

Connecticut

Girls Basketball League



Member Manual

2019-2020

Season

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Introduction

Dear Town Members,

The **Connecticut Girls Basketball League** strives to provide participating Connecticut cities and towns who organize girls travel basketball teams, a league structure in which to participate and a dependable playing schedule. Non-compensated volunteers operate the CGBL. Its objective is to facilitate member teams in their development of basketball skills, sportsmanship and self-esteem in each of their town players while playing at a competitive level. CGBL serves town programs that organize sixth, seventh and eighth grade teams and 5/6th grade Developmental teams.

Coaches should always be mindful that proper and appropriate court decorum is critical to the success of this League and their individual teams. **They, through their leadership position and as role models, will have a lasting impact on their players that will last well beyond their basketball playing careers.** A lost basketball game should never be regarded as a failure. Success is measured by the skill and emotional growth of **every** player on their teams.

It is hoped that this league structure will significantly reduce league members' time and effort that would be required to arrange an independent team schedule. Suggestions are always welcome.

The CGBL recognizes the commitment and personal sacrifice of time and effort of team coaches and administrators and their families. All are to be commended for doing the right thing for the right reasons. Town team coaches **must** be knowledgeable of the contents of this Manual

We wish you and your girls a fun filled and successful season.

Connecticut Girls Basketball League
Don Longtin, President, 860-643-9165
George Hatzikostas, Commissioner, 860-563-7484
Chris Pick, Commissioner, 860-828-0368

CGBL Mission and Philosophy

Mission Statement

The mission of the Connecticut Girls Basketball League is to provide girls who participate on their town's travel basketball teams, a safe and positive developmental environment in which to play basketball at a fair and balanced competitive level. Paramount is the development of **every** girl both as a basketball player and good citizen. Fair and balanced playing time is advocated.

Safety

1. Most towns do not allow food and beverages other than water in their gyms. Members are advised to honor those local rules
2. Items such as necklaces, earrings, hairpins are not allowed during games.
3. Water spillage on or near the court playing area must be wiped clean immediately.
4. Coaches should have a listing of player phone numbers in case of an emergency where a parent/guardian needs to be contacted.
5. Coaches should be aware of the nearest phone or cell phone. Coaches should have a basic first aid kit and ice packs at every game and practice.
6. Coaches should be aware of special medical needs of their players, e.g., allergies, asthma, etc
7. Coaches are to report potentially unsafe gym conditions to the League Administrators for evaluation and remedy, if required.
8. Never leave a player unattended after a game or practice. Assure that all players have been provided safe transportation.
9. Smoking and alcoholic beverages are strictly forbidden in a game and practice environment.
10. CGBL discourages multiple concurrent games in the same gym within earshot of other game whistles
11. CGBL advocates all its members to perform Background Checks on coaches and administrative staffs
12. Players' names should not be placed on team uniforms. They render the players potential targets for pedophiles

CT. Girls Basketball League

Child Abuse Awareness and Reporting Advisory

Prefix

The Connecticut Girls Basketball League (CGBL) is an association of member towns for the purpose of providing town travel teams basketball for resident girls. CGBL is issuing the following advisory in response to recent Federal and State mandates on reporting Child Abuse incidents CGBL as an advisory entity on this issue. **It is the sole responsibility of each of each members to implement the requirements of the aforementioned mandates as well as to conduct appropriate background checks on its coaches and all other volunteers**

Legislative Mandates

The State of Connecticut and the Federal government both have legislated mandates pertaining to the reporting of instances of Child Abuse by all individuals in positions of interacting with children. The safety and well-being of all participants in the CGBL program is paramount. As adults, we want to ensure that the young people playing in our program are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow

up in a free and healthy environment. As a result of the Federal legislation and combined with Connecticut law, those interacting with children must act as mandatory reporters and therefore, they are required to report or cause a report to be made when, they have reasonable cause to suspect or believe that a child under the age of 18 has been abused, neglected or is placed in imminent risk of serious harm. (Connecticut General Statutes §17a-101a) or where child abuse occurs where a child has had physical injury inflicted upon him or her other than by accidental means, has injuries at variance with history given of them, or is in a condition resulting in maltreatment, such as, but not limited to, malnutrition, sexual molestation or exploitation, deprivation of necessities, emotional maltreatment or cruel punishment. (Connecticut General Statutes §46b-120) or where child neglect occurs where a child has been abandoned, is being denied proper care and attention physically, emotionally, or morally, or is being permitted to live under conditions, circumstances or associations injurious to his well-being. (Connecticut General Statutes §46b-120). With this in mind, we need to better understand what child abuse is.

What is Child Abuse?

Defining child abuse is the first step in battling it. Child abuse can take several different forms:

Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child.

There are many signs of physical abuse. If you see any of the following signs, please get help right away.

