

SOUTH MILWAUKEE RECREATION DEPARTMENT

3RD – 8TH GRADE SCHOOL BASKETBALL LEAGUE RULES AND GUIDELINES

STATEMENT OF PHILOSOPHY & POLICY

This is an instructional program for players to have fun, while learning and developing skills.

REGISTRATION & PLAYER ELIGIBILITY

A team must have a minimum of 6 players listed on its original team roster. Every player must have a Player Registration Form and Concussion Form on file before he/she is eligible to play and must have paid the registration fee. The fee must be paid at the Recreation Department Office. This fee is not transferable or refundable.

New players may be added to rosters after the deadline, provided there is room on a roster. The Recreation Department will approve all roster additions. Non-residents are eligible to participate in this program and will pay the NR fee.

If at any time during the season a player is expelled or suspended from school, or is medically excused from PE class, this player will automatically become ineligible to participate in practices or games. The coach must receive a written note from the PE teacher or school administrator to reinstate the player. The player will be reinstated when returning to school.

COACHES

It is the coach's responsibility to be acquainted with all rules and regulations and to inform the players of these rules and regulations as set forth in the following pages. It is also your responsibility to control the actions of their players. Ignorance of rules will not excuse you or your players.

A coach of record must be 18 years of age or older and out of high school. Each coach must know all league and playing rules. Coaches who sit on the team bench must submit an application form and permission to do a background check form, and the coach's concussion agreement form before coaching at practice and games.

All coaches must cooperate in ensuring that spectators do not interfere with the conduct of the game. Coaches are reminded that their place is with their team on the team bench. One (1) coach may stand (within the bench area) and provide instruction to players, but may not harass officials. Once a coach is warned about unsportsmanlike behavior he or she and all other coaches must remain seating on the team bench for the remainder of the game.

Coaches should not penalize any of their players who may miss practice due to a school or family function.

OFFICIALS

Game officials will be in complete charge during a game, and are given express authority to remove the player or coach who, in their judgment, is unsportsmanlike in his/her conduct. Officials please do not shoot baskets before, during or after games – this includes time outs and half time.

GYM SUPERVISORS

The gym supervisor has the authority to do whatever he or she deems necessary to keep things under control.

LEAGUE STANDINGS AND AWARDS

League standings will not be kept, and team and individual awards will NOT be presented.

GRACE PERIOD

A team will be given a **5-minute grace** period without penalty. When a team cannot field a team after **5 minutes** past the regular scheduled game time a forfeit will be declared, however, all players present will combine to form two teams to play a scrimmage game. Any team that accrues two forfeits without a prior excuse will be dropped from the league. Games cancelled due to weather conditions or any other reason will not be rescheduled.

FORFEITS

After two (2) unexcused forfeits the team will be dropped from the league.

TEAM DISBANDED OR DROPPED

In case a team disbands or is dropped before the season's schedule is completed, all eligible remaining players will be assigned to a team by the Recreation Director, provided there are openings.

POSTPONEMENTS

The Recreation Department positively does not permit the postponement of a game nor any schedule adjustments after the official schedule has been printed. Postponements will **NOT** be granted. Also games cancelled due to weather or any other condition will NOT be rescheduled.

Division	Free Throw Line	Basketball	Size	Location
3 rd & 4 th grade girls	Optional 12'	Junior Ball	27.5"	Rawson Gym
3 rd & 4 th grade boys	Optional 12'	Junior Ball	27.5"	Rawson Gym
5 th & 6 th grade boys	15'	Regulation HS Ball	28.5"	Rawson Gym
5 th & 6 th grade girls	15'	Regulation HS Ball	28.5"	Rawson Gym
7 th & 8 th grade girls	15'	Regulation HS Ball	28.5"	SH Fieldhouse
7 th & 8 th grade boys	15'	Regulation HS Ball	29.5"	SH Fieldhouse

FREE THROWS

10 Second Time Limit for Free Throws will be in effect. With a running clock some players take too long to execute their free throws and this burns up playing time. Violation will result in the opposing team getting the ball.

LENGTH OF GAME

There will be one minute between quarters and three minutes between halves. A running clock will be in effect stopping only for time-outs and for substitution. The clock will run during free throws and will operate according to regulation rules during the last 30 seconds of each quarter. All grades will play 8 minute quarters.

TIME-OUTS AND OVERTIME

Teams are allowed 4 one-minute time-outs per regulation game. If the game is tied at the end of regulation play, a two (2) minute overtime period will be played. The overtime period will begin with a jump ball. NEW - We will repeat the 2 minute overtime period until a winner emerges. Each team is entitled to a one (1) minute overtime time-out. Carryover timeouts from regulation game may NOT be used.

OFFICIAL RULES

Other than the exceptions herein stated, - the official WIAA Basketball Rules and the South Milwaukee Recreation Department Rules will govern the league and tournament play. We recommend all coaches have the rulebook.

DEFENSE

3rd - 6th GRADE BOYS AND GIRLS LEAGUES

Players must play a man-to man defense all 4 quarters (entire game). After a change of possession or out of bounds play, players must drop back to half court. Pressing will only be allowed in the final minute of the game, however pressing is not allowed when a team has a 10 or more point lead.

7th & 8th GRADE BOYS & GIRLS LEAGUE

Any type of defense is allowed. However, pressing is not allowed when a team has a 10 or more point lead.

MAN-TO-MAN GUIDELINE

As a means to assist you and help you better understand man-to-man defense, the following principles and guidelines will apply:

- Each player must guard another player. As a general rule double-teaming will not be allowed.
- It is the intent of the Recreation Department to include all players on the court in both the offense and defense. Therefore clear-out plays that isolate certain players or involve only 2 players is a violation and a misrepresentation of what the man to man defense is all about. **Please no clear-out plays allowed.**
- Switching may occur but double-teaming may not. For example, a player may switch with another defensive player if one is being screened or loses control of the person he/she is guarding. The key is that no one player with or without the ball may be double-teamed. Coaches must find the time at practice to teach this procedure.
- A player may temporally leave the player they are guarding in order to help out on a drive, or block a shot.

Officials according to their judgment will enforce the man to man rule by simply blowing the whistle on the 1st offense and correcting the situation - offended team will get the ball out of bounds.

SCORE

If you want to question the score YOU MUST SHOW THE SUPERVISOR AND REF THE CORRECTION FROM YOUR SCOREBOOK.

DRESS & UNIFORMS

1. Players in all leagues must wear their shirts tucked in their shorts. Players must wear gym trunks and suitable numbered t-shirt or basketball shirt while competing in the basketball program – sweat suits and bare midriffs will not be allowed for league contests. *All players must wear tennis shoes. Coaches – uniform cost should not exceed \$35/player.*
2. *The following numbers are legal: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55.*
3. Jersey numbers (#'s) will be required on both sides of a player's jersey! This is basketball standard practice. It's very difficult for refs and table workers to keep up with fouls and points.

SUPERVISION

An adult must remain with the team during all practice sessions and league games.

During practice and league games all school rules will be in effect and must be enforced without exception. No player is to chew gum in the building or bring any other articles of food or drink into the gym or building. Do not permit the players to roam through the building. You have been granted permission to use the gym area only. All coaches who use public school facilities for practice are again reminded that they should exercise extreme care and thoroughness before leaving the gym after practice. Please double check and make sure your gym and building are completely secure - doors and windows must be locked, and all lights turned off.

SPECTATOR & CONDUCT

Spectators must adhere to rules of conduct.

- (1) Spectators should remain in spectator's area during the contest.
- (2) Spectators should not yell instructions or criticisms to the children.
- (3) Spectators should not interfere or make derogatory remarks to anyone to include staff, and anyone in the building.
- (4) Spectator should not approach anyone in a threatening way. Offenders will be removal from the grounds.
- (5) Spectators should not speak directly to officials – this is prohibited and will not be tolerated.
- (6) Spectators should abide by the same rules of conduct as listed for players and coaches.

Head coaches may communicate with officials in a professional, sportsmanlike manner.

CONDUCT, ACTION, DISCIPLINE AND SUSPENSION

It shall be the responsibility of the manager/coach to control the actions of his/her players on the bench and on the court. Managers, coaches and players are responsible for their conduct from the time they reach the gym until they leave.

Only official members of a team are to sit on the bench; this includes players, manager.

The coach shall be the only person to confer with an official on a disputed play. Such conferences must be kept to a minimum and be conducted in a sportsmanlike manner. Keep in mind that constant arguing, harassment or intimidation will not be tolerated and could mean ejection and suspension.

When an official requests the name of a particular player due to ejection from a game, the manager is required to comply with the official's request. The penalty for not supplying such information to the referee or Recreation Department may be suspension for the manager.

Teams who are warming up to play the next game will position themselves in such areas that will not disrupt the course of the game being played, and they definitely will keep all balls from going onto the court while another game is in progress. Teams warming up must make a special effort not to harm spectators or other players.

An official may order an ejection of a spectator or participant for any of the following causes:

- Prolonged disputing of an official's decision;
- Protesting a decision in an unsportsmanlike or disorderly;
- Making oral threats to do physical harm to anyone;
- Making any physical contact with an official (touching, grasping, shoving, striking, assaulting);
- Fighting with player(s) coaches, spectators, staff and any other action deemed detrimental to the conduct of the game.

DISCIPLINE GUIDELINE AND SUSPENSIONS

- With two technical fouls for unsportsmanlike conduct in a game, the result will be ejection and a **(2)** game suspension.
- With excessive unsportsmanlike conduct players will be suspended for more than **(2)** games.
- Those using physical force and/or fighting may be suspended up to one **(1)** year.
- Two (2) ejections during the season will result in suspension for the remainder of the season.
- A suspended player cannot be active until such suspension is lifted.
- A suspended player cannot be on the team bench, or have any voice in running the team. At times suspended persons may not even be allowed in the school or gym.
- If a player continues to play or is an active participant in any way, further disciplinary action will be taken. If a manager has knowledge of such suspension, he/she is also subject to disciplinary action.
- Any player who accumulates four (4) technical fouls for unsportsmanlike conduct during the course of the season will be suspended for three **(2)** consecutive games.
- The Recreation Director can discipline and suspend without recourse, any participant for the following causes: use of an ineligible player, fraudulent player registration, fraudulent contract registration, and failure to return equipment upon demand by the manager or sponsor.

SUBSTITUTION RULE

- The substitution rule will be in effect at the end of each quarter.
- There will be no substitution for a player during his or her designated time unless they become ill, injured; foul out; ejected, or must leave the gym for personal reasons. **Exception:** if a team is leading by more than 15 points, at the half-way point of the 4th quarter, upon mutual agreement with the opposing coach, the leading team may substitute any or all of their players in an effort to weaken the team on the court and allow players with less playing time to participate. If the lead drops below 10 points the coach may put in his original players for the remainder of the 4th quarter.
- A player removed because of illness or injury may re-enter during a quarter if he/she feels better, however, if suspected of a concussion the player may not return – See Concussion Rules. Once a player starts a quarter, this is his/her designated quarter even though removed due to illness or injury. The player going into the game in this situation must be a player who will have the least number of quarters at the end of the game. Check with the official scorer to make sure this rule is enforced correctly! The opposing coach will choose which player may enter the game for the injured or sick player and the coach and should choose a player with the fewest # of quarters played by the end of the game. Only the opposing coach should choose which player will enter game for the player leaving the game.
- If the substitution rule is violated, once noticed, it must be corrected immediately, if at all possible. All violations must be reported to the Recreation Department. The coach is subject to discipline. The penalty for illegal substitution may result in a coach being dismissed from their coaching duties. The coach is responsible to know the substitution rule and how it works. The coach is the only one responsible for its enforcement and violation-this is not the role of the referee, scorekeeper or gym supervisor. However, recreation staff will assist whenever possible. If a coach is “cited” by the supervisor for not correctly substituting, the game will be recorded as a loss, and the officials will administer a 2 shot T-Foul. Illegal substitution will also be cause for a high seed in the Schmidt Tournament.
- When a player arrives late and the game is in progress in the 1st quarter, this player should be treated as a full-time player playing his or her designated quarters according to the playing chart specified in the league rules.
- When a player arrives late and the game is in progress in the 2nd quarter or later, this player should be treated as a part-time player playing half the designated quarters according to the playing chart specified in the league rules.
- Coaches may discipline players for valid reasons that must be communicated to the parents. A player who is being disciplined, may not play in any part of the game. Coaches must inform the opposing coach and supervisor of discipline action before the game begins. Coaches need to be consistent when enforcing discipline and should exercise discipline based upon the acts and not the ability level or the score of the game. **There is free substitution during any overtime period.**

See Playing/Substitution Charts on the following pages:

- The substitution rule will be in effect at the end of each quarter- there is no substituting at the mid-quarter. There may be variations of the playing chart due to a player fouling out, injury, illness, and etc. Substituting correctly is the responsibility of the coach.

ONLY 2 APPROVED COACHES ALLOWED ON BENCH WITH PLAYERS! ALL COACHES MUST BE ON THE APPROVED OFFICIAL COACHES LIST AND HAVE PASSED THE BACKGROUND CHECK.

Games cancelled due to inclement weather conditions or other circumstances will not be make up.

PLAYING RULE CHART-PLAYING TIME RULE

The philosophy of the SM Rec. basketball program is for players to have fun while learning and developing skills. That is why the playing time rules are in place and have been in place for over 25 years. Playing time is based on the number of players you have available for your game that week. The only time a player will play 4 quarters is if you only have 5 or 6 players available for the game. *You should alternate players each week so the same person(s) is not always the one playing the most or the fewest number of quarters.*

- | | | |
|--------------------------|---------------------------------|--------------------------------|
| • If you have 5 players | 5 players will play 4 quarters | |
| • If you have 6 players | 2 players will play 4 quarters | 4 players will play 3 quarters |
| • If you have 7 players | 6 players will play 3 quarters | 1 player will play 2 quarters |
| • If you have 8 players | 4 players will play 3 quarters | 4 players will play 2 quarters |
| • If you have 9 players | 2 players will play 3 quarters | 7 players will play 2 quarters |
| • If you have 10 players | 10 players will play 2 quarters | |
| • If you have 11 players | 9 players will play 2 Quarters | 2 players will play 1 Quarter |
| • If you have 12 players | 8 players will play 2 Quarters | 4 players will play 1 Quarter |
| • If you have 13 players | 7 players will play 2 Quarters | 6 players will play 1 Quarter |
| • If you have 14 players | 6 players will play 2 Quarters | 8 players will play 1 Quarter |
| • If you have 15 players | 5 players will play 2 Quarters | 10 players will play 1 Quarter |
| • If you have 16 players | 4 players will play 2 Quarters | 12 players will play 1 Quarter |

<u>5 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x	x	x	x
2	x	x	x	x
3	x	x	x	x
4	x	x	x	x
5	x	x	x	x

6 players play 3 Quarters; 1 players play 2 Quarters

<u>7 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1		x		x
2	x		x	x
3	x	x	x	
4	x	x	x	
5	x	x		x
6	x		x	x
7		x	x	x

2 players play 3 Quarters; 7 players play 2 Quarters

<u>9 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1		x	x	
2		x		x
3		x		x
4	x	x		
5	x		x	
6	x		x	
7	x		x	x
8	x		x	x
9		x		x

<u>6 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x		x	x
2	x	x		x
3	x	x	x	x
4	x	x	x	x
5	x	x	x	
6		x	x	x

4 players play 3 Quarters; 4 players play 2 Quarters

<u>8 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1		x	x	
2		x	x	x
3		x		x
4	x		x	x
5	x		x	
6	x	x		x
7	x	x		x
8	x		x	

10 players play 2 Quarters

<u>10 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1		x	x	
2		x	x	
3		x	x	
4		x	x	
5		x	x	
6	x			x
7	x			x
8	x			x
9	x			x
10	x			x

9 players play 2 Quarters; 2 players play 1 Quarter

<u>11 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x		x	
2	x		x	
3	x		x	
4	x		x	
5	x		x	
6				x
7		x		x
8		x		x
9		x		x
10		x		x
11		x		

8 player play 2 Quarters; 4 players play 1 Quarter

<u>12 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x		x	
2	x		x	
3	x		x	
4	x		x	
5	x		x	
6				x
7		x		x
8		x		x
9		x		
10		x		x
11		x		
12				x

7 players play 2 Quarters; 6 players play 1 Quarter

<u>13 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x		x	
2	x		x	
3	x		x	
4	x		x	
5	x		x	
6				x
7		x		x
8		x		x
9		x		
10		x		
11		x		
12				x
13				x

6 players play 2 Quarters 8 players play 1 Quarter

<u>14 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x		x	
2	x		x	
3	x		x	
4	x		x	
5	x		x	
6				x
7		x		x
8		x		
9		x		
10		x		
11		x		
12				x
13				x
14				x

5 players play 2 Quarters 10 players play 1 Quarter

<u>15 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x			x
2	x			x
3	x			x
4	x			x
5	x			x
6		x		
7		x		
8		x		
9		x		
10		x		
11			x	
12			x	
13			x	
14			x	
15			x	

4 players play 2 Quarters 12 players play 1 Quarter

<u>16 Players</u>	<u>1st Q</u>	<u>2nd Q</u>	<u>3rd Q</u>	<u>4th Q</u>
1	x			x
2	x			x
3	x			x
4	x			x
5	x			
6		x		
7		x		
8		x		
9		x		
10		x		
11			x	
12			x	
13			x	
14			x	
15			x	
16				x

SOUTH MILWAUKEE RECREATION DEPARTMENT
INFORMATION FOR COACHES

GUIDELINES FOR COACHES

<u>School</u>	<u>Entrance/Exit</u>	<u>1st Aid Kit & Ice Packs</u>
Middle School	East doors, entrance #34	Located on top of cabinet in Gym
Blakewood	South gym doors, entrance #9	Located in locker room
Rawson	East doors, entrance #4 (west side)	Located on top of cabinet in storage room
E. W. Luther	North door, entrance #5	Located on top of cabinet in locker room
High School	East doors, entrance #24	Located on top of cabinet in storage room

Keys

Return key fob to Recreation Office at end of season. Coaches will be regarded as the building facilitators and will be fully and completely responsible for the security of the building prior to leaving the gym each day.

Lights

Before leaving the gym, be sure all indoor lights (gym, bathroom, locker room, storage room) are off.

Basketballs

Each coach will be issued a practice basketball. The coach must supply any additional balls for practice & pre-game warm up. The Rec. Dept. will provide the game ball.

Telephones

You must carry your cell phone in case of an emergency. Police Department - 911 or 762-1965; Fire Department - 911 or 762-1234; Recreation Director W=766-5081. Please remember to dial 7 for an outside line if using a house phone

Building Security and Cleanliness

Check doors before you leave; push to close behind you; close and lock all windows.

The gym and locker room area are the only areas we are authorized to use. Be sure players do not enter other parts of the building. The kitchen, stage, balcony, and hallways are definitely Off Limits. You must check bathrooms and locker rooms to avoid the possibility of horseplay or vandalism. Make sure there is no water running in bathrooms or locker rooms. Check for smoke, and be sure all paper, gum, and waste are picked up and in trash receptacle. No food or drink in gym. No smoking permitted on School Board property (in or out of buildings).

Leave only after players straighten up and all players leave the building. Don't leave anyone in the building. Keep your team out of the locker room until the preceding team has left. Tell players about keeping hands off other's belongings -- encourage your players to bring locks. All individual locker doors must be shut, and the locker room floor should be clean.

Please use the dry mop to mop the Gym floor before, during and after games and practices or as needed. The floor must be mopped properly by slowly moving the mop up and down the floor and then shaking the dust and dirt out of the mop after each up and down pass if this is not done the dust and dirt remains on the court. Collect and properly dispose the dust and dirt you sweep. Encourage the players to change into separate basketball shoes to both practices and games - this will help keep out unwanted dust, sand, dirt, etc.

Supervise players at all times during practices and games and in the locker room. Do not leave players unattended or unsupervised. Do not shorten your practice -- keep all players at the gym for the duration. Do not send anyone home before the scheduled practice time has ended. Spectators are not allowed to view practice sessions. Parents are O.K. Call your players if you must cancel practice. There will not be practice on snow days and holiday and other days as listed on your schedule..

INJURY

The South Milwaukee Recreation Department does not provide hospital/medical insurance coverage for those participating in sponsored activities nor does the Recreation Department supply 1st Aid materials. Participants are encouraged to obtain their own insurance coverage prior to and for the duration of the activity they take part in from their own insurance agent and that all teams provide their own 1st Aid equipment with the needed supplies.

JEWELRY

Jewelry may not be worn during practice or games. This is a WIAA safety rule that must be enforced by all coaches and referees. Taping of studded earrings is not permissible.

LOCKER ROOMS

Locker rooms are unsupervised and players may not be used as a gathering place. Players must use the locker rooms only to change cloths-parents and coaches must make sure their children and players follow this rule.

1. Park in parking lot.
2. Students should not be on the stage area.
3. No visitors or spectators (you are responsible for anyone you let in).
4. Drinks - use the bubbler in the gym
5. Please do not take chairs out into gym.
6. Please monitor or check bathrooms after your team (damage, blood spills, etc.)
7. Please pick up trash from your team that may be left.
8. Close out procedures for last person in the gym.
 - a. Check all doors to be sure they are locked and latched.
 - b. Be sure all lights are out.
 - c. Please pick up trash left behind if any.
 - d. Be sure the door you leave is closed and locked.

First Aid

See information on top of page 9 as it relates to location of 1st aid kits and ice packs. Administer only proper and immediate first aid when necessary, and file an Incident Report the next day with the Recreation Department. Notify parents of injury. When supplies are low, please notify the Rec. Dept. 766-5081.

Parent Meeting

All coaches **must** conduct a parent meeting to discuss recreation philosophy, league and team rules, etc.

Uniforms

Players are to pay a uniform fee not to exceed \$35. This fee is payable to the coach.

Tournaments: The only tournaments sponsored or sanctioned by South Milwaukee Recreation Department and the Board of Education is the **3rd – 8th grade** "Terry Schmidt Memorial Basketball Tournament.

Pictures & Internet

The taking of individual and team pictures for the purpose of posting on the internet is prohibited.

Message from School Principals

- Students are not to be in the building at anytime without adult supervision.
- Students must enter and exit through the door #8 at Rawson and must stay off the stage at all times.
- Do not prop doors open with sticks or anything else?
- Students are not to go into the equipment storage room.
- Do not allow students to play in the halls or on the stairs.
- The last group out needs to turn out the lights and check that all doors are secure.
- Coaches and parents may not park on the playground east of the Rawson school or in the alleyway at the Middle School
- Meet with building principal and custodian before the season begins, and ask if they have any special concerns. Report any damage you observe to the Recreation Dept. immediately.

- **Players' names on uniforms** It is not appropriate for youth sports leagues to print players' names on their uniforms. In the interest of protecting children from predatory concerns, NAYS advocates that a player's number be the only distinguishing characteristic on their uniform.

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Concussion Information When in Doubt, Sit Them Out!

- 1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
- 2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
- 3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<p>These are some SIGNS concussion (what others can see in an injured athlete):</p> <ul style="list-style-type: none"> Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns 	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</p> <ul style="list-style-type: none"> Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. “When in doubt sit them out.”

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

- STEP ONE: About 15 minutes of light exercise: stationary biking or jogging
- STEP TWO: More strenuous running and sprinting in the gym or field without equipment
- STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting
- STEP FOUR: Full practice with contact
- STEP FIVE: Full game clearance

118.293 Concussion and head injury

- In this section:
 - (a) "Credential" means a license or certificate of certification issued by this state.
 - (b) "Health care provider" means a person to whom all of the following apply:
 1. He or she holds a credential that authorizes the person to provide health care.
 2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.
 3. He or she is practicing within the scope of his or her credential.
 - (c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.
 - (2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.
 - (3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
 - (4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
 - (b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.
 - (5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.
 - (b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.
 - (6) This section does not create any liability for, or a cause of action against, any person.
- Possible Information Sheets:
 - Coaches: <http://www.wiaawi.org/health/CoachGuide.pdf>
 - Parents: <http://www.wiaawi.org/health/ParentFactSheet.pdf>
 - Parents: <http://www.wiaawi.org/health/NFHSParentGuide.pdf>
 - Athletes: <http://www.wiaawi.org/health/AthleteFactSheet.pdf>
 - Order CDC materials: <http://wwwn.cdc.gov/pubs/ncipc.aspx#tbi4>
 - **TO BE READ BY COACHES**
 - http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf
 - http://www.cdc.gov/concussion/pdf/clipboard_Eng.pdf http://www.cdc.gov/concussion/pdf/poster_Eng.pdf
 - http://www.cdc.gov/concussion/pdf/quiz_Eng.pdf
 - **TO BE READ BY PARENTS**
 - http://www.cdc.gov/concussion/pdf/parents_Eng.pdf
 - <http://www.cdc.gov/concussion/pdf/magnet-a.pdf>
 - http://www.cdc.gov/concussion/pdf/quiz_Eng.pdf
 - **TO BE READ BY ATHLETES**
 - http://www.cdc.gov/concussion/pdf/athletes_Eng.pdf
 - http://www.cdc.gov/concussion/pdf/poster_Eng.pdf
 - http://www.cdc.gov/concussion/pdf/quiz_Eng.pdf

School District of South Milwaukee Controlled Substances Guidelines

The use or possession of controlled substances is prohibited on School District of South Milwaukee property, including all facilities used for South Milwaukee Recreation programs and all athletic and extra-curricular activities.

The suspected use of a controlled substance prior to participation or during any South Milwaukee athletic, extra-curricular, or recreation program is a violation of the School District of South Milwaukee guidelines. No individual is allowed to participate in or be in attendance as a spectator while using, under the influence of, or possessing a controlled substance.

Violation will result in the individual(s) being asked to leave the facility, as well as face possible suspension from future related events or programs and possible referral to the South Milwaukee Police Department. Failure to leave the facility will result in the South Milwaukee Police Department being contacted.