

**Rome-Floyd  
Parks & Recreation  
Authority**

*The Authority on Fun!*



**2008 – 2009  
Youth Basketball  
Rules and Regulations**

706.291.0766

[www.rfpra.com](http://www.rfpra.com)

**ROME-FLOYD PARKS AND RECREATION AUTHORITY**  
**2009 Youth Basketball Program Schedule of Events**

- Thurs/Fri. October 23<sup>rd</sup> & 24<sup>th</sup>:** Coaches Packets & Forms distributed  
Location: RFPRA Main Office  
Thursday 8:30 AM-5:30 PM / Friday 8:30 AM-5:00 PM
- Monday, November 10<sup>th</sup>:** Head Coaches Meeting to cover rules and update district registration numbers prior to deadline and **Certification Training RFPRA Fitness Center @ Barron Stadium – 6:00 pm**  
**\*\*All Head Coaches are required to attend this meeting\*\***
- Thursday, November 13<sup>th</sup>:** End of Basketball Registration
- Thursday, November 13<sup>th</sup>:** **Team Formation Meetings @ Hamler Gym 6:00 PM**  
9-10 Head Coaches
- Monday, November 17<sup>th</sup>:** 11-12 Head Coaches
- Tuesday, November 18<sup>th</sup>:** 13-14 Head Coaches
- Thursday, November 20<sup>th</sup>:** Team Practice Begins
- November 27<sup>th</sup> & 28<sup>th</sup>** Thanksgiving Break (Office Closed)
- Monday, December 1<sup>st</sup>:** 7-8 Year Head Coaches Meeting for Team Formation  
Location: Fitness Plus Conference Room @ 6:00 PM
- Monday, December 8<sup>th</sup>:** Coaches pick up season schedules
- Saturday, December 13<sup>th</sup>:** Regular Season Begins for 9-10, 11-12, 13-14 Boys & Girls
- December 24<sup>th</sup> – 27<sup>th</sup> & December 31<sup>st</sup> – January 1<sup>st</sup>** **All RFPRA Offices closed for holidays**  
**All RFPRA Offices closed for holidays**
- Monday, January 5<sup>th</sup>:** 7-8 Regular season begins and all other leagues resume play
- Friday, February 6<sup>th</sup>:** Projected end of league play for 9-14 year olds
- Saturday, February 14<sup>th</sup>:** Projected end of league play for 7-8 year olds
- February 21<sup>st</sup> – March 7<sup>th</sup>:** GRPA DISTRICT & STATE TOURNAMENTS

**Note: Game days may be Monday, Tuesday, Thursday, Friday, and some Saturdays.**  
**Wednesdays and some Saturdays may be used as makeup days.**  
**Free admission to all RFPRA Games.**

# ROME-FLOYD PARKS AND RECREATION AUTHORITY

## BASKETBALL COACHES' MANUAL

**Mission Statement:** The mission of the Rome-Floyd Parks and Recreation Authority basketball program is to encourage players of all ability levels to participate, to focus on skills development and knowledge of the game, to promote physical fitness and sportsmanship, and ensure a positive playing experience for all participants.

**Purpose of the Coaches Manual:** This manual has been created to assist you as a coach. The first two pages give you an overview of key topics, as well as a “to-dos” checklist. The sections that follow give information on specific topics: practice guidelines, game regulations, team selection process, policies & procedures, and coaching guidelines.

**Coaches' Primary Responsibilities:** Embrace and promote the values stated in the program's mission; communicate effectively with parents and players; enhance your knowledge of basketball to better instruct your players; ensure a safe environment, which includes checking the players equipment and court conditions, as well as reporting injuries (injury report form is attached); and have a great time teaching and developing these children to learn the game of basketball.

**Assistant Coaches:** As soon as you have your roster, plan to recruit one (1) assistant coach. No experience is necessary, but your assistant can cover for your unplanned and planned absences and help during practices and games. This allows for feedback on your performance and training of future coaches. All assistant coaches must also successfully complete a criminal background screen in order to coach.

**Player Participation Policy:** All players must play at minimum **one (1) full, uninterrupted quarter** to meet the playing requirement. This means that from buzzer to buzzer of a quarter, said player cannot be substituted for.

**Parent Contact:** A Parent Contact (sometimes referred to as a “Team Mom”) is vital in helping facilitate communication between coaches, players and parents. Parent Contacts typically can handle distribution of materials, calling parents about practice and/or games, uniform ordering and end-of-the-year parties.

**Coach Communication with Player Parents:** Communication is crucial to staying organized and keeping the players and parents engaged in the program. Coaches should inform parents of their preferred method of providing and receiving communications, e.g., via E-mail or telephone. Also, if a parent requests their child be switched to another team, refer them to the Youth Basketball Coordinator. The RFPRA policy is to not switch players from team to team. Requests for special placements must be made in advance of the registration deadline.

**Information to Distribute Immediately:** Following the coaches' preseason team selection meeting or the next day, coaches should ask their Parent Contacts to provide parents with communication on the following:

- coach contact information and the team roster, including verifying players' contact information
- copy of each child's birth certificate for the RFPRA records.
- the practice schedule & location (maps to RFPRA facilities are found on [www.rfpra.com](http://www.rfpra.com))
- the game schedule as determined by RFPRA (as soon as available)
- basic game rules for their age group.
- required equipment and attire for practices and games.

**Parent Meeting at First Practice:** Coaches are encouraged to hold a parent/players meeting at the first practice to communicate the program's mission, personal coaching philosophy, and to review the information noted above. Parents must be informed of the *Zero Tolerance Policy*.

**Running Your Practice:** Setting the tone on day one is crucial. Everyone is expected to have fun, but being firm with the players is also important – they should behave just like they're in the classroom. *A structured practice* with little downtime and keeping as many players involved in drills at all times goes a long way toward making everyone happy. Allow players to bring their own personal ball, if it meets the ball size requirement, if desired.

**Game Rules:** Be familiar with *game rules* as they vary by age group (see attached game rules).

**General Protocol Issues:** You should make every attempt to introduce yourself to the referees and to the opposing coach. Go over any rules that may be of concern or that might cause confusion.

**Inclement Weather Policy: The Weather Hotline for cancellations is (706) 290-9597.** Please encourage your team to call this number if there is any question about the status of a game. Any cancellations will also be posted on our website, [www.rfpra.com](http://www.rfpra.com) as soon as a decision is made. You must follow up with players' families and/or other coaches to confirm. Coach must handle notification of cancelled practices.

**Coach Feedback:** Coaches are encouraged to provide feedback (good & bad!) – including overall program evaluation, best drills, etc. – to the RFPRA so this manual can be updated each year.

## SAMPLE LETTER TO PARENTS

**This letter is intended for both team members and their parents. Please share it, as it contains important information about the season for all!**

Welcome to Rome-Floyd Parks and Recreation Authority Youth Basketball for 2009! I am coach \_\_\_\_\_ and I look forward to a great season. Together with the other coaches, we have put together some well-balanced and competitive teams. With the talent and athleticism that this group of girls/boys has, we think that all our teams will have great seasons, and a lot of fun.

For those of you who don't already know me, a brief intro. *(tell a little bit about yourself and your philosophy for teaching/coaching basketball)*

Basketball is a great game and playing it should be fun. I hope to make the season an enjoyable experience for everyone on the team. If any player or parent has a concern or feels that the fun has gone out of the game, please talk to me about it as soon as possible so we can try to do something different. A lot is going on, both in the practice and at games. As a coach, I try to stay on top of what's happening, but I'm also likely to miss a few things, so please speak up.

We'll focus on expanding the skill level of **all** the players, teaching a better understanding of the rules of the game, and helping the girls/boys deepen their understanding of the game of basketball. I'll make every effort to rotate players so that they get approximately equal playing time.

Please don't have players wear jewelry on basketball days (games or practice). **It's a safety issue**, and in fact, for games, **it is not allowed**. (referees will check and will make them take it off so to avoid lost/misplaced jewelry -- don't wear it!) This includes watches, necklaces, rings, bracelets, and earrings. Even hair bands are restricted to those made entirely of soft material.

What can parents do to help? Keep encouraging your player. Show up for as many games as you can. Even if you don't know much about basketball, spend some extra time dribbling, passing, and shooting with your child. Understand that many of the skills are challenging, and take time to learn. Repetition is the best teaching tool. Be aware of what goes on at practice so that you can reinforce areas being taught and worked on. Also, make sure your child wears the appropriate attire to practice – shorts/sweatpants, athletic shoes with socks, t-shirt or basketball tank top.

During games, the most useful thing you can do is look for an opportunity to say "nice job," "great play," or "Go (Team)!" Shouting out other instructions or coaching from the sidelines just adds to the confusion, doesn't really help the players, and can make it impossible to hear important instructions from the coaches. Stay positive, even when the team is losing. Winning is great, but it's not that important. Help your child learn to keep this perspective. (Coaches also like to win, but I'll try to maintain this attitude myself!).

At games parents and spectators must stand/sit away from the team benches. This creates less crowding and confusion around the bench and allows the kids to concentrate on the game. Thanks for your cooperation on this point.

Please be supportive of the referees at games. We will encounter officials with varying levels of experience, but remember that they are all trying to call the game as fairly as they can. Like all referees, they will make mistakes. Be patient and supportive of their decisions, even if you disagree!

# BASKETBALL PRACTICE GUIDELINES

## General

Arrive as early as possible to practice, set out equipment and know game and practice schedule. Meet and greet parents dropping off children as necessary. Understand any special pickup arrangements. Be visible, and please do not leave the gym until all children have been picked up (even if a gym supervisor is present).

### Phase 1 – Arrival, 5-10 minutes

Start a fun game or drill for the kids to join as they arrive. The game should be fun, like shooting or dribbling. Let the kids do what they want, but involve a basketball.

### Phase 2 – Warm-up Jog, Stretch and Talk, 5 minutes

Form the group into a circle and discuss what's going to happen at practice.

### Phase 3 - Individual Skills, 10-20 minutes

Three different drills are probably all you can expect to accomplish. Each drill should focus on one of the following skills: Dribbling, passing, shooting, defensive skills, offensive skills, floor balance.

### Phase 4 – Team Skills, 10 minutes

Select one or two drills/games to start the kids thinking about spreading out and where the ball should be passed when they receive the pass. Two good drills are team keep-away or keep-away from the coaches (always a favorite). Again, the younger kids will have difficulty with court balance, so just try to avoid the “rambling pack”. Draw chalk circles on floor, require each circle to have always have a player in it.

### Phase 5 - Scrimmage (Optional, time permitting)

A scrimmage is optional, and there's not always time. But, the kids sometimes feel shorted if they don't get to scrimmage so try to run a controlled scrimmage, encourage correct court position, and blow the whistle now and then to stop play for a good pass, to point out poor positioning, or if they miss an opportunity to pass. Keep it fun but structured.

### Phase 6- Wrap-Up, 2-3 minutes

Form the group in a circle. Provide positive reinforcement of skills demonstrated during the practice. Let the kids and parents know the time and place of the next practice or game.

# **SPORTSMANSHIP and ZERO TOLERANCE POLICY**

The RFPRA has agreed that there will be zero tolerance for fan misbehavior at all sporting events. This includes but is not limited to: booing, shouting at officials, or arguing any call. Expressing any negative behavior or comments, threats or obscene gestures to players, coaches or officials is also unacceptable.

Cheering in a positive fashion, for both sides is highly encouraged. Ours is a recreational league with fun as the primary emphasis. As adults, whether as coaches or spectators, we set the example for the children to follow. Let's make sure it is a positive example.

Any spectator or coach who does not behave appropriately (as directed above) will be asked to leave, according to the following steps.:

1. Officials will identify violators to the facility staff member.
2. The staff member will then approach the spectator and may give a warning, or ask them to leave.
3. If the decision is made for the spectator to leave, play will not resume until he/she has left the facility. If he/she refuses to leave, his/her team will forfeit, and the game will be over.

Please help us foster good sportsmanship, and encourage positive experiences for our youth.

## **Coaching Guidelines**

### **1. COMMUNICATION:**

Ensure the terminology you use is clear and precise. Let players know you are in charge.

### **2. POSITIVE REINFORCEMENT:**

Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.

### **3. BE CREATIVE AND USE INITIATIVE:**

If the drill or game is too advanced, modify to increase the chances of success.

### **4. MAKE A DIFFERENCE:**

Be motivational and inspirational. Enthusiasm and being energetic are contagious.

### **5. KEEP PLAYERS ACTIVE:**

If the drill is static, create need of helpers or assistants to keep everyone involved.

### **6. EACH PLAYER IS AN INDIVIDUAL:**

Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.

**7. STRIVE FOR QUALITY:**

In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

**8. REINFORCE CORRECT TECHNIQUE:**

In all drills and games continually emphasize the use of correct techniques.

**9. ENCOURAGE PLAYER MOVEMENT:**

At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed-ness.

**10. ROTATE POSITIONS:**

All players should be active as forwards & guards.

**11. DEVELOP PLAYER RESPECT:**

Require players to support one another, to show good sportsmanship towards all players including opponents, and to respect others' attempts and effort.

**12. EQUALITY AMONGST PLAYERS:**

Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.

**13. FUN AND ENJOYMENT:**

Players will respond and want to continue if things are fun.

# **KEEP IN MIND THE FOLLOWING INFORMATION FOR YOUTH BASKETBALL**

- 1. Only 2 registered volunteers will be allowed on the bench at any time.**
- 2. All Coaches and Players must sit on the bench properly. No sitting on the backs or standing on the player benches.**
- 3. Only the Head Coach will be allowed to stand up and coach. The Assistant Coach must remain seated.**
- 4. Length of Games:  
7-14 Year Old: 4 quarters of 10 Minutes RUNNING Clock, except for the last 2 Minutes of 4<sup>th</sup> Quarter.**
- 5. Time-outs: Each team is allowed two (2) 60 second and one (1) 30 second time out per game.**
- 6. Half-Time is two minutes. Overtime is 2 minutes.**
- 7. All players must play AT LEAST one FULL UNINTERRUPTED quarter from start to finish.**
- 8. Turn in lineup no later than 10 minutes prior to game time.**
- 9. Prior to the start of the game, warm up on the opposite basket of your bench so that in the second half your team is on offense in front of your bench.**
- 10. Please clean your bench area before leaving your game. Keep it clean for the next team that will be sitting at the bench.**

## **ROME-FLOYD PARKS AND RECREATION AUTHORITY Youth Basketball Team Establishment**

- 1. The Rome-Floyd Parks and Recreation Authority (RFPRA) is a public, tax-based agency that does not limit or discriminate against any person(s) from registering to participate in youth athletics.**
- 2. Any volunteer that coached with the RFPRA the previous year will be allowed to retain players from the previous year's team, provided players are registered prior to the deadline**

and provided that these players are registered in the same school district that the volunteer is coaching in. All volunteers must complete a Volunteer Application and Background Screen.

3. Teams are formed by age division and by school district in which each player **attends**.
  - a. If any one district has enough registered players, a team will be established.
  - b. If any one district does not have enough registered players to establish a team, those players will be combined with the next closest school district in the same age division that has enough openings to fill a team with 8-9 players. Example: If Alto Park has 1-4 players, they would be combined with a district that has less than a full roster, such as Garden Lakes, Elm Street, West Central, or West End.
4. Team rosters will not be formally established until after the late registration period has expired.
5. A coaches meeting is scheduled to establish each team's official RFPRA roster. Additional coaches may be needed to accommodate all registered players.
6. Prior to the coaches meeting to establish each team, volunteers are encouraged to promote the RFPRA athletic program. Organize meetings with parents at schools or recreation centers to assist with registration and additional recruitment of volunteer coaches.
7. Volunteers are not to make verbal commitments to parents concerning their child being placed on a specific team unless that child played with that volunteer during the previous year in the RFPRA program, and if those kids played in the same school district in which the volunteer is coaching.
8. If in the previous year a participant is assigned to a district other than the district in which they attend school, the RFPRA will not allow the participant to be reassigned to the same team/district the next year if there are enough participants (6 or more) to form a new team.
9. Only the head coach's child will be allowed to participate in another district from which the child attends school only in the cases where the head coach (parent) has been assigned or volunteers to coach in said district.

## **ROME-FLOYD PARKS AND RECREATION AUTHORITY YOUTH BASKETBALL BY-LAWS**

### **Article I: Eligibility and Participation**

1. The Age Control Date is prior to **January 1, 2009**. This means that whatever age the child is on that date is what age group they have to play.
2. There are five (5) age divisions for both girls and boys. They are:
  - A. Bandit- (ages 5-6)**
  - B. Pee Wees- (ages 7-8)**
  - C. Mites- (ages 9-10)**
  - D. Midgets- (ages 11-12)**
  - E. Juniors- (ages 13-14)**

3. Participation Rule:
  - a. Each player must play at least one full **uninterrupted** quarter of each game he/she attends. Players missing more than 50% of team's scheduled practices that week without a legitimate excuse will not be required to play in the next game. Coaches will be responsible for notifying the facility supervisor and scorekeeper before the start of a game if a player is suited up but will not play due to unexcused absences or medical excuse. Otherwise, the coach will be responsible for playing all team members that are in uniform. A child may not be disciplined in any way because of grades or any activity other than at practice or on the playing court. Players must arrive before half-time for the participation rule to apply.
  - b. 1<sup>st</sup> offense of the above participation rule: A coach can be suspended from participation for his/her next game. 2<sup>nd</sup> offense: The coach will be suspended from further participation in the Youth Basketball Program for one calendar year.
4. Player Cuts or Dismissals: No Coach will be allowed to cut or dismiss a child that is registered. Teams will be organized to accommodate all youth participants. Recruiting players from outside their school district will not be allowed. Participant disciplinary problems should be discussed with the parent first and, if needed, with the RFPRA Athletic Staff. Only players on your team's Official Roster will be allowed to participate.
5. A participant is allowed to compete in only one division. Participants may participate in an older age division, but must remain in that older age division for the duration of the season.
6. The use of ineligible players in accordance with these bylaws shall result in forfeiture of games and volunteer status terminated.
7. It is the head coach's responsibility to confirm each player's registration and date of birth.
8. Any individual that participated in Middle School or Junior Varsity Basketball this year cannot participate in RFPRA Basketball.
9. Boys will not be allowed to participate in girls' division and vice versa.

## Article II: Regulations

### Section A – Governing Rules

The Rome-Floyd Parks and Recreation Authority's basketball games at all levels of play are governed by the current rules and regulations of the National Federation (National Alliance) Edition of Basketball Rule Book with the exceptions as may be found in these bylaws.

### Section B – Length of Games

Age Divisions 7-14 will play 4 quarters of ten (10) minutes of running time. The last two(2) minutes of the fourth quarter only will run official. (stops on every whistle). Half-time is 2 minutes and Overtime is 2 minutes.

### Section C – Special Provisions

1. A team must have five (5) players to start a game but may finish with a few as two (2) players.
2. **Grace Period:** Teams not having at least five players to start a game will be given a ten minute grace period from the scheduled starting time for the first game of the day only. No grace period for any games following. Teams without five players will result in the game being forfeited to the opposing team. **However, if a team was to obtain five rostered**

players immediately after the end of the grace period, and **opposing coach agrees to begin**, official game could then start. If both teams have less than five players at the end of the grace period both teams would forfeit.

3. **Game Lineups:** Each player's full name and number must be reported to the scorekeeper ten minutes before the scheduled game time. Players entering the game must first report to the scorekeeper.
4. **Full Court Press Rule (Boys & Girls Divisions Ages 9-14 Only):** Teams with a 10 or more point lead at any time in the game will not be allowed to full court press their opponents. Team ahead must allow their opponents to cross over the half court line. The team behind may use a full court press. Violation of this rule will result in a team technical foul. ***There is NO full court pressing in any 7-8 Divisions at any time.***
5. **Point Rule:** When a team is leading by 30 or more points at any time in the game, the score will be turned off the scoreboard and the clock will run continuously until the lead is back to within 10 points or less or until the end of the game. Score will still be kept on the official scoresheet.
6. **Overtime Procedures:** Each team will be given an additional 60 second timeout and two minutes will be played to break the tie. Timeouts left over after regulation play can be carried over into overtime.

### Article III – Equipment

1. All players are to wear athletic rubber soled shoes.
2. The approved basketballs are as follow:
  - a. Boys Divisions ages 7-8, 9-10, 11-12 and all Girls Divisions will use a 28.5 (#285) inch basketball.
  - b. Only Boys Ages 13-14 Division will use a regulation size 30 inch basketball.
  - c. Balls of correct size may be synthetic, leather, or rubber. The RFPRA will supply all game balls.
3. Mandatory uniforms shall be matching jerseys with only legal numbers on the front and back as described in the National Federation of Rules. Legal numbers consist of 0-5, 10-15, 20-25, 30-35, 40-45, 50-55. The size of the numbers must be a minimum of four (4) inches on the front and six (6) inches on the back. **NO other numbers are allowed!**  
**DO NOT USE: 01, 02, 03, 04, 05**
4. Georgia High School Rules state that players wearing undershirts and compression shorts must have ones that are the same color as the most dominant color of the jersey.  
**Example: A player that has a blue jersey must have a matching blue undershirt.**

### Article IV – RFPRA Policies

1. **Jewelry – No** form of jewelry (earrings, watches, rings, bracelets, necklaces, hair beads, etc.) is allowed. Only soft headgear is acceptable.
2. **Team Practices:** Each team may practice a maximum of three times per week for no longer than 90 minutes per practice during the preseason. During the season, a team can practice no more than 2 days a week for no longer than 90 minutes per practice. If a player shows up to practice that was not on your original roster, he/she must show proof of registration prior to allowing them to practice.
3. **Coaches –** All Head coaches must be at least 21 years of age. Assistants must be at least 18 years of age. All coaches must successfully complete a Criminal Background Screen. Coaches are responsible for the actions of their spectators. Any coach ejected by an official from any game will be immediately suspended from the program until reviewed by the RFPRA Staff. During a game, only the Head Coach may confer with the officials, and only during a charged time-out. After the game is NOT an appropriate time to discuss game matters.

4. **Disciplinary or Medical Problems:** In the case of disciplinary or medical problems, it is the coach's responsibility to notify the Athletic Staff by 2:00 pm on game day. All problems must be cleared by the RFPRA prior to game time.
5. **Player Ejection:** Player ejection for unsportsmanlike foul will result in one or more game suspension. Any player ejected from two games will be suspended for the remainder of the season.
6. **Timeouts:** Teams are limited to two (2) 60 second timeouts and (1) 30 second timeout per game. Half time will be a minimum of two (2) minutes.
7. **Goal Height:** Goal Height for 7-8 Year old will be 8 feet. Goal height for 9-10 Year Old will be 8.5 feet. Goal Height for 11-12 & 13-14 will be 10 feet. These heights apply to both boys and girls divisions.
8. **Team Awards:** Awards will be presented to the teams which finish first and second in each age group of each division. If two or more teams tie for first or second place, the tie breaker will be head to head competition to break the tie. If teams split on win/loss, the next factor will be points allowed between the teams in question as they apply to when they played each other only. If no tie breaker can be reached at that point, the next factor is points scored on each other. If still no tie breaker, the next factor is by margin of victory between the teams in questions.
9. **Free Throws:** Free throws for 7-14 year olds will be attempted from the 15 ft. regulation free throw line.

## **Rome-Floyd Parks & Recreation Authority Gymnasium Usage Policies**

1. All Rome-Floyd Parks and Recreation Authority-sponsored youth teams will have first priority for practices at gyms operated by RFPRA (Hamler Gym, Gilbreath Center, Anthony Center, and Fielder Center).
2. Each team's **head** coach will be allowed to reserve one (1) practice session on Wednesday starting at 1:30 pm for the upcoming week. Coaches may then call on the following Monday starting at 1:30 pm to schedule one (1) more practice for the remainder of the week.
3. Reservations must be made by telephone only, and only on Mondays and Wednesdays. Reservations will be scheduled one week at a time. Do not leave a message on the Center's answering machine indicating your preference for a practice time and then assume that you have that time reserved.
4. Reservations can be made for Hamler Gym by calling the RFPRA Office at 706-291-0766; Gilbreath at 706-290-0430; Fielder at 706-236-9711 and Anthony at 706-235-3870. Recreation Center hours of operation are 2-9 pm.
5. Practice times will be 5:30 pm, 6:30 pm, and 7:30 pm on Monday-Friday, Saturday at 10 am, 11 am, 12 pm, 1 pm, and 2 pm. Schedules may vary due to Recreation Center programming.
6. Coaches must notify Recreation Center staff if canceling a practice by 2 pm one day prior to practice. There will be no trading practices; if scrimmaging, you must notify the Recreation Center. If multiple practices are missed without notification, said coach/team will be taken off the practice schedule and will be unable to schedule a practice for the next week.
7. The Anthony Center is used primarily by teams in the following districts (but not limited to): Garden Lakes, West End, Elm Street/West Central, Coosa, and Alto Park.
8. The Gilbreath Center is used primarily by teams in the following districts (but not limited to): Pepperell, McHenry, Midway.
9. The Fielder Center is used primarily by teams in the following districts (but not limited to): East Central, Anna K. Davie, Southeast
10. Hamler Gym is centrally located to accommodate all districts.
11. Practice availability will be greatly reduced during regular season games, and post-season tournament practices and games.
12. Coaches are encouraged to practice at school gym and/or church gyms whenever possible to free up practice times at RFPRA facilities.

**PRACTICES MAY BEGIN AFTER TEAM ROSTERS HAVE BEEN ESTABLISHED**