Signs of physical abuse in a child:

Physical:

- Any injury to a child who is not crawling yet
- Visible and severe injuries
- Injuries at different stages of healing
- On different surfaces of the body
- Unexplained or explained in a way that doesn't make sense
- Distinctive shape
- Frequency, timing and history of injuries (frequent, after weekends, vacations, school absences)

Behavioral:

- Aggression toward peers, pets, other animals
- Seems afraid of parents or other adults
- Fear, withdrawal, depression, anxiety
- Wears long sleeves out of season
- Violent themes in fantasy, art, etc.
- Nightmares, insomnia
- Reports injury, severe discipline
- Immaturity, acting out, emotional and behavior extremes
- Self-destructive behavior or attitudes

28.3% of adults report being physically abused as a child.¹

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement. Signs of sexual abuse of a child:

Physical:

- Difficulty sitting, walking, bowel problems
- Torn, stained, bloody undergarments
- Bleeding, bruises, pain, swelling, itching of genital area
- Frequent urinary tract infections or yeast infections
- Any sexually transmitted disease or related symptoms

Behavioral:

¹ Statistic provided by Childhelp.org

- Doesn't want to change clothes (e.g., for P.E.)
- Withdrawn, depressed, anxious
- Eating disorders, preoccupation with body
- Aggression, delinquency, poor peer relationships
- Poor self-image, poor self-care, lack of confidence
- Sudden absenteeism, decline in school performance
- Substance abuse, running away, recklessness, suicide attempts
- Sleep disturbance, fear of bedtime, nightmares, bed wetting (at advanced age)
- Sexual acting out, excessive masturbation
- Unusual or repetitive soothing behaviors (hand-washing, pacing, rocking, etc.)
- Sexual behavior or knowledge that is advanced or unusual
- Reports sexual abuse

20.7% of adults report being sexually abused as a child.²

Definition of Child Sexual Abuse. Child Sexual Abuse can be defined as the exploitation of a child by an older child, teen, or adult for the personal gratification of the abusive individual. This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of private parts to a victim and/or victim's exposure of his or her private parts

When a parent or caregiver harms a child's mental and social development, or causes severe emotional harm, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse is a pattern of behavior that causes damage over time.

Signs of emotional abuse in a child:

Physical:

- Delays in development
- Wetting bed, pants
- Speech disorders
- Health problems like ulcers, skin disorders
- Obesity and weight fluctuation

Behavioral:

- Habits like sucking, biting, rocking
- Learning disabilities and developmental delays
- Overly compliant or defensive
- Extreme emotions, aggression, withdrawal
- Anxieties, phobias, sleep disorders
- Destructive or anti-social behaviors (violence, cruelty, vandalism, stealing, cheating, lying)
- Behavior that is inappropriate for age (too adult, too infantile)
- Suicidal thoughts and behaviors

10.6% of adults report being emotionally abused as a child.³

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- Physical neglect and inadequate supervision. Examples of physical neglect:

² Statistic provided by Childhelp.org

³ Statistic provided by Childhelp.org

- Deserting a child or refusing to take custody of a child who is under your care
- Repeatedly leaving a child in another's custody for days or weeks at a time
- Failing to provide enough healthy food and drink
- Failing to provide clothes that are appropriate to the weather
- Failing to ensure adequate personal hygiene
- Not supervising a child appropriately
- Leaving the child with an inappropriate caregiver
- Exposing a child to unsafe/unsanitary environments or situations

- Emotional neglect. Examples of emotional neglect:
 - Ignoring a child's need for attention, affection and emotional support
 - Exposing a child to extreme or frequent violence, especially domestic violence
 - Permitting a child to use drugs, use alcohol, or engage in crime
 - Keeping a child isolated from friends and loved ones

- Medical neglect. Examples of medical neglect:
 - Not taking child to hospital or appropriate medical professional for serious illness or injury
 - Keeping a child from getting needed treatment
 - Not providing preventative medical and dental care
 - Failing to follow medical recommendations for a child

While a single indicator may not be cause for alarm, children who are neglected often show that they need help:

- Clothing that is the wrong size, in disrepair, dirty, or not right for the weather
- Often hungry, stockpiles food, seeks food, may even show signs of malnutrition (like distended belly, protruding bones)
- Very low body weight, height for age
- Often tired, sleepy, listless
- Hygiene problems, body odor
- Talks about caring for younger siblings, not having a caregiver at home
- Untreated medical and dental problems, incomplete immunizations
- Truancy, frequently incomplete homework, frequent changes of school

A crucial step in stopping child abuse before it happens is knowing who might be a child abuser, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone.

Who are the reporters?

The legislatively adopted Federal "Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017" mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. In the case of Glastonbury Little League, this would be ADULT (over 18 years old) Administrators, Coaches, Managers, Umpires, Concession Staff. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties. If an individual suspects a case of abuse within GLL, they should report it within 12 hours of the alleged incident to the appropriate child services organization and/or local law enforcement as well as, GLL President and CT. District 7 Administrator. There is a "safe harbor" for good faith reporting,

Immunity from liability.

Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in "good faith." At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused. Little League policies prohibit retaliation of any kind when a good faith report of child abuse is made. Reports of Child abuse will be handled in a confidential manner by the recipients of those reports.

Resources for Reporting Child Abuse

CGBL President, Don Longtin; little.league01@cox.net; 860-643-9165

Your Local Police Dept

State of CT: DCF; (DCF 136 form) within 48 hours after that, both to the DCF Careline, **1-800-842-2288**. The written report form is available on the DCF website at http://www.ct.gov/dcf/lib/dcf/policy/forms/DCF-136_Rev_05_2015.pdf or one can be requested when an oral report is made to the DCF Careline.

Additional information on Child Abuse Education/Prevention/Reporting

National Little League; www.Littleleague.org/childprotection

The National Center for Missing & Exploited Children's CyberTipline 1-800-THE-LOST (1-800-843-5678)

The Childhelp National Child Abuse Hotline; www.childhelp.org/pages/hotline-home; 1-800-4-A-CHILD (1-800-422-4453)

Stop It Now! www.stopitnow.org/help#contact; 1-888-PREVENT (1-888-773-8368)

No.	Item	Due Date
1	Notice to TCs for membership and info verification	20-Jul-19
2	Response by TCs to Item 1	21-Aug-19
3	Season Fee Due	7-Sep-19
4	Roster spread sheet Submittal Due	7-Sep-19
5	Manual emailed to TC and Posted on line	14-Sep-19
6	Scheduling initiated	15-Sep-19
7	Town Coordinator Meeting Location Gbury	14-Oct-19
8	New CGBL Players Registration & Rosters due	Nov 1 2019
9	Pre-season games optional	2-Nov-19
10	Roster Verification Meeting Location TBD	6-Nov-19
11	Regular season starts	9-Nov-19
12	Last date for roster changes	1-Jan-20
13	Regular season ends-All games must be played	26-Feb-20
14	Post season begins	28-Feb-20
15	Post season ends	8-Mar-20

10. The Head Coach may be off the bench in front of his/her seat within the confines of the designated coaches area to convey instructions to players and substitutes. The referees in the spirit of the game normally enforce this rule if a coach is actually coaching the players but strictly enforced when said coach is attempting to influence game officials or the game itself.
11. The coaching box is outlined outside the court between the scorer's table and the bench.
12. Coaches should address referees only during timeouts or dead ball situations so long as it does not interrupt the flow of the game.
13. Sportsmanship in both success and defeat is of top priority for all participants and spectators. Referees are trained to not tolerate non-sportsmanship like conduct. They may eject anyone demonstrating unruly behavior.
14. In case of injury, affected parents may come out onto the court after being summoned by the referee. Again, this will be enforced in the spirit of the rule depending on the nature of the situation
15. It is highly recommended that no backcourt pressure should be applied by a team having a 20-point or greater lead (14 points in the Developmental Division) or trapping after a 25-point or greater lead (18 points in the Developmental Division)
16. Minimizing scoring in those situations is highly recommended.
17. Coaches should continuously strive to further develop their knowledge of the game and their interactions with young developing players.
18. Coaches should be fully knowledgeable of the CGBL Manual contents and to compete within the letter and spirit of the rules and guidelines contained therein.
19. In keeping with the CGBL Mission Statements, Coaches are urged to allow each of their players to play significant and meaningful minutes in every single game. Significant can be construed to be a quarter and meaningful to be when and if the game is close or on the line.

Players Conduct

2. Players should display good sportsmanship in victory and defeat
3. Avoid fighting and/or excessive physical contact before, during and after games and practices.
4. Do not use vulgar/obscene language to teammates, coaches, opponents, officials and fans/spectators
5. Treat facilities and equipment with care and respect
6. Wear your appropriate team uniform in the appropriate manner with the jersey tucked in and avoid jewelry for your safety as well as others. Treat your coaches with respect and notify them in a timely manner of absences from games and practices
7. Be a Good Teammate

Fan Conduct

1. Help my child achieve her conduct goals by modeling appropriate behavior
2. Behave rationally and responsibly towards all players, coaches referees and other fans
3. Focus more on enjoying the game being played by young athletes than winning and losing
4. Discuss concerns with coaches at an appropriate time and place in an appropriate manner

5. Avoid undermining team morale.
6. Enjoy the game more by learning the rules and nuances of the game of basketball
7. Reinforce the coach's instructions while helping your child develop her personal skills.
8. Practice positive reinforcement. Development of self confidence is critical in developing athletes

Positive Coaching Alliance

CGBL embraces the philosophy and operating coaching decorum as outlined by the Positive Coaching Alliance. This nationally popular program has proven to directly benefit young athletes in a wide variety of sports as well as improving coaching skills beyond Xs and Os.

CGBL is expecting that all team head coaches in its program to successfully the online Double Goal Coach course. The course seats will be funded by CGBL and the Voucher access code will be provided to Town Coordinators. A brief outline of the PCA program is listed below:

- **Double-Goal Coach® Job Description** Remember your responsibilities as a Double-Goal Coach -- to teach and model Redefining "Winner" through the "ELM Tree" of Mastery, Filling Emotional Tanks and Honoring the Game.
- **Positive Charting** This download provides instruction and a chart to help you track the positive plays and behaviors of your athletes.
- **"ELM Tree" Script** This script helps you explain "ELM" -- Effort, Learning and Mistakes -- to your athletes.
- **Emotional Tank Script** This script covers the importance of teammates supporting each other with specific, truthful praise.
- **Honoring The Game Script** This script teaches sportsmanship through an acronym, ROOTS, for respecting Rules, Opponents, Officials, Teammates and Self.

CGBL Program

The following describes the CGBL program which is provided to its member towns and cities:

1. **Number of CGBL Members and League Structure, became effective for the 2016-2017 season, provides an optimized, diverse schedule and renders more meaningful post season tournament seeding.**
2. **League Structure. The League Structure will be as follows:**
 - **The league member maximum will be comprised of no more than 16 member towns**
 - **There will be 2 unique Divisions known as Nutmeg and Charter Oak**
 - **There will be a maximum of 8 members in each Division as assigned by CGBL. Each members 4 levels of team play will reside in the same division**
 - **CGBL DIVISIONAL FORMAT**
 - **Nutmeg: Avon, Bristol, Farmington, Newington, Simsbury, Southington, Tolland, West Hartford**
 - **Charter Oak: Berlin, Cheshire, Colchester, Cromwell, Glastonbury, Rocky Hill, Wallingford, Wethersfield**
3. **Regular season schedule.** There will be a regular season schedule for each member (including pre-admission members, if any). The regular season will begin and end as noted on the League Timeline. Please note that members are required to play its full schedule at every grade level
 - **The Schedule will include a maximum of 22 games**
 - **Division play will include home and away games versus each member to a maximum of 14 games**
 - **Inter-Division play will include a maximum of 8 games, 1 versus each member, 4 home and 4 away. CGBL will endeavor to create a rotating schedule but does not guarantee it.**
 - **Pre-season schedule.** CGBL will provide pre-season games to be conducted during the weekend preceding the start of the regular season. Members are to announce their desire to participate at the annual Town Coordinators Meeting in October. Members are to specify if they wish to play just on Saturday or Sunday or both, Home or Away. The schedule will subsequently be developed and emailed in a timely manner to participating members
1. **Post season play. CGBL will conduct post season play. A Jamboree will be held for the 5th grade Division. The 6th, 7th and 8th grade Divisions will have a similar play down format leading to championship(s) games for their post season tournaments. We will continue to run Blue and White concurrent tournaments for 6th thru 8th grade. Selection process of those who will participate in the Blue vs. White will be communicated at a later date. Tournament games up to and including semi-final games will be played at the higher seeded team's site. The participating teams will fund the referees equitably with the visiting team reimbursing the hosting team for one half of the total referee cost. The League will financially support the referee costs for all the "Final Games." The sites for the "Finals" shall be chosen by CGBL. See the Post Season Tournament Section for more details**

2. **Gym Direction.** A listing of addresses to all members' gyms will be provided on the CGBL web site.
3. **Communications.** A listing of members Town Coordinators with contact information will be provided as well as updated on the CGBL website
4. **Administrative Support.** CGBL can extend organizational support to any requesting member town. The League may also assist members in attaining gym time from their local governing agencies through written and/or personal support to their appropriate town agencies.
5. **Non-League Games.** CGBL will list those available non-member towns with appropriate communication information as a source of extra games beyond the issued League schedule. Members are reminded that League schedule commitments have priority.
6. Replacement members will be considered utilizing a process that includes mutual compatibility, longevity and quality of program and other factors.

CGBL Rules and Requirements

I, ROSTERS

- A. **RESIDENCY.** Team players **MUST** be residents of the town they are participating with. Students in private or public schools that may be located in a particular town are not eligible for that town's teams if she is not bona fide resident of that town. Use of extended family relatives' addresses or business/government addresses is strictly forbidden. First violations will result in the affected team not participating in that season's post season's play and probation for the next season. Second violations will result in team dismissal from CGBL. Upon request of CGBL, the affected TC will provide players birth certificate, and proof of residency in the form of rental agreements, property records, drivers records, and in the case of legal guardians legal documents of guardianship. The TC shall have these documents readily available.
- B. **AGE/GRADE LIMITS.** The minimum grade level to participate in CGBL is the fifth grade. A member may apply for a waiver for a 4th grader on the 5th grade Developmental team only. That waiver application may require documentation of available properly aged players within the member's boundaries. No 4th grader is to be placed on a CGBL roster to the detriment of an available 5th grader. The maximum ages for the grade groupings are listed below. The ages noted are effective by December 31 of the current season.
 - 5th /6th grade Developmental.....11 and 12years old respectively
 - 6th grade.....12 years old
 - 7th grade.....13 years old
 - 8th grade.....14 years old
- C. **ROSTERS.** A player cannot be listed concurrently on two team rosters. Member towns may place lower grade players on higher grade team rosters, e.g., 7th grader on an 8th grade team. A two-grade jump is not permitted (e.g., 4th to 6th, 6th to 8th). Once placed on higher grade team rosters, said players can not play down on lower grade teams, i.e., a 7th grade player on a 8th grade team roster, cannot play on a 7th grade team

for the season in which the decision was made. Use of a non-rostered CGBL player will result of forfeiture of the game that player participated in.

- D. PERMANENT ROSTER CHANGES.** Request for permanent roster changes must have approval from the League prior to revised rosters being used in games. Permanent roster additions will be approved up to February 1st of each CGBL season. Members must petition CGBL for approval. Once approved CGBL verification requirements will need to be provided and approved before the player can participate in any CGBL League Games.
- E. MINIMUM NUMBER OF PLAYERS on a CGBL team roster shall be 9. A member may Petition CGBL to gain an exception to the mandated minimum and receive approval for a roster that has less than 9 players under the following conditions:**
- i) The roster cannot be less than 7 players to participate in Post Season**
 - ii) If your game roster falls under 7 players (see section G on Temporary Players). Note it will be your decision on whether you borrow a player as noted in that section or you decide to play the game with less than 7. High School basketball rules apply in this case.**
 - iii) Member town must be able to prove that all players that registered to play were in fact added to the roster e.g., 8 players tried out and all were taken. This must be done prior to verification meeting.**
 - iv) Member town must commit to foster an environment that league games will be played within the block-scheduling concept.**
 - v) If exception is granted and these conditions are met, team will be in good standing and allowed to participate in the post season**
 - vi) Teams with less than 7 are encouraged to field these teams!**
 - vii) Under this condition a team must have at least 5 players rostered**
 - All conditions noted in E (i) thru E (vii) apply**
 - Teams will play these games as Friendly and as such will be allowed to borrow players from their younger teams without forfeit for the younger team**
 - Teams that are approved and have less than 7 players will not be allowed to participate in the Post Season as they have played their season as “Non League Team”.**
 - Not that the concept here is to keep the core team in tact while member towns search for solutions to make the team in question viable for future seasons.**
- F. COACHES.** Coaches are to be listed on the rosters. These are the only coaches that will be permitted to coach their town teams. Head coaches are expected to successfully complete the CGBL provided Positive Coaching Alliance Course
- G. TEMPORARY PLAYERS** Seven or more players shall be considered as an adequate number of players for League Games. Occasional use of temporary fill in players from a lower grade CGBL member team roster maybe permitted upon prior request and

approval from the League. Names of those players must be identified to the League. The name and number of the temporary will be supplied by CGBL to the opposing team. The number of temporary players shall be only to bring the affected diminished roster to seven players. Game day notice of player shortages may result in forfeiture and if so, will be considered as a “no show”. Players of a higher grade cannot play down e.g., 8th playing 7th grade. Continued use of the same temporary player(s) is not permitted. A player playing up to fill a higher-grade level roster is not permitted to play for her lower grade team on the day that occurs. **Note that in the event that the game rosters are less than 7 players you have the following options:**

- a. **You can request adjusting your roster for the game in question by borrowing a player or players from the younger grade (can only play up 1 year) to bring your roster to 7. Those player (s) will not be allowed to play for their younger grade. Note High School rules apply and games may be started and played accordingly.**
- b. **You may decide to play the game based on High School minimum player rules. As long as you have a League approved roster of at least 7 players, result will prevail and should be updated on the website.**
- c. **If you have a League approved roster of less than 7 players, you may borrow players from the younger team (1 year play up still applies) without impacting the result from the younger team e.g., would not be a violation or forfeit to the younger team. Note under this condition the member team should and will play the game with the understanding that the result will be entered as a 2-0 forfeit.**
- d. **Note 5th grade teams can use 6th graders. Note that members should strive to play the game under these conditions so as to not impact the opponent.**

H. ROSTER SUBMISSIONS Rosters must include the information noted on the included CGBL Roster Form must be submitted by November 1, for CGBL approval. **All Players on the submitted rosters must be registered on the CGBL web site www.ctgirlsbasketballleague.org Players previously registered need not register again. Town Coordinators are to assure that players are CGBL registered.** The rosters must be electronically (emailed) submitted on the CGBL provided Excel formatted spreadsheet. This facilitates the entry of this data into the CGBL web site. Scanned copies, faxes and regular mailed copies cannot be accepted. **Teams cannot participate in any CGBL sanctioned game without previous submittal and approval of rosters. Doing so will result in forfeiture. A TC verification meeting will be scheduled 1 week prior to the start of the CGBL season and will verify the veracity of the submitted rosters. The TC at that meeting will submit appropriate documentation.**

I. TOWN ROSTER INFORMATION A protected version of the CGBL rosters (first name and uniform number)) will be available on the CGBL web site for their use in monitoring members’ player scorebook roster entries at games thus to assure that only CGBL registered players are used in CGBL games

II. LEAGUE REQUIREMENTS

A. NUMBER OF TEAMS. A member town must submit one team for each of the 5th, 6th, 7th, 8th grade levels to be eligible to participate. Towns that do not submit 4 teams will be deemed a probationary program until such time as they meet the minimums. An additional League violation other than the minimum roster numbers and minimum number of team requirements may result in the member becoming ineligible for CGBL affiliation. Examples of “additional league violations are non resident players, violation of use of Temporary players, using resident players that are not rostered etc.

B. SCHEDULE COMMITMENT

1. Each member town must be committed to the League schedule. The schedule is to take priority over tournaments and **non-league** games. The schedule lists the games to be played on given weekends.
2. It is the hometown coordinator’s responsibility to provide the league with requested scheduling template that includes the date, venue and time of each game. Home coordinators should advise any changes to submitted schedules to both the league and to member towns impacted, immediately upon being apprised of the changes.
3. Coordinators should advise member towns contact person a minimum of one week ahead of time as to the date, venue and time of the games.
4. Two or more no shows during the course of a season other than for weather or similar reasonable causes (school closings, etc.) will place a town’s next season membership at risk the following season as well as their participation in post-season play. “No shows” on the scheduled dates is to be reported to the Grade Commissioner immediately. This includes the CGBL “Commissioners” games that may be scheduled.
5. CGBL will generate the schedule on a best effort basis to place all home games in the home team’s site to accommodate its stated gym availability. This is normally Saturdays and/or Sundays. The League will resolve scheduling/gym availability conflicts by utilizing monthly open dates and the transfer of home dates to a visitor’s site. Moving game dates due to subsequently available gym dates must have the mutual consent of both Town Coordinators involved. CGBL must be advised of these date changes so that the web site can be maintained current
6. All regular season games must be played. The schedule must be completed by the **regular season ending** date to facilitate CGBL post-season play.
7. Member towns playing each other in tournaments may, upon mutual consent, apply those games to the CGBL schedule **providing** those games are played

under CGBL rules such as roster rules, use of board certified referees, **stop time**, etc.

8. League games not played on or before the scheduled dates shall be reported as a forfeit (2-0) against the “no show” team and that will stand until the affected game is played.

III. REFEREES

- A. Board certified referees must officiate all CGBL games. A Board Referee that is affiliated with a local CGBL membership in any way, such as a coach, (boys or girls team) administrator, relative to a player or coach is not permitted to referee in that local CGBL memberships games without prior CGBL approval. This practice is discouraged by CGBL and will only be approved in the most urgent of cases.

IV. COACHES AND PLAYER DECORUM

- A. A Coach/player ejected from a game as a result of technical fouls or other reasons shall be suspended from the next scheduled CGBL game. The affected Town Coordinator will implement this suspension. A Town Coordinator ejected from a game faces a more severe suspension as imposed by CGBL leadership, which will consider the circumstances.
 - B. The CGBL BOARD, in conjunction with the affected Town Coordinator, shall review the continued eligibility of a coach/player who receives ejections from two games during a single season. All ejections are to be reported by the Town Coordinator to the appropriate CGBL grade Commissioner within 48 hours of that ejection.
 - C. Any threatening altercations with referees, other coach, players, and fans, verbal and/or physical will result in actions ranging from a minimum of 2 games to season ending suspension.
 - D. While reports on game incidents are welcomed from coaches, referee reports will prevail in all cases in the subsequent adjudication process.
 - E. Unruly fan behavior and language at CGBL games is not in keeping with good sportsmanship, a must in youth sports. Referee reports of such incidents will prevail and will dictate whatever appropriate action needs to be taken by CGBL.
- V. High School playing rules will apply unless otherwise noted. This includes the placement of the scorer’s table adjacent to the players’ benches’
- VI. Home teams are required to provide courts that are of appropriate size and condition conducive to the safety of the players and the proper playing of the game at this level. The League reserves the right to disqualify the use of gyms that do not meet the aforementioned minimum safety requirements. **Cheering/coaching for a team/player by an individual at the scorer’s table is not permitted.**
- VII. Coaches cannot deviate from the above League rules by mutually agreeing to do so prior to or during games.

CGBL reserves the right to suspend/ban any Player, Coach, Town Coordinator and League Commissioner/Administrator for behavior and actions that are detrimental to the well being of the League and its mission

The CGBL Web site
www.ctgirlsbasketballleague.org

The CGBL has a web site whose address is noted above. CGBL members, coaches, players, administrators may visit the site to obtain CGBL news, game result, scheduling, gym directions and to report scores on a weekly basis. Members may use the site to create their own individual information site. Team photos of games and activities may be posted. CGBL reserves the right to remove photos and notations deemed to not being appropriate. Pick up and non-CGBL tournament games are not to be added to the team schedule

Score Reporting

The Town Coordinator or his/her delegate is to report CGBL game results for 6th, 7th and 8th grade no later than two days after said games are played. The procedure for reporting the game results is as follows

Access the CGBL web site

Enter password as requested

On the Home page click on “Team”

On the bar below, the season should read the appropriate season e.g., “2019-2020 Season”

Click on the grade level you are reporting, e.g.,”6th Grade”

Click on Town Team for a drop down menu listing of teams

Click on the affected team

A profile game schedule of that team will appear. Click on the edit button and enter the score of the affected game. Actual game scores are to be reported this season.

CGBL Post Season Tournaments

All CGBL members are required to participate in the League’s post season Tournaments

The following outlines the formats for post season tournament for the three CGBL grade division levels:

5th Grade Division A season ending Jamboree will be held at the end of the season at Kingswood-Oxford. The Jamboree will include skills contests and games. Pairing of teams will be determined at the end of the season. This is a one day event.

All teams are expected to participate **6th, 7th and 8th grade levels**

These three levels will have a similar 2 weekend tournament single elimination format. Based on team records, the first eight teams will be placed in the Blue Flight. The next eight teams will be placed in the White flight. Each flight will play down to two teams during the first weekend (Sat and Sun play). The higher seeded teams have preference to host the games if it has gym availability. The two surviving teams from each flight will meet the following weekend at Kingswood-Oxford for the two corresponding championship games. As most towns pay for gym time, visiting teams will share the referee costs, please be prepared to pay on site. CGBL will fund the championship games referee costs. The site for the final games will be selected from available, well suited, sites that are offered by CGBL members. Efforts will be made to select these sites before Tournament seedings are made. Seeding determination factors will be announced shortly before the start of the tournament

Eligible teams will play in Commissioners' paired consolation games or will be in a play down for white division eligibility, depending on the number of teams participating. Cost payment arrangements are the same for these games.

In case of ties, head to head results will be used to determine seedings. Non-played games will be accounted for as previously described in this Manual.

An Important Reminder

The aforementioned events normally take place during the first two weekends in March. CGBL members are reminded not to allow "March Madness" intrude into our tournaments. Maintaining respect and civility on the part of players, coaches and fans is of the utmost importance for successful tournaments. When concluded, there will be few players who can be proclaimed "champions". With the proper decorum and spirit by participants, all of our girls can be genuinely be proclaimed as "winners!!"

Fifth Grade Developmental Division

Purpose

The purpose of the CGBL Fifth Grade Developmental Division is to provide the opportunity to fifth and in some cases, sixth grade girls, who reside in member towns an opportunity to further develop their basketball skills and participate in an organized and structured program. Some members may elect to have players in both grades or have fifth grade players exclusively. Players on the 6th grade CGBL rosters cannot concurrently participate

at this level. Placing of fourth graders on Developmental teams requires CGBL approval prior to those fourth graders candidates trying out

Scheduling

Scheduling of Fifth grade level will be accomplished by using the CGBL regular schedule.

Rosters

Development teams are to consist of players in grades 5 and 6. Players listed on the CGBL 6th grade teams cannot participate in the Developmental Division.

Guidelines

Fifth Grade team rosters should consist of 12 or more players so as to establish a solid foundation for the members program. All Players should be given nearly equal playing time

Connecticut Girls Basketball League Budget

Connecticut Girls Basketball League Budget	
2019-20 CGBL Budget	
8/05/2019	
Item	Costs
Insurance	\$1,900.00
Trophies/Medals	\$1,750.00
Website	\$800.00
Tournament Refs(now includes semis)	\$1,660.00
Tournament Site(now includes Semis)	\$5,500.00
Administration	\$600.00
Jamboree refs	\$1,440.00
Contingency	\$1,000.00
Total cost	\$14,650.00
Number of Members	16
Gross Cost per member	\$915.00
Current Account balance (7/6/19)	\$1,520.00
Target Year End Balance	\$1,200.00
Carry Over Funds	\$0.00
Carry over allocated per member	\$0.00
Net Cost per member	\$915.00

Town Coordinator

Member Towns are to identify a **Town Coordinator** to facilitate the conduct of CGBL. This individual will supply CGBL with his/her name, address, phone number(s) and email address. The responsibilities of the Town Coordinator are as follows:

1. Confirms their town's home and away game scheduling information with other Town Coordinators a minimum of two (3) weeks prior to the related game date.
2. Simultaneously reports the 3 grades' game scores to the CGBL web site no later than 2 days after the scheduled game date. Use of the CGBL provided game number is required.
3. Relay CGBL email messages to his/her coaching staff and sponsoring agency
4. Attend CGBL meetings as required
5. Advise CGBL of any change in gym directions
6. Approve and submit Team Rosters to CGBL
7. Supplies copies of CGBL Manual also including coaches' contact information and League schedule to each coach in his/her town program. May be accomplished electronically.
8. Reports game incidents to CGBL, specifically to the grade commissioner where appropriate.

Sixth Grade: Don Longtin

Seventh Grade: Chris Pick

Eighth Grade: George Hatzikostas

Fifth Grade: Don Longtin

General Guidelines

1. Coaches are to have a copy of the there League approved rosters in their possession at every game.
2. Teams having home and away uniforms are requested to bring both sets of uniforms to games in the event an opposing team has a similar color.
3. **Participating teams are urged to provide all of their player's significant and meaningful playing time in each and every game.**
4. CGBL highly recommends towns conduct background checks on members of their coaching staffs. This normally can be accomplished without charge by submitting names and date of births to local police departments and accessing the national sex offender register at www.nsopr.com
5. For general Schedule questions, contact League Schedule Coordinator, Don Longtin at 643-9165 or email: little.league01@cox.net
6. For reporting game incidents, contact a member of the League Review Board; George Hatzikostas, 860-563-7484, Chris Pick 860-828-0368, Don Longtin, 860-643-9165.
7. There will be end of the season Tournaments or Jamborees at all four division levels. Teams will be seeded according to team records. These will be held in early March. Coordinators are required to report their team records to their Grade Division coordinator on a weekly basis. Lack of reporting may result in improper seeding and/or tournament non-participation.

Town Application Form

The Town Application Form, included in this Manual, is to be submitted along with the appropriate League fee by the date indicated on the form. It is important that the information on the form is correct, especially the number of teams and the gym availability. League scheduling, based on this information will be initiated after the submittal date.

CGBL Roster Form

An electronic version of the CGBL Roster Form is to be mailed to all Town Coordinators. It is in an Excel spreadsheet format. This form is to be completed by the Town Coordinator and submitted electronically to little.league01@cox.net by the date indicated on the form. All team rosters are to be combined and included on the single submittal. Some Instructions: The name of the member town is to be completely spelled out in full for every player. The Grade Team is to be noted with 6, 7 or 8 with Developmental team with a 5. Complete all town rosters on one single form
After the player rosters are completely entered add the coaches names at the bottom of the form, which is to note First and Last Name, Town, Grade Team, Street Address, and Phone Number. Place a "C" in the "Uni #" column to indicate "Coach"

This protocol should simplify and standardize the roster submittal process. It enables CGBL Administrators to combine and manipulate this data and minimizes much data entry and inherent potential errors. Completeness and uniformity are critical.

A protected version of all the rosters (Last Name and Uni# only) will be submitted to all Town Coordinators to monitor game rosters used by members at CGBL Games. These protected rosters will not be posted on the CGBL Web Site.

The Town Coordinator is responsible to verify the credibility and integrity of the submitted rosters by placing an “X” under the appropriate “Residency”, “Age” and “Grade” columns. This indicates that the TC has in his/ her possession verifying documents. . These documents are to be presented at the Roster Verification (RV) Meeting.

Schedule

1. The League schedule strives to allow participating towns, **by scheduling** their multiple teams as a group, to efficiently use their gym availability and referees. The schedule generated is basically for all **four** grades that every participating town is expected to field. A total of 22 games are scheduled for each team. **As previously described, the combination of inter and intra divisional play yields 22 games for all members.** An average of one bye weekend per month is provided for makeup games, non-League games or to enter tournaments. [SEP]
2. **Members will be provided an uploaded formatted home game schedule worksheet where members are to list their game start times and gyms for each grade's games. Members are required to complete these worksheets and submit them to CGBL no later than November 1. CGBL will upload these submittals onto the web site, which results in the total Home/Away schedules being available to all members. Delinquent submittal by one member impedes this process for all members.** [SEP]
3. **CGBL solicits the weekend gym availability from its member before the scheduling process begins. Members declare whether they have Saturdays or Sundays or both for their gym availability. Based on recent survey of member preference, priority is given to assigning home games to a host member when that host member has gym availability. Secondary consideration is given to achieving a balanced home/away games on an alternating Home/Away Intra-divisional play from season to season.** [SEP]
4. **It is the CGBL standard that all the four grade teams play on the same scheduled date and gym.**[SEP]
5. **Should a game be postponed for various reasons, the two affected teams are coordinate a make up as soon as possible and advise CGBL of the new date and gym and times so that the web site master schedule can be uploaded** [SEP][SEP]

About Our Girls' Playing Time

Proposed Local Member Minimum Playing Time Policy

CGBL continued to receive comments and complaints from its players' parents on the lack of significant and meaningful playing time. There was an upswing this past season especially during the end of the season Tournaments. CGBL does not have any mandate dictating players playing time, as it is nearly impossible for a travel league such as ours, to monitor, verify and adjudicate. Additionally, we recognize local player issues such as missing practices/games, player demeanor and effort, etc, are factors in considering playing time. However we have consistently urged CGBL members to allow its players play significant and meaningful minutes in every single game. The PCA course is a means to that end. Lack of such quality time is a prominent factor in girls not returning to basketball and some programs facing dwindling interest and numbers.

We also recognize some members and or coaches already see the value of every girl getting playing time in every game and we tip our hats to those folks. If you currently have documented playing time rules, please share them with us, they may well be superior to what we are proposing.

In taking the next step towards the stated playing time goal without issuing a CGBL mandate, we are proposing that each member adopt the following playing time policy within their local protocols. It would be within the local purview to adopt, monitor, verify and adjudicate by the member's local leadership. Reporting of the latter to CGBL would not be necessary as it would be a local matter.

The Proposed Local Policy:

Each player on each grade team must play in a minimum of one quarter in every game, including tournaments and post-season play. Coaches are urged to make those significant minutes. Reductions from the minimum playing time maybe implemented only with prior approval from the Travel Board. Considerations for reduced minimum playing time are inexcusable absenteeism from practices and games, demonstrated poor effort and similar behavior. Excusable absenteeism is injury, illness, religious and serious family obligations and commitments to educational requirements. The veracity of the player declared reasons for absenteeism is critical.

This policy is to be made known to all players and parents. Coaches are urged to pro-actively communicate with parents to avoid impending potential playing time reductions. Parents are in turn urged to be pro-active in communicating with their player's coach on the perceived lack of implantation of this playing time mandate.

CGBL Group Purchase Discounts.

Dick's Sporting Goods partially sponsors the CGBL post-season expenses. Our partnership with them calls for Dicks to hold a CGBL Dicks Sporting Goods Appreciation weekend during the season's opening weekend. All CGBL players will be sent a flyer (must be registered on the web site) with which they can obtain a 20% discount on all items at all Connecticut locations