

November 27-29	No practice/ Thanksgiving Break No practices or games
Saturday, December 7	First Day of Season Games
Saturday, December 14	Second week of season
December 23 – January 3	Schools closed for Christmas Break No practices or games
Saturday, January 11	Third week of season
Saturday, January 18	Fourth week of season
Saturday, January 25	Fifth week of season
Saturday, February 1	Sixth week of season
Saturday, February 8	Seventh week of season
Saturday, February 15	Eighth week of season

Saturday, February 22

Nineth week of season

Saturday, March 1

Tenth week of season

Sunday, March TBA

Coaches meeting for tournament

Saturday, March TBA

Tournament Final DN

Warren North Basketball League

2024-2025 Basketball Board

Position	Name	Number	Email
President	Levi Smith	270-202-2975	levi6259@gmail.com
Vice President	Brett Meredith	270-576-7505	brett.meredith@outlook.com
Secretary	Valarie Carter	270-709-5615	valarie.carter17@yahoo.com
Treasurer	Amy Arnett	270-991-6585	amy.arnett@live.com
Primary Commissioner	Brett Meredith	270-576-7505	brett.meredith@outlook.com
Division I Commissioner	Rick Flora	270-202-3854	richardwflora@gmail.com
Division II Commissioner	Allen Priddy	270-784-4229	jpriddy0018@gmail.com

Division III Commissioner	Telly Dunn	270-901-9413	tellydunn22@gmail.com
Division IV Commissioner	Todd Frank	270-202-3196	erictoddfrank@gmail.com
Girl's Commissioner	Constance Anderson	270-791-1297	constanceguess@yahoo.com

Commissioner at Large

Warren County Parks and Recreation Director

Chris Kummer

270-791-1860

chris.kummer@ky.gov

Facilities Superintendent

Joey Gott

270-855-9397

Joseph.gott@ky.gov

On February 10, 2015 concerned citizens of Northern Warren County elected officers and formed the Warren North Basketball League. The Warren North Basketball League will be comprised of participants from Northern Warren and Southern Edmonson County that will be governed by the rules and regulations printed hereafter in the Parent/Player Handbook.

Warren North Basketball League

Constitution & By-laws

The Warren North Basketball League (WNBL) is a non-profit organization founded for the purpose of providing children interested in basketball a chance to play basketball under a properly organized and supervised program.

Article I – Name

The official name of the organization is the Warren North Basketball League (WNBL)

Article II – Affiliations

The WNBL will not be associated with any nationally recognized basketball association.

The WNBL will maintain an affiliation with the Warren County Parks and Recreation (WCPR) and will act in compliance with WCPR rules and regulations in all operations. When there is a conflict with rules and regulations between the WCPR and WNBL, the WCPR rules will prevail.

Article III – Objectives and Principles

The objectives of this organization will be to promote, develop, supervise and voluntarily assist the youth in the game of basketball, while stressing the importance of integrity, sportsmanship and fair play causing a wholesome and enjoyable recreational activity for participants.

Article IV – Governing Body

The league will be governed by a Board of Directors that consists of the President, Vice-President, Secretary, Treasurer, Division Commissioners, representative of the WCPR department and at large directors. The executive committee will consist of the President, Vice-President, Secretary, and Treasurer. The membership is made of all the parents who have paid registration fees (1 vote per family by parent/guardian, regardless of the number of children in that family who register). The Board will be elected at the end of each season for the following year.

The Board of Directors will make decisions concerning league play, policies, procedures, and/or regulations based on the constitution, by-laws, WCPR, rules and regulations.

The Board will set registration fees based on the financial needs of the league.

All league policies, rules, by-laws, procedures, etc. will be governed by the Constitution and By-laws. The constitution may be changed only through the process described here. A member of the WNBL may make motion to the Board in writing of the desired change to the constitution. The Board will review and vote on the proposal. A majority vote will be required for the proposal to be presented to the membership. A membership meeting will be held no less than one time per year (usually prior to the beginning of the season). Two weeks' notice will be given to the entire membership announcing the time and location for the meeting. A member of the WNBL may also make motion to change the Constitution from the floor during a membership meeting.

