determined by a majority vote. In case of a tie, a second ballot will be collected containing only the names of the tied candidates. The winner shall be the candidate who receives the highest number of votes.
- Section 4.8 Nominations to Executive Board and Sport Liaisons positions are subject to a background check and must receive approval from OCPR prior to formal nomination.

ARTICLE V MEETINGS

- Section 5.1 Booster meetings shall be held on the second Monday of each of the following months: August, October, December, February, April, June.
- Section 5.2 The annual meeting for each District Boosters shall be held in June. An OCPR meeting for all Athletic Boosters Executive Board members for all districts will be held annually in July.
- Section 5.3 The items of business on the agenda at each monthly meeting will be:
- Minutes for Previous Meeting
 - President's Report
 - Treasurer's Report
 - Liaison Reports (Funding Requests)
 - OCPR- Athletic Coordinator Report
 - New Business
- Section 5.4 A meeting of the Executive Board shall be called by the President or OCPR when deemed necessary.
- Section 5.5 Two-thirds of the current Executive Board shall constitute a quorum at any meeting to approve expenditures. If a quorum is not met, and the expenditure is prudent, the President may conduct a poll

by phone or email. Approval must be obtained by the OCPR representative before proceeding with this method.

Section 5.6 All funding requests from coaches or other league representatives shall be forwarded to the Boosters through the sport liaison. The funding request must be submitted at least one week prior to the scheduled meeting. Sport liaisons are expected to present the funding request at the Booster meeting.

Section 5.7 An OCPR staff member must be present at the Boosters regularly scheduled meeting for all funding requests to be approved.

ARTICLE VI VOTING

Section 6.1 All Executive Board officers and Sport Liaisons are entitled to one vote.

Section 6.2 No one person shall be allowed to have more than one vote.

Section 6.3 All expenditures of funds must be approved by voting members, except for goods or services rendered.

Section 6.4 A majority vote on any issue shall constitute a passage regarding purchases. No by-law amendments will be voted on by individual districts.

ARTICLE VII SPONSORSHIPS

Section 7.1 Sponsorships are the responsibility of the district Athletic Boosters Executive Board. All sponsors must be preapproved by OCPR through the sponsorship application form. The sponsor shall have no voice in the operation of the district Athletic Boosters. All sponsors must follow the Onslow County sponsor guidelines.

ARTICLE VIII AMENDMENTS TO BY-LAWS

Section 8.1 The Booster By-Laws shall be amended only by a two-thirds vote of the quorum present at the Annual OCPR meeting in July of the current year. Any proposed amendments to the By-Laws shall be distributed to the Executive Board and Sport Liaisons at least 30 calendar days prior to the annual meeting where such amendments may be considered for adoption or amendment.

ARTICLE IX COMMUNICATION

Section 9.1 All Executive Board members must use a Boosters sanctioned email address. The email address is to be used anytime there is an exchange of information between Board members. Booster members are not permitted to use personal email addresses for Booster business.

Section 9.2 All Booster members including the Executive Board and Sport Liaisons shall not utilize social media to negatively impact the OCPR league or Booster events. Evidence of such behavior may lead to discontinued membership or affiliation with the Boosters.

YOUTH BASEBALL/SOFTBALL/T-BALL RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

ACCEPTANCE: Participation and play, including district Athletic Boosters, coaches, volunteers, spectators, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

PHYSICAL HEALTH VERIFICATION: It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

CONDUCT: All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

TEAM UNIT

- Each team shall have a minimum of 10 players and a maximum of 15 players per roster. Total registration numbers for Fall Ball specifically may require a number less than or more than the indicated number of players per roster.
- Registration for all districts must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered, participated in the draft process, and has been placed on a team by the specified district.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR and district board. No other sites or times may be used.
- The minimum number of players required to begin a game is eight. A ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined. If a team does not have 8 players present once the grace period has concluded, the game will be a forfeit. If both teams agree to move forward in a scrimmage format, the game will turn into a scrimmage with no official score recorded.

COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- A coaching staff cannot exceed three coaches (one head coach and two assistant coaches). *Exception: 8U and T-Ball may have one head coach and three assistant coaches.*
- Coaches must wear the OCPR badge during all practices and games.

GAME PROCEDURES

- There will be no infield practice before or between games.
- Warm Up Period: There will be a minimum 15-minute warm up period before each game begins.
- Rostered players and coaches will be the only participants allowed in a team dugout.
- Scorekeepers should sit directly outside of the dugout on the side nearest home plate.
- No music during warm up or walk-up music will be permitted during regular season or tournament play.

PRACTICE PROCEDURES

- Pre-Season: No more than 3 days per week. No practices will be scheduled on Sundays.
- During Season: No more than 2 days per week. No practices will be scheduled on Sundays.
- No practices will last longer than 90 minutes.

- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

PLAYING TIME: During the regular season games, all players must play at least 6 consecutive outs on defense. All substitutions must enter the game by the top of the third inning. Substitutions must be reported to the official and opposing scorekeepers.

- Credit shall be given to players for a complete inning if the last half of the last inning does not need to be played.
- If a player is not present by the top of the third inning, they are not required to play. If that player enters the game, they must be able to meet the mandatory participation rule.
- A player who arrives more than 30 minutes after the start of the game will not be permitted to play.
- Failure to comply with the playing time regulation will result in a team forfeiture of the game.

PROTESTS: Protests on judgment calls will not be considered during regular season play.

PLAYING RULES & REGULATIONS: The current “National Federation of State High School Associations” (NFHS) rules will govern play in all districts, except as modified by county league rules described in this rules manual. These rules and regulations will apply to all age divisions, unless otherwise noted.

ALL AGE GROUPS

Equipment:

- Batting helmets must be worn by all batters, runners, youth base coaches, and bat persons.
- Catchers must wear a chest protector, shin guards, protective cup (baseball), and mask with a throat protector (as necessary or if standard mask does not cover) during the game and when warming up the pitcher.
- No metal or ceramic cleats or spikes are allowed for T-Ball, 8U, 10U, or 12U.
- Baseball: All bats must adhere to the current rules and standards set by USA Baseball. **14U Baseball will follow the BBCore guidelines as listed in the NFHS Handbook.*
- Softball: All bats must adhere to the current rules and standards set by USA Softball (formally ASA).
- Softball: Infield face masks are highly suggested for all players playing in the infield.

Batting: Continuous batting will be enforced. Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed.

- A player who unintentionally throws his/her bat will be warned by the umpire. In addition, a team warning will be issued and thereafter any player who throws his bat will be declared out. This is a dead ball situation.

Baserunning: Baserunners cannot run out of the baseline to avoid being tagged out and cannot run into a fielder with possession of the ball with the intent of dislodging the ball. If this occurs, the runner will be considered out.

- If a player has passed the halfway line between bases when the umpire grants timeout, they will be awarded the base they are advancing to.
- Offensive teams may substitute a runner for their catcher at any point the catcher is a baserunner. It is required when there are two outs.
 - The offensive player who recorded the last out will replace the catcher.
- Offensive teams may have one coach in the first base and third base coaches' boxes.
 - Coaches may not make physical contact with baserunners to begin or stop the baserunner. Any contact between an offensive coach and the baserunner will result in the runner being out.

Calling Time: Time-out will be granted by the umpire when the defensive team has possession of the ball in the infield and requests time-out. The coach or the catcher are the only two participants who may call time-out.

Suspended/Delayed Games: If a game is suspended due to weather conditions after one hour or three complete innings, the game is called complete with the final score recorded.

T-BALL

Batting: Every player listed on the team roster bats every inning.

Pitching: 3-4: A tee will be provided and utilized for each batter. **5-6:** A coach will pitch up to 3 pitches for each batter to hit the ball. If the player is unsuccessful in hitting, a tee will be provided for the batter to utilize.

Baserunning: Every player will have the opportunity to cross home plate in each inning.

Defense: Every player plays in the infield/outfield for defense. All players must stand behind the designated arc for defense.

8U BASEBALL / SOFTBALL

Innings: 6

Pitching Distance: Baseball: 40 feet (coach pitch) / Softball: 35 feet (coach pitch/machine pitch)

Base Distance: 60 feet

Time Limit: 1 hour 30 minutes (*new inning will not begin after 1 hour 15 minutes of play*)

Run Rules: There will be a five-run limit in the first inning. In the 2nd, 3rd, 4th, or 5th inning the trailing team will always have the chance to tie the score and score an additional five runs in last at-bat situations. The team leading may only score five runs before the inning rolls over. In the 6th inning, there is no run limit for either team. The mercy rule will be enforced when a team is winning by ten runs after four complete innings or eight runs after five complete innings.

Batting: Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed throughout the entirety of the game.

- Players will have the opportunity to receive up to five pitches or three swings from a coach to hit a ball into fair territory. If the 5th or any additional pitch is hit into foul territory, the batter will receive an additional pitch.
- The first fair ball will be considered a live ball and the batter must run to first base.
- If a batted ball hits any part of the coach, it will be declared dead, and the batter will be awarded first base, and any other runners will advance one base only if forced.
- Bunting is allowed, but for the safety of all players if the batter shows bunt, they can only bunt or pull back. The batter will not be allowed to show bunt and then pull back to slash or hit away. All defensive players (including the pitcher) must stay behind the coach pitcher until the ball is released.
- No intentional walks will be given during a player's time at bat.
- Players are not allowed to advance to first base on a dropped third strike.

Pitching: Any rostered coach may pitch for the duration of the game.

- Coaches may pitch from the designated pitching mark and may pitch from a standing position only.
- Once the ball is hit, the coach must remove themselves from active play.

Baserunning: There will be no stealing. Runners may leave the base when the ball reaches the plate. Runner(s) may advance only when the ball has been put into play.

- In the judgment of the umpire, if a runner leaves the base before the ball reaches the plate, the runner will be sent back to the base and "no pitch" will be called. A team warning will be issued to the whole team and any runners leaving the base early during the remainder of the game will be called out with the umpire declaring "no pitch."
- A substitute runner for the catcher on base with two outs is mandatory. The courtesy runner must be the last participant to be recorded as an out in the offensive team's lineup. With less than two outs, it is the coach's option to use a courtesy runner. The courtesy runner will be the last recorded out.
- If a ball is overthrown into a dead ball area, the baserunner will be awarded the base they are going to plus one at the time of the throw.
- When the lead runner has been stopped and the umpire has called time, if the trailing runners have not passed the half-way line between bases, they must return to the prior base touched.

- When a runner retreats to a base with the ball on the infield, time will be called unless a play is being made on a runner.
- Headfirst sliding will not be permitted. If a runner slides headfirst, the runner will be called out. Players may dive when returning to a base.
- SOFTBALL ONLY: In the event of an overthrow at 1st base, runner(s) may advance only one base with the risk of being thrown out. If the defensive team makes an attempt to throw the runner(s) out, the play opens up and runners may advance until stopped or the runner(s) score. The throw to first may come from an outfielder. If the overthrow to first is the second part of a double play, then the overthrow to first is treated as such, thus allowing the runner(s) to continue at their own risk. This rule applies to overthrows only at first base. All other overthrows at any base are the same as the older divisions.

Defense: Teams will play with 10 defensive players in the field.

- Teams will have a maximum of six players in the infield including a catcher and pitcher's helper.
- A pitcher's helper will be positioned to the right or left of the coach who is pitching.
- Defensive players may not take a position in front of the mid-point of the pitcher's circle.
- The infield fly rule is NOT in effect.
- Time will be called only by the umpire when the lead runner is stopped or abandons their effort to advance. Bringing the ball to the pitcher's mound, home plate, or a player calling time does not constitute time. If the defense makes a play on any other runner, then the lead runner is free to run. This will be up to the judgment of the umpire.
- If a thrown ball hits the pitching machine or coach, the ball will remain a live ball unless the umpire has called time.
- SOFTBALL ONLY: The umpire will also call time or dead ball when it is a safety concern such as the ball coming to rest under or near the pitching machine where it is dangerous to retrieve.

10U/12U BASEBALL

Innings: 6

Pitching Distance: 46 feet

Base Distance: 60 feet

Time Limit: 1 hour 30 minutes (*new inning will not begin after 1 hour 15 minutes of play*)

Run Rules: There will be a seven-run limit per inning until the last inning. The mercy rule will be enforced when a team is winning by ten runs after four complete innings. If the home team is ahead after three- and one-half innings, they will not bat.

Batting: Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed.

- Bunting is allowed; but if batter shows bunt, they may only bunt or pull back.

Run Rule: There will be a seven-run limit per inning until the last inning.

Pitching: Pitchers performing the number of pitches below require the designated time for rest:

# of Pitches	Days of Rest
1-30	No set rest time
31-45	1 day of rest
46-65	2 days of rest
66 and above	3 days of rest

- Player pitchers who are removed from the mound or the game may not return to the mound in the same game.
- Coaches may have one conference per inning. The defensive team is not charged a conference when a pitcher is removed.

- Players may have no more than five pitches to warm-up at the beginning of an inning or when replacing a removed pitcher.
- Balks will not be called.

Baserunning: Players may steal bases but may not leave their base until the pitch crosses home plate.

- If a player leads off before the ball crosses home plate, the ball will be dead, and the runner will be called out.
- Headfirst sliding will not be permitted. If a runner slides headfirst, the runner will be called out. Players may dive when returning to a base.
- Players are not allowed to advance to first base on a dropped third strike.

Defense: Teams will play with 9 defensive players in the field.

- Teams will have a maximum of six players in the infield including a catcher and pitcher.
- The infield fly rule is in effect.

10U/12U SOFTBALL

Innings: 6

Pitching Distance: 10U: 35 feet / 12U: 40 feet

Base Distance: 60 feet

Time Limit: 1 hour 30 minutes (*new inning will not begin after 1 hour 15 minutes of play*)

Run Rules: There will be a seven-run limit per inning until the last inning. The mercy rule will be enforced when a team is winning by ten runs after four complete innings. If the home team is ahead after three- and one-half innings, they will not bat. It will also be enforced if a team is winning by 15 runs after three complete innings. If the home team is ahead after two- and one-half innings, they will not bat.

Batting: Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed.

- Bunting is allowed; but if batter shows bunt, they may only bunt or pull back.

Pitching: A player may only pitch 8 innings in one calendar week (Monday-Sunday). Once a pitch has been delivered, that inning will now count towards their total innings.

- **10U:** After four batters have walked in an inning, the offensive team's coach comes in to pitch for the rest of the inning.
- Player pitchers may re-enter the game as long as they have not exceeded their innings limit. They may not re-enter the game in the inning they were removed.
- Coaches may have one conference per inning. The defensive team is not charged a conference when a pitcher is removed.
- Players may have no more than five pitches to warm-up at the beginning of an inning or when replacing a removed pitcher.

Baserunning:

- **10U:** Players are not allowed to lead off or steal any base. They may not leave their occupied base until the ball reaches the plate.

12U: Players may steal bases but may not leave their base until the pitch leaves the pitcher's hand on delivery to the batter.

- **10U:** Players are not allowed to advance to first base on a dropped third strike.
- **12U:** Players are allowed to advance to first base on a dropped third strike. The exception to this rule would be when there are less than two outs, and first base is occupied at the time of the pitch. With two outs and first base occupied at the time of the pitch, the batter *will* be allowed to advance to first base on a dropped third strike.

Defense: 10U: Teams will play with 10 defensive players in the field.

12U: Teams will play with 9 defensive players in the field.

- Teams will have a maximum of six players in the infield including a catcher and pitcher.
- The infield fly rule is in effect.

14U BASEBALL

Innings: 7

Pitching Distance: 54 feet

Base Distance: 80 feet

Time Limit: 2 hours (*new inning will not begin after 1 hour 45 minutes of play*)

Run Rules: There will be a seven-run limit per inning until the last inning. The mercy rule will be enforced when a team is winning by ten runs after five complete innings. If the home team is ahead after four- and one-half innings, they will not bat.

Batting: Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed.

- Bunting is allowed.
- With less than two outs and first base occupied at the time of the pitch, the batter *will not* be allowed to advance to first base on a dropped third strike. With two outs and first base occupied at the time of the pitch, the batter *will* be allowed to advance to first base on a dropped third strike.

Pitching: Pitchers performing the number of pitches below require the designated time for rest:

# of Pitches	Days of Rest
1-30	No set rest time
31-60	1.5 days of rest
61-95	2 days
96 and above	3 days of rest

- Player pitchers who are removed from the mound or the game may not return to the mound in the same game.
- Coaches may have one conference per inning. The defensive team is not charged a conference when a pitcher is removed.
- Players may have no more than five pitches to warm-up at the beginning of an inning or when replacing a removed pitcher.
- Pitchers must come set or balk will be called- at the discretion of the umpire.

Baserunning: Players may steal any base and are allowed to lead off.

Defense: Teams will play with 9 defensive players in the field.

- Teams will have a maximum of six players in the infield including a catcher and pitcher.
- The infield fly rule is in effect.

14U SOFTBALL

Innings: 6

Pitching Distance: 43 feet

Base Distance: 60 feet

Time Limit: 1 hour 30 minutes

Run Rules: There will be a seven-run limit per inning until the last inning. The mercy rule will be enforced when a team is winning by ten runs after four complete innings. If the home team is ahead after three- and one-half innings, they will not bat. It will also be enforced if a team is winning by 15 runs after three complete innings. If the home team is ahead after two- and one-half innings, they will not bat.

Batting: Every player that is present at game time must be listed in the batting lineup and players must bat in the order listed.

- Bunting is allowed.
- With less than two outs and first base occupied at the time of the pitch, the batter *will not* be allowed to advance to first base on a dropped third strike. With two outs and first base occupied at the time of the pitch, the batter *will* be allowed to advance to first base on a dropped third strike.

Pitching:

- Player pitchers may re-enter the game.
- Coaches may have one conference per inning. The defensive team is not charged a conference when a pitcher is removed.
- Players may have no more than five pitches to warm-up at the beginning of an inning or when replacing a removed pitcher.

Baserunning: Players may steal bases but may not leave their base until the pitch leaves the pitcher's hand.

- If a player leads off before the ball leaves the pitcher's hand, the ball will be dead, and the runner will be out.

Defense: Teams will play with 9 defensive players in the field.

- Teams will have a maximum of six players in the infield including a catcher and pitcher.
- The infield fly rule is in effect.

YOUTH SAND VOLLEYBALL RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

ACCEPTANCE: Participation and play, including district officers, coaches, volunteers, spectators, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

PHYSICAL HEALTH VERIFICATION: It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

CONDUCT: All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

TEAM UNIT:

- Each team roster shall have a minimum of 8 players.
- Registration for players must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered, participated in the draft process, and has been placed on a team by OCPR.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR. No other sites or times may be used.
- Only rostered players and coaches will be allowed in the team bench area.

COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- Coaches must wear the OCPR badge during all practices and games.
- A maximum of three coaches per team will be permitted.

EQUIPMENT: OCPR will provide the court, net, and balls that are required for games and practices.

- A minimum of 5 volleyballs per team will be available during each practice. Coaches may bring additional balls or equipment for their practices.
- Net Height: 12U - 7’ 16U – 7’4”

PRACTICE PROCEDURES

- No practices will last longer than 60 minutes.
- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

PLAYING RULES & REGULATIONS: The current “National Federation of State High School Associations” rules will govern play in all districts, except as modified by county league rules described in this rule’s manual. These rules and regulations will apply to all age divisions, unless otherwise noted.

PLAYING AREA

- Black lines will designate the volleyball playing area.
- If any portion of the ball falls on a portion of the line, it is considered IN.
- A ball is considered out if it hits the pole in which the net is attached.
- A ball that hits the net is in play.

GAME WARM UP PROCEDURES

- Teams may utilize the court for warm up once the previous match has concluded, and the teams have vacated the court and bench. If the court is not available for warm up, a grass area may be utilized for stretching and ball handling warm up.
- There will be a required five-minute court warm up period prior to starting the game. It will consist of 2 minutes of hitting for each team individually and then one minute of shared serving time (2-2-1).
- The official will call a captain's meeting at least three minutes prior to the start of each match. The two team captains will meet for instructions from the official and for the coin toss. The home team listed on the schedule will make the first coin call. The third game coin call will be made by the team captain of the visiting team. The team winning the coin toss may choose the right to serve or to receive the service. The teams will alternate between game one and two for first serve.

GAME PROCEDURES

- 12U: Games will be played 6v6 / 16U: Games will be played 4v4
- The minimum number of players required to begin a game is four. If a team has less than four players in attendance, a ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined.
- All matches will be played under a 60-minute running clock time limit. The team ahead at the expiration of time will be declared the winner of that game.
- All matches shall consist of three games, regardless of who won the first two. The first two games will be played to a score of 25 utilizing rally scoring. The winner must win by two points with a cap of 27 in the event of a tie. The first team to 27, with or without a two-point lead, is declared the winner. The third game will be played to 15 with a cap of 17 points.
- Teams will not switch sides of the court between games.
- Intervals between games will be one minute in length. The official will provide a 15 second warning in which both teams shall take their side of the court for the next game to begin.
- Time Outs: Each team will be allowed one time-out per game. Time-outs will last 30 seconds each.

LINE JUDGES: It is the responsibility of the head coach to provide one volunteer line judge (age 13 or older) for every match. The officials will meet with the line judge prior to each match. The officials reserve the right to overturn any call made by the line judges.

SCOREKEEPERS: OCPH will provide the scorekeeper for each match. If an OCPH scorekeeper is unavailable, a parent may be asked to keep score.

PLAYING TIME: All divisions will play with continuous rotation. The substitute will enter the game in the right back position. A player will rotate out of right front for the substitute player to enter and begin their playing time by serving. For games two and three, lineup will begin with the next server in rotation from previous game.

Exceptions to mandatory playing time will only be made if a player becomes injured, ill or is removed for conduct.

**Failure to adhere to the mandatory playing time rule will result in mandatory one-game suspension of the head coach to be served in the team's next scheduled game.*

SERVING

- If a player serves four consecutive points, a rotation shall occur and the next player in rotation to serve will do so.
- A server must always be positioned behind the service line prior to contacting the ball. The entire width of the court is available to the server.
- 16U: A foot on the line or in front of the line at the time the ball is contacted is a foot fault violation and will result in loss of a serve and a point for the opposing team.

- 12U: The modified service line can be utilized for the first and second serves. Serves from the modified service line must be underhanded. If successful for both the first and second serve, the server must move back to the standard service line for serves three and four.
- A team serving out of rotation, whether intentional or not, will result in the loss of the rally with the opposing team receiving one point and the serve.
- Let serves (serve which hits the net and crosses over) are legal.

YOUTH BASKETBALL RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

ACCEPTANCE: Participation and play, including district officers, coaches, volunteers, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

PHYSICAL HEALTH VERIFICATION: It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

CONDUCT: All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

TEAM UNIT:

- Each team shall have a maximum of 12 players per roster.
- Registration for all districts must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered and has been placed on a team by the specified district.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR and district board. No other sites or times may be used.
- The minimum number of players required to begin a game is four. A ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined.
- Ineligible Players: Playing ineligible players who are not registered with the OCPR league, have been suspended from league play, or are not assigned to the roster of that team will result in forfeiture of all games in which the player participated. In addition, the head coach will be suspended for the next game for the first offense and will be suspended for the remainder of the season following a second offense.

AGE GROUPS

Participants shall be rostered by age according to the following:

8 & Under - Must not turn 9 prior to the cut-off date; Must be 6 by the cut-off date

10 & Under - Must not turn 11 prior to the cut-off date

12 & Under - Must not turn 13 prior to cut-off date

14 & Under - Must not turn 15 prior to cut-off date

18 & Under - Must not turn 19 prior to cut-off date

Cut-off date: January 1st

COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- A coaching staff cannot exceed three coaches: one head coach and two assistant coaches.
- Coaches must wear the OCPR badge during all practices and games.

GAME PROCEDURES

- Warm Up: Teams will be permitted a five-minute warm up period prior to the game.

- Scorebook: All players' names and numbers should be included in the game book roster at least three minutes prior to the start of the game. A technical team foul will be administered to any team who fails to provide the completed book per the time requirement or adds players to the book after the game has started.
- Bench: Only those listed on the team's roster shall be allowed in the team's designated bench area. Only the head coach is permitted to stand during the game.
- Clock: The clock will run continuously, including overtime periods, except for timeouts, foul shots, and all official stoppages of play (injury, ejections, etc.). The clock will not run continuously in the last two minutes of each game.
- Halftime: Halftime will be five minutes total in length. At halftime of games where cheerleaders are present, both teams must vacate the floor immediately following the end of the 2nd quarter. Teams must remain clear of the floor for the duration of the cheer routines. Penalty for this infraction is a technical team foul.
- Timeouts: Each team will be allowed two timeouts per half. Each timeout will be one minute in length. Unused timeouts do not carry over between halves or to overtime periods. Each team will be given one timeout per overtime period.
- Free Throws: Double bonus free throws will begin on the fifth team foul of each quarter. A player will foul out of the game after their fifth personal foul.
- Technical Fouls: If a player or coach receives a technical foul, they will remain on the bench for the remainder of the half. If they receive a second technical foul, it will result in ejection from the game. Four technical fouls administered to one team will result in immediate stoppage of the game and a forfeiture of the game by the team receiving the fouls despite the current score.
- Overtime: If a game is tied at the end of regulation, a two-minute overtime period will be played. If the game remains tied after two such overtime periods, another two minute time period will be played with the first team to score declared the winner.
- Standings: All game results will be entered into TeamSnap to determine league standings. Game scores can be entered by the head coach, district representative or OCPR staff.
- Ejections: All ejected players, coaches, and spectators will be required to leave the premises.

PRACTICE PROCEDURES

- Pre-Season: No more than 3 days per week. No practices will be scheduled on Sundays.
- During Season: No more than 2 days per week. No practices will be scheduled on Sundays.
- No practices will last longer than 90 minutes.
- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

PLAYING TIME: During the regular season games, all players must fulfill the one quarter playing time requirement for each game. The quarter must be played consecutively without substitution. All players must meet the playing time requirement before substitutions utilizing a player who has already met the playing time requirement can occur. Once the playing time requirement for each player is fulfilled, playing time for the participants is at the discretion of the Head Coach. * There is no playing time requirement for the County All-Star tournament. *

- If a player becomes injured or ill during a game, the coach should immediately notify the scorebook attendee for documentation in the scorebook. The opposing coach should also be notified.
- Once all players have fulfilled their mandatory playing time requirement, playing time for participants shall be at the discretion of the Head Coach.
- If a player is not able to play due to illness or injury, it must be noted in the official scorebook and the opposing coach should be notified before the game begins.
- All reports of lack of adherence to this rule must be made to the on-site OCPR Athletic Coordinator. Failure to adhere to the playing time requirement will result in a next game suspension for the head coach. If the infraction occurs again in the same season, the head coach will be suspended for the remainder of the season.
- All infractions related to playing time shall be reported to the OCPR Athletic Coordinator on site.

EQUIPMENT: Game basketballs (two per size), practice basketballs (six per size), and mini goals will be furnished by OCPR. The head coach is responsible for ensuring all team members wear their assigned jersey for games. Players/teams shall not alter the jersey in any way which includes cutting, printing, and writing.

PROTESTS: Protests on judgment calls will not be considered.

PLAYING RULES & REGULATIONS: The current National Federation of State High School Association rules will govern play in all districts, except as superseded by OCPR rules below. All players above the age of eight are encouraged to wear mouthpieces during practices and games.

PLAYING RULES FOR ALL AGE DIVISIONS

Overtime: Overtime will be played as a two-minute period. If the score remains tied at the end of the first overtime, a subsequent overtime period will be played.

Leads: If there is at least a 20-point lead in a game, the team ahead will not be allowed to play defense in the backcourt, even in the last two minutes of regulation play. Once the lead is below 20, a team will follow the playing guidelines for their age division.

8U DIVISION PLAYING RULES

Quarters: 6 minutes

Goal Height: 8 feet (mini goals utilized)

Free Throws: 12 feet from the face of the backboard (standard free throw line due to goal attachment covering the difference in distance)

Game Basketball Size: 27.5-inch circumference (official youth basketball)

Defense:

- Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line). (1st Offense: Warning, 2nd Offense: Team Technical Foul)
- *Backcourt Pressure:* When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If infraction occurs, the official will instruct the opposing team to retreat or stop and allow the offensive team to throw the ball in.
- When a team has a lead of ten points or more, they cannot play defense outside of the three-point line.

Offense:

- No offensive player may stay in the lane for longer than five seconds. If this occurs, a lane violation will be called and the offensive team will lose possession of the ball.

Players are required to play a minimum of 6 consecutive minutes.

10U DIVISION PLAYING RULES

Quarters: 6 minutes

Goal Height: Standard

Free Throws: 12 feet from the face of the backboard (modified free throw line)

Game Basketball Size: 28.5-inch circumference (official women's basketball)

Defense:

- Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line). (1st Offense: Warning, 2nd Offense: Team Technical Foul)
- *Backcourt Pressure:* When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If infraction occurs, the official will instruct the opposing team to retreat or stop and allow the offensive team to throw the ball in.

Players are required to play a minimum of six consecutive minutes.

12U DIVISION PLAYING RULES

Quarters: 6 minutes

Goal Height: Standard

Free Throws: Standard NFHS Guidelines

Game Basketball Size: 29.5-inch circumference (official men's basketball)

Defense: Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line).
(1st Offense: Warning, 2nd Offense: Team Technical Foul)

Players are required to play a minimum of six consecutive minutes.

14U DIVISION PLAYING RULES

Quarters: 7 minutes

Goal Height: Standard

Free Throws: Standard NFHS Guidelines

Game Basketball Size: Male- 29.5-inch circumference (official men's basketball), Female- 28.5-inch circumference (official women's basketball)

Defense: Standard NFHS rules apply. *See rule for all age divisions related to 20-point lead.*

Players are required to play a minimum of seven consecutive minutes.

18U DIVISION PLAYING RULES

Quarters: 8 minutes

Goal Height: Standard

Free Throws: Standard NFHS Guidelines

Game Basketball Size: Male- 29.5-inch circumference (official men's basketball), Female- 28.5-inch circumference (official women's basketball)

Defense: Standard NFHS rules apply. *See rule for all age divisions related to 20-point lead.*

Players are required to play a minimum of eight consecutive minutes.

YOUTH CHEER RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

ACCEPTANCE: Participation and play, including district officers, coaches, volunteers, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

PHYSICAL HEALTH VERIFICATION: It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

CONDUCT: All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

TEAM UNIT:

- Each team shall have a maximum of 18 cheerleaders per roster.
- Registration for all districts must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered and has been placed on a team by the specified district.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR and district board. No other sites or times may be used.
- Ineligible Players: Allowing ineligible players who are not registered with the OCPR league, have been suspended from league play, or are not assigned to the roster of that team will result in a head coach suspension for the next game for the first offense and a suspension for the remainder of the season following a second offense.

AGE GROUPS

Participants shall be rostered by age according to the following:

6 & Under - Must not turn 7 prior to the cut-off date; Must be 4 by the cut-off date

8 & Under - Must not turn 9 prior to the cut-off date

12 & Under - Must not turn 13 prior to cut-off date

16 & Under - Must not turn 17 prior to cut-off date

Cut-Off Date: January 1st

COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- A coaching staff cannot exceed three coaches: one head coach and two assistant coaches.
- Coaches must wear the OCPR badge during all practices and games.

RULES & REGULATIONS

General Rules

- All skills legal for sideline cheering can be performed on artificial/live grass, rubberized track, indoor basketball court or a matted surface. No skills are allowed on asphalt, concrete or any other similar surface.
- Uniforms must be appropriate for youth recreational cheerleading. When standing at attention, apparel must cover the midriff. Uniforms must be alike or similar with appropriate undergarments.

- Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure.
- Supports, braces, soft casts, etc. that are unaltered from the manufacturer's original design do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids, or tosses. A participant wearing a plaster cast or walking boot must not be involved in partner stunts, pyramids, tosses, jumps, or tumbling.
- Jewelry of any kind is prohibited except for the following: religious medal without a chain is allowed but must be taped and worn under the uniform, medical-alert medal must be taped and visible.
- Use of mini-trampolines, springboards, spring-assisted floors or any height-increasing apparatus is not permitted for use at any time.
- Participants must not chew gum or have candy in their mouths during practice or performance.
- The only props allowed to be used are megaphones, poms, signs, and flags. The only props allowed to be used while in stunts or pyramids are poms or signs in use by the top person only. A top can hand a sign to a base or spotter with the intent of immediately releasing it to the ground as long as the top is not extended.
- Participants must not stunt or tumble when the ball is in play, including during free throws in basketball.

Regular Season Games & Half-Time Routines

- A squad may cheer during the game for their respective team. Cheers and gestures (including stomping of bleachers) may not be done during free throws.
- Each squad in attendance at a game will be allowed five minutes of performance time during halftime of the basketball game. If two squads are present, one for each team, the "away" squad will perform first.
- A squad may perform their half-time routine to either side of the gym.
- When an opposing squad is performing, the viewing squad must remain quiet and demonstrate good sportsmanship.
- Cheerleaders must remain outside of the playing area during a 30-second or less time-out during a basketball game.
- Participants must not stunt or tumble when the ball is in play, including during free throws in basketball.
- Participants are not allowed to be in the area directly beneath and behind the basketball goal ("free throw lane extended").

Stunts

- Basic techniques and fundamentals must be taught and "mastered" prior to attempting any stunt.
- Stunts must be performed in an appropriate area with a suitable surface.
- At no time should cheerleaders be pressed to perform a particular stunt they are not comfortable with or ready to perform.
- It is the responsibility of a coach to observe, monitor, and recognize a cheerleader's particular ability and limit their activities accordingly.
- Refer to the OCPR Cheer-Rules Grid for further information related to skills that are allowed and not allowed.

COMPETITION

An OCPR cheer competition will take place at the end of each season. Participation in the competition will be an opportunity for all registered participants.

Squads

- Rosters for competition will be submitted to the OCPR Athletic Supervisor.
- Squads with cheerleaders in different age divisions will compete in the highest age division.

Competition Environment

- Competition mats will be provided.
- A staging area for prep will be available to all districts for their teams.
- All teams will have a practice time on the competition mat before the doors open to the public.
- Teams will have practice time in an auxiliary gym before taking their place on the competition mat.

Music

Music should be submitted via a MP3 or MP4 file. More information provided by DJ.

General Information

- Squads must be in the “on deck” area at least one squad ahead of when you will perform.
- Late or no-show squads are not permitted to compete.
- The performance area will be on the gym floor. Squads may enter the floor from wherever they would like. Send a representative to notify the starter of your starting position.
- If injury occurs during routine, coach/coach’s representative has the option to terminate performance at that point within ten (10) seconds. Must resume routine at point of injury. Head judge will decide when they perform.
- The use of signs, non-automated megaphones, and pom poms is permitted if they are incorporated into the routine.
- No additional equipment, mini-trampolines and/or springboards, etc. may be used.
- Recreation squad routine must include **at least** one cheer, one chant, and one dance routine.
 - Cheer: cheer that does not repeat, crowd involvement
 - Chant: cheer that is repeated more than once
 - Dance: any combination of stunt movements, tumbles, ripples, while music is played
- Squad performance must not exceed 2 minutes and 30 seconds. Time starts at the first beat of the music or the first call of the first cheer (depending on how you begin your routine). Time ends at the final beat. The result of running over the time limit is a 10-point deduction.

Scoring

- All decisions rendered by the judges or Competition Chairperson concerning scores and rules interpretation will be accepted as final.
- Universal Cheerleaders Association (UCA) Rec Scoring will apply.
- Each Division will have a Division Champion and Runner Up.
- Any squad that is disqualified from the competition automatically gives up any rights to awards presented by the competition.

Awards

- Division Champions for each age division will be awarded a trophy
- Division Runner Ups for each age division will be awarded a trophy
- All cheerleaders participating in the competition will receive a medal

RULES GRID

The following rules grid from USA Cheer will be utilized in determining skills that are permissible for each age group. Skills from any lower level are allowed at the higher level.

Category	10 & Under	16 & Under
Jumps	All jumps and jump combinations allowed	All jumps and connections to tumbling allowed.
Tumbling	Forward and backward rolls allowed Forward and backward walkovers allowed Roundoffs allowed Cartwheels (series allowed)	Non-twisting standing handsprings allowed Standing back tucks allowed No series or connected airborne tumbling No twisting airborne skills
Stunts	No inversions (head can never be below hips) No release stunt transitions other than a reload from a cradle position Spotter required for all stunts No spinning/twisting Allow all skills prep level and below Standing stunt at prep level must be double based and standing on both feet	No inversions (head can never be below hips) No release stunt transitions other than a reload from a cradle position Spotter required for all stunts Half twist loading allowed Full twist to a load position allowed Double base extensions allowed Liberties and liberty hitches at prep level allowed
Dismounts	No spinning/twisting No released dismounts (bump down, regrab hands, use a post and pop down, etc.)	Non-twisting cradles and pop downs allowed
Pyramids	Follow stunt rules	Follow stunt rules
Baskets	Not allowed	Not allowed

* Regardless of the upper age in the group, coaches should always be mindful of the ability, maturity, and preparedness level of each individual and what skills they are performing.

YOUTH FLAG FOOTBALL RULES & REGULATIONS

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ACCEPTANCE: Participation and play, including district officers, coaches, volunteers, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

PHYSICAL HEALTH VERIFICATION: It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

CONDUCT: All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

PLAYING RULES & REGULATIONS: The current NFL Flag Official Playing rules will govern play, except as superseded by OCPR rules below.

AGE GROUPS

Participants shall be rostered by age according to the following:

6 & Under – Must not turn 7 prior to the cut-off date

8 & Under - Must not turn 9 prior to the cut-off date; Must be 7 by the cut-off date

11 & Under - Must not turn 12 prior to the cut-off date

Cut-off date: November 1st

TEAM UNIT:

- Each team shall have a maximum of 10 players per roster.
- Registration for all districts must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered and has been placed on a team by the specified district.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- The minimum number of players required to begin a game is five. A ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined.
- Ineligible Players: Playing ineligible players who are not registered with the OCPR league, have been suspended from league play, or are not assigned to the roster of that team will result in forfeiture of all games in which the player participated. In addition, the head coach will be suspended for the next game for the first offense and will be suspended for the remainder of the season following a second offense.

COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- A coaching staff cannot exceed three coaches: one head coach and two assistant coaches. One additional coach will be permitted for the 6U & 8U divisions.
- Coaches must wear the OCPR badge during all practices and games.

EQUIPMENT

- All players must wear OCPR provided belts and flags.
- All players must wear mouth guards at all times while on the field.
- Game balls that are age specific will be provided by OCPR.

- Players must wear shoes that are appropriate for physical activity. Cleats are not required but are suggested. Metal cleats will not be permitted for any age division. Crocs may not be worn during practices or games.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players must remove all jewelry and hard billed hats.
- Players may wear soft shell helmets and sunglasses but they must be secured at ALL times while on the field.
- Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- Shorts or pants must not have pockets. If clothing with pockets or belt loops is worn, belt loops or pockets must be taped prior to a game beginning.
- Players must bring their own mouth guard to the field.

FIELD

- Field Dimensions: 25 yards by 64 yards long; two seven-yard endzones
- No Run Zones are located five yards prior to the midfield line to gain and five yards prior to the endzone in the offense's direction. (*No Run Zones are eliminated for 6U and 8U divisions*)
 - No Run Zones are in place to prevent teams from conducting power run plays. While in the no-run zones, teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
 - Each offensive team approaches only TWO no-run zones in each drive.
- Stepping on the boundary line is considered out of bounds.

PRACTICE PROCEDURES

- All practices must be held at the sites and times assigned by OCPR. No other sites or times may be used.
- Pre-Season: No more than 3 days per week. No practices will be scheduled on Sundays.
- During Season: No more than 2 days per week. No practices will be scheduled on Sundays.
- No practices will last longer than 90 minutes.
- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

GAME PROCEDURES

- Game Schedule: All games will be scheduled by OCPR.
- Warm Up: Teams will be permitted a five-minute warm up period prior to the game on the field. Both teams will warm up at the same time on opposite ends of the designated field.
- Scorebook: All players' names and numbers should be included in the game book roster at least five minutes prior to the start of the game.
- Bench: Only those coaches and players listed on the team's roster shall be allowed in the team's designated bench area.
- Ejections: All ejected players, coaches, and spectators will be required to leave the premises.
- Protests: Protests on judgment calls made by the officials will not be considered.
- Forfeitures: A 10-minute grace period from the scheduled game time will be permitted before declaring forfeiture. A minimum of 5 players are required to begin a game.

PLAYING TIME: During the regular season games, all players must play at least 15 total minutes in each game. All players must meet the playing time requirement before substitutions utilizing a player who has already met the playing time requirement can occur. Once the playing time requirement for each player is fulfilled, playing time for the participants is at the discretion of the Head Coach.

- If a player becomes injured or ill during a game, the coach should immediately notify the scorebook attendee for documentation in the scorebook. The opposing coach should also be notified.
- If a player is not able to play due to illness or injury, it must be noted in the official scorebook and the opposing coach should be notified before the game begins.

- All reports of lack of adherence to this rule must be made to the on-site OCPR Athletic Coordinator. Failure to adhere to the playing time requirement will result in a next game suspension for the head coach. If the infraction occurs again in the same season, the head coach will be suspended for the remainder of the season.
- All infractions related to playing time shall be reported to the OCPR Athletic Coordinator on site.

TIMING & OVERTIME

- Game Time: Regular season games are played on a 40-minute continuous clock, with two 20-minute halves, unless one team gains a 35-point advantage which will end the game. If both teams agree to continue without changing the score, the game may continue through conclusion of the standard game time. The clock stops for halftime, injuries, ejections, etc.
- Halftime: Halftime will be three minutes total in length.
- Snapping: Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Timeouts: Each team will be allowed two 60 second timeouts per half. Unused timeouts do not carry over between halves or to overtime periods.
- Overtime: If the score is tied at the end of regulation play, an overtime period will be used to determine a winner. Overtime format, when applicable, is as follows:
 - All regulation period rules and penalties are in effect.
 - There are no timeouts.
 - The referee will determine which half of the field the overtime will take place on.
 - Home team calls the toss to determine the team that chooses to be on offense or defense first. If a second round of overtime is necessary, the team that lost the overtime coin toss will choose offense or defense for the start of the second overtime round. The process continues to alternate for every overtime round needed.
 - Each team will take turns getting one play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
 - Interceptions are returnable in OT, and worth 2 points.
 - If an interception is returned for a score in the overtime period, the game is over.
 - Final score will be recorded to include all points scored for each team.

GAME PLAY

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- The offensive team takes possession of the ball at its 5 yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
 - If the offensive team fails to cross midfield, on 3 downs, and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5 yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
 - Offensive teams must declare the 4th down intent; "play or punt", when asked by the referee and prior to the "ready for play."
 - Teams may use a timeout only to change the declaration of "play" at any time prior to the expiration of the play clock.
 - If the declaration is "punt" the ball changes possession and will be placed at the opposing team's 5 yard line, 1st down, with no option to change the declaration.
 - If the offense fails to score, after crossing midfield the ball changes possession and the new offensive team starts at its 5 yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

SCORING

- Touchdown: 6 points
- PAT (point after touchdown): 1 point (5-yard line) or 2 points (10-yard line)
 - 1 point- pass only
 - 2 points- run or pass
 - A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (5-yard line) or 2-point conversion (10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- Safety: 2 points
 - A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone, or if a snapped ball lands in or beyond the end zone.
- After one team is winning by 35 points or more, the game is over. Teams may elect to continue but no additional points scored will be added.
- Forfeits are scored 35-0 for the winning team.

LIVE BALL/DEAD BALL

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage.
 - It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- A player who gains possession of the ball in the air is considered in bounds as long as the first foot or a body part other than the hand contacts the ground in the field of play with possession.
- The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled “dead” when:
 - The ball hits the ground. (If the ball hits the ground as the result of a bad snap, the ball is then placed where the ball hit the ground.)
 - The ball-carrier’s flag is pulled.
 - The ball-carrier steps out of bounds.
 - A touchdown, PAT, or safety is scored.
 - The ball-carrier’s knee or arm hits the ground.
 - The ball-carrier’s flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - The 7 second pass clock expires.
 - An inadvertent whistle occurs.
 - Ball-carrier leaves their feet diving or to hurdle a player.
- There are no fumbles (ground contact does not have to be made). If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession. Loss of possession is a dead ball.
- If inadvertent whistle occurs, the offense has two options:
 - Take the ball where the whistle blew, and the down is consumed.
 - Replay the down from the original line of scrimmage.
 - If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

RUNNING

- The ball is spotted where the ball is when the flag is pulled.

- The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
 - Any player who receives a handoff can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, in front, behind, or to the side of the quarterback, the seven-second passing clock is eliminated, and all defensive players are eligible to rush.
- Legal Handoff: total loss of possession directly from one offensive player to another
- NO pitches or laterals of any kind are permitted.
- No Run Zones are located 5 yards before each end zone and 5 yards on either side of midfield. The No Run Zones are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE.
- Runners are not permitted to dive or hurdle any player while advancing the ball.
- Ball-carriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing progression, or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. If while leaving the ground contact is made, an unnecessary roughness penalty may be enforced by the official.
- No blocking or “screening” is allowed at any time.
- Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- Flag obstruction- All jerseys must be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

PASSING

- All passes must be thrown with one hand from behind the line of scrimmage, thrown forward, and ball out of hand prior to breaching the line of scrimmage.
- There is no intentional grounding.
- All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.
- The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
 - If the QB throws the ball and then catches it, the play is dead and treated like an incomplete pass.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. All motion must be lateral to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points. Two points will be awarded if returned during conversions and/or overtime.

RUSHING THE PASSER

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
 - 6U/8U Divisions: Defenders may not rush the passer.
- Once the ball is handed off, the seven-yard rule no longer applies and all defenders may go behind the line of scrimmage.
- A special marker, or the referee will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
- Legal Rush: Any rush from a point 7-yards from the defensive line of scrimmage; a rush from anywhere on the field AFTER the ball has been handed off by the quarterback
- A penalty may be called if:
 - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass (Illegal Rush: 5 yards from the line of scrimmage and first down).
 - Any defensive player crosses the line of scrimmage before the ball is snapped (Offsides: 5 yards from the line of scrimmage and first down).
 - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off (Illegal Rush: 5 yards from the line of scrimmage and first down)
 - If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) cannot rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.
- Teams are not required to rush the quarterback with the seven-second clock in effect.
- Teams are not required to identify their rusher before the play.
- Players rushing the quarterback may attempt to block a pass; however, contact to the quarterback, unless ruled incidental by the official, would result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has the right to clear a path to the quarterback, regardless of where they line up prior to the snap. The path is set pre-snap from the rusher or rushers directly to the quarterback. The path does not move once the quarterback moves. If the path or line is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
- A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.

FLAG PULLING

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm, or shoulder or intentionally covering the flags with the football jersey.

FORMATIONS

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - Teams may shift formations prior to the snap as long as they are set for at least one second before the ball is snapped.

- One player at a time may go in motion at least one yard behind the line of scrimmage.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
- Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- Games or halves may not end on a defensive penalty unless the offense declines it.
- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties are assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- Spot fouls in end zone: Defensive (ball on one-yard line, first down)/Offensive (safety)

	FOUL	PENALTY
Defensive Spot Fouls	Defensive Pass Interference	Automatic first down
	Holding	+5 yards and automatic first down
	Stripping	
Offensive Spot Fouls	Screening or Blocking	-5 yards and loss of down
	Charging	
	Flag Guarding	
Defensive Penalties	Defensive Unnecessary Roughness	+10 yards and automatic first down
	Defensive Unsportsmanlike Conduct	
	Offside/Illegal Substitution	+5 yards from line of scrimmage and automatic first down
	Illegal Rush	
	Illegal Flag Pull	
	Roughing the Passer	
	Taunting	
Offensive Penalties	Offensive Unnecessary Roughness	-10 yards and loss of down
	Offensive Unsportsmanlike Conduct	
	Offside/False Start/Illegal Substitution	-5 yards from line of scrimmage and loss of down
	Illegal Forward Pass	
	Offensive Pass Interference	
	Illegal Motion	
	Delay of Game	
	Impeding the Rusher	
	Illegal Procedure	

AGE DIVISION RULE MODIFICATIONS

8U

- No Run Zones are eliminated. Teams may run anywhere on the field.
- Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- One coach for each team is permitted on the field pre-snap to help their players, but MUST be off the field prior to the snap of the ball.

6U

- No Run Zones are eliminated. Teams may run the ball anywhere on the field.
- Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- One coach for each team is permitted on the field pre and post snap to help their players, but post snap at a safe distance to plays completion.
- If the ball falls to, or touches the ground during the initial center to quarterback exchange, the play is ruled a “Do Over” with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.
- Defenders MUST line up at least five yards from the line of scrimmage prior to the snap.