By-laws may be changed by a majority vote of the Board of Directors in attendance at a scheduled Board meeting.

A majority of Board Members will constitute a quorum. A quorum must be present to conduct any official league business.

Article V – Board Officers

BOARD OF DIRECTORS – The management of the property and affairs of the league shall be vested in the Board of Directors. The Directors shall assume responsibilities upon the completion of tournament and all-star play and shall continue in office until their successors have been duly elected and qualified. The Board's membership will consist of members listed below with the duties as outlined for each. A Board Member may be dismissed by a two-thirds vote of the remaining Board Members for unsatisfactory performance of his/her duties, violation of the League or WCPR code of ethics, or missing three consecutive Board meetings. Any Board vacancy will be filled by the President with approval of the executive committee.

PRESIDENT – The duties of the President will be to....

1. Preside at all league meetings.
2. Assumes full responsibility for the day to day operations of the league.
3. Receives mail, supplies, and other communications to the league.
4. Assure that all league personnel are properly trained on all rules, regulations, and policies of the WNBL.
5. Propose league budget.
6. Handle all protests and communicate with the Parent Advisory Board.
7. Call league meetings, including but not limited to Board meetings, membership meetings, registration, drafts, and coaches training.

VICE-PRESIDENT – The duties of the Vice-President will be to

1. Preside in any and all meetings and league business in the absence of the President.
2. Is an official member of all committees.
3. Carries out duties and assignments as assigned by the President.
4. Organization and coordination of uniform ordering and distribution.
5. Other duties as assigned by the President.

SECRETARY – The duties of the Secretary shall be to

1. Maintain a register of members and directors.
2. Record the minutes of the meetings.
3. Communicate meeting time and location to directors and members when appropriate.

4. Maintain record of league activities.
5. Other duties as assigned by the President.

TREASURER – The duties of the Treasurer shall be to

1. Monitor the budget.
2. Dispense league funds approved by the President.
3. Sign Checks.
4. Reports on the status of league finances to the Board of Directors.
5. Maintain league books and financial records.
6. Procure and maintain insurance at the direction of the Board of Directors.
7. Other duties as assigned by the President.

DIVISION COMMISSIONERS – There will be one commissioner for each of the following leagues: Primary, Division I, II, III, IV and girls. Commissioners for other divisions will be members of the Board of Directors. The duties of the commissioners shall be to....

1. Collect all applications for league participation for their prospective division.
2. Organizing applications for drafting procedures.
3. Determining team size and number of teams per division.
4. Act as a liaison between the Board of Directors and the membership of their prospective division.
5. Handle all day to day operations of the prospective divisions, including but not limited to practice schedules, game schedules, coach recruitment and training, and any other league business.
6. Responsible for keeping all scores and league standings.
7. Report to the Board any issues or problems with their prospective division in a timely, objective, and professional manner.
8. Other duties as assigned by the President.

COMMISSIONER AT LARGE – The commissioner at large will serve as a voting member of the Board of Directors and shall fulfill whatever duties are assigned by the President.

PARENT ADVISORY COMMITTEE – If interest in participation warrants, the parent advisory committee will be made of one parent representative from each team from each division and will elect from its membership a chair person. The chairperson will act as a liaison for the parent representative to the Board of Directors and the parents of their prospective division. The Parent advisory representative will be responsible to

1. Act as a liaison between the parents of their division and the Board of Directors on all matters pertaining to league operations.
2. Assuring that necessary information is communicated to all parents.
3. Be responsible for acting as a clearinghouse for problems and/or suggestions from parents.

A team parent committee member may be replaced by a petition of 60% of the parents from his/her team or may be replaced by the Board of Directors for non-participation or non-administration of their duties.

Article VI – Formation and Division of Teams

The league will consist of children that meet the following qualifications

- PRIMARY league – **LEVEL 1** – Pre-K and Kindergarten children who have not reached 7 years of age prior to August 1; **LEVEL 2** – 1ST and 2ND graders who have not reached 8 years of age prior to August 1ST. (If numbers are not high enough, these two leagues may be combined)
- DIVISION I – 3RD and 4TH grade children who are between the ages of 8 & 10 years of age on August 1ST.
- DIVISION II – 5TH and 6TH grade children who have not reached the age of 13 by August 1ST.
- DIVISION III – 7TH - 9TH grade youth who have not reached the age of 17 by August 1ST.
- DIVISION IV – 10TH – 12TH grade youth who have not reached the age 19 of by August 1ST.
- GIRL DIVISION I – 3RD – 5TH grade girls who have not reached the age of 12 by August 1ST.

Article VII – Team Responsibilities

Teams and players will abide by the following guidelines:

1. No team may begin practice until the Board of Directors gives them permission to do so.
2. There will be no changes, alterations, or revisions to the practice schedule without prior permission of all the Board.
3. Teams may have no more than one scrimmage prior to the beginning of the season.
4. After the season begins, teams may have no more than three contacts per week (Monday through Sunday, including games).
5. When school is not in session for any reason (snow, holidays, etc.), there will be no practice, scrimmage, or games. Violation of this rule will result in dismissal of the Coach.

Article VIII – Warren County Parks and Recreation Department Code of Ethics

Any individual participating in a WNBL sponsored event (including practice, game, meeting, tournament, all-star event, etc.) will be responsible to follow the Code of Ethics adopted by the Warren County Parks and Recreation Department and will be subject to the disciplinary standards of this Code of Ethics. That code is recreated here, but changes implemented by the WCPR will prevail if a conflict arises.

This Code of Ethics has been adopted and approved by Warren County Fiscal Court (WCFC) and adopted by Warren County Parks and Recreation Department (WCPRD) and applies to all managers, coaches, supervisors, sponsors, participants, players, administrators, officials, parents and spectators attending programs, activities, and functions of WCPRD or Warren County properties.

Youth sports leagues chartered with WCPRD are independent organizations from WCPRD and WCFC. Any individual who has been ejected by a league or found in violation of a league's bylaws is subject to penalties set forth in its own bylaws.

ANY VIOLATION OF KY REVISED STATUTE OR CRIMINAL CODE will be considered independent of WCPRD Code of Ethics and will be investigated and/or handled by proper legal authorities. WCPRD, WCFC,

W.C. Sheriff's Office, and W.C Attorney's Office have authority to change and/or alter all items listed in the WCPRD Code of Ethics to ensure public safety and to enforce Kentucky state, local, and county laws, ordinances, rules, and policies.

Article I. VIOLATIONS

- A. Cursing (malicious or otherwise, verbally, written, or electronically via email, text, social media, or other communication or by physical gesture) at another manager, coach, supervisor, sponsor, participant, player, game official, parent, spectator, administrator or official of the Warren County Parks and Recreation Department.
- B. Pushing, hitting, striking, physical assaulting, or threatening (verbally, written or electronically via email, text, social media, or other communication or by physical gesture) of or by a manager, coach, supervisor, sponsor, participant, player, official, parent, spectator, administrator or official of the Warren County Parks and Recreation Department.
- C. Drinking or being under the influence of alcohol or illegal drugs, or any controlled substance while on WCPRD or W.C Public School premises before, during or after an event.
- D. Acting in an irrational or disorderly manner, harassing, menacing, or making a public spectacle or nuisance of oneself before, during or after a scheduled event.
- E. Vandalism, damage, or defacement of WCPRD property or Warren County properties
- F. Reckless driving in a motorized vehicle and irresponsible driving which may pose an imminent danger to patrons including burn outs, racing and non-compliance with posted speed limit signage on WCPRD grounds.
- G. Being ejected by a league program conducted on WCPRD property.
- H. Inappropriate contact with a minor, sexual abuse, theft, wanton endangerment.

Anyone found in violation of these Code of Ethics may be prosecuted in accordance with Kentucky Revised Statutes for criminal offenses that meet the descriptions above.

Article II. PENALTIES

All WCPRD Code of Ethics violations are subject to review by WCPRD Administration/Director, WCPRD Assigned Deputy, W.C Sheriff's Office, and W.C. Attorney; and these entities have full authority to adjust, change, alter, modify, and extend all penalties, length of dismissals, and/or suspensions.

Penalties for Violation of Article I. A:

1. First Offense: Dismissal from all WCPRD properties, events and functions for 24-hour period from time of infraction.
2. Second Offense: Dismissal from all WCPRD properties, events, programs, and functions for period of zero (0) to six (6) months from date of infraction.
3. Third Offense: Dismissal from all WCPRD properties, events, programs, and functions for a period of zero (0) to twelve (12) months from date of infraction.

Penalties for Violations of Articles I: B, C, D

1. First Offense: Dismissal from all WCPRD properties, events, programs, and functions for a period of zero (0) to six (6) months from the date of infraction.
2. Second Offense: Dismissal from all WCPRD properties, events, programs, and functions for a period of zero (0) to twelve (12) months from the date of the infraction.

Penalties for Violation of Articles I: E, F, H

1. Dismissal from all WCPRD properties, events, and functions until the criminal investigation by County Law Enforcement, W.C. Attorney, and WCPRD has been concluded and verdict confirmed. If found guilty, penalty will be permanent dismissal from all WCPRD properties, events, and functions.

Penalties for Violations of Articles I: G

1. First Offense: Dismissal from all WCPRD properties, events, programs, and functions for a period of zero (0) to six (6) months from the date of infraction.
2. Second Offense: Dismissal from all WCPRD properties, events, programs, and functions for a period of zero (0) to twelve (12) months from the date of the infraction.

ARTICLE III. APPEALS

- A. Anyone who has violated WCPRD Code of Ethics and has been disciplined accordingly has the right to appeal before the WCPRD Advisory Council Incident Review Committee. **Violation of Article I – E, F H are non-appealable (see penalties above).**
- B. All decisions rendered by this Committee will be final and enforced by WCPRD on its properties.
- C. Anyone requesting a WCPRD appeal acknowledge that appeals are not granted on weekends and that they must allow for a responsible amount of time to set up the meeting based on committee members' availability.
- D. Anyone requesting a WCPRD appeal to the Incident Review Committee must follow the appeal process set forth by the WCPRD Incident Review Committee. Failure to follow the process will result in denial of the appeal. See appeal process on website: warrencounty.gov
- E. Anyone disciplined by a League for infractions of said league's rules and/or bylaws must go through that league's appeal process. This process is separate and independent from the WCPRD appeal process. Leagues are responsible for their own judgements and disciplinary action taken on individuals who violate league-specific rules.

All Technical Fouls called against coaches or players shall be reported to the League Board of Directors or WCPR in writing by the Official calling the technical foul at the end of the game or before the Official calling the technical foul at the end of the game or before the Official leaves the gym. A coach or player receiving two (2) technical fouls in a single game will immediately begin a one (1) week, seven (7) day and one (1) game suspension. The decision of the Official in calling technical fouls is final and NOT subject to protest.

Violations of any of the above rules may result in suspension of privilege to participate in WNBL or WCPR activities. Length of restrictions will be determined by the Board of Directors and subject to appeal ONLY to the WCPR.

An individual restricted from participation in WNBL is not to attend any WNBL sponsored event including but not limited to practice, games, tournaments play, all-star events, meetings, awards, ceremonies, etc.

Article IX. Protests – Officials/Rules

1. Judgement decisions of the referee (any foul calls, out of bounds, violation of any rule of play, etc. are **NOT** subject to protest).
2. Protest of a rule interpretation, ineligible player, score, foul count, possession arrow, etc. may be made **ONLY** by the Head coach to a referee before the next time the ball is put into play. Once the ball has been put in play all protests are void (if situation is ongoing (i.e. ineligible player) the coach may initiate the protest whenever the violation is discovered, but the situation may only be corrected at that time. Time played is not subject to protest).
3. The referee may make decisions about anything not specifically covered in the WNBL rules of play. These decisions are not subject to protest.
4. Ejection from a game, and the subsequent minimum suspension, by a referee or other park official is **NOT** subject to protest.
5. Once a coach files a protest, the referees will meet along with the ranking Board Member present at the game to discuss the situation. The decision of the Board Member will prevail and the game will continue. There will be no further protest. In the event no Board Member is present at the game the decision of the Lead Referee will prevail and will be final. The Lead referee will notify the League President of the protest within 24 hours.
6. If a protest concerns game statistics, the official scorekeepers' book will prevail unless both teams' books are different than the scorekeeper, but agree with each other.

Article X. Awards

Awards shall be determined for each division by the Board of Directors based on the availability of funds.

Article XI. Selection of Coaches & Duties

The Head coach is selected by the Board of Directors upon recommendation of the Division Commissioner. The assistant coaches may be selected by the Head coach, but must also be approved by the Board of Directors.

Each team may have one (1) Head Coach and two (2) assistant coaches.

All head coaches must be at least 21 years of age and assistant coaches must be at least 18 years of age to be a coach.

A coach will not give profits or pay any player or coach. Any coach in violation of this will be dismissed from the WNBL.

The duties of the Head Coach will be to

1. Monitor and control the conduct of his players, coaches, and spectators, during all league sponsored activities.
2. Deliver a roster and other records to the commissioner of the appropriate division.
3. Ensure that all players are eligible for play.
4. Ensure that only the Head coach, one (1) assistant and players are seated on the bench during the games (a second assistant may sit at the scorekeeper's table during tournament games to keep score and statistics, but may not interact with team members).
5. Ensure that players are in proper uniform before they are permitted to play.

6. Successfully complete the coaching clinics and certification designated by the Board of Directors.
7. Read and agree to the constitution and by-laws/rules, regulations, and code of ethics of the WNBL and WCPR prior to any coaching duties.

Article XII. Team Duties/Regulations

Warren County Parks & Recreation delegates practice slots and gym availability. Ideally teams will hold a minimum of four (4) practices and a maximum of seven (7) practices before the first game of the season. No practice shall exceed one and one-half hours. Teams shall practice no more than two (2) times per week. A scrimmage game will be considered a practice. Any team who violates the practice is subject to sanctions by the Board including removal of the coach and/or forfeiture of game(s).

Article XIII. Formation of Teams – Try-Outs & Draft

1. All eligible players will be drafted.
2. Players not available for try-outs will be drafted by random selection.
3. Players are re-drafted each season.

Draft Procedure

1. A coach with a child will be the 1st pick of the draft
2. A child of an assistant coach will be the 2nd pick of the draft
3. Any subsequent children of the coach or assistant coach will hold the 3rd pick slot of the draft
4. Hat picks of the players that were not able to attend try-outs will be allowed to be drawn during round 5 of the draft.
5. Coaches will draw numbers for draft order. Draft will be done using snake procedure:
 - a. Round 1: #1, #2, #3, #4
 - b. Round 2: #4, #3, #2, #1
 - c. Round 3: #1, #2, #3, #4
 - d. Round 4: #4, #3, #2, #1...etc.
6. Any players registering after team selections or failing to be at team selection will be placed in a special pool for the school where they are signed. The Board of Directors will assign players from the pool to teams for the school in any division (boys and girls) which does not have a full roster by blind draw.

Warren North Basketball League

By-Laws, Rules, & Regulations

Rules Governing Play

Practice & Game Times:

1. All games will be played according to the dates, times and locations established by the Board of Directors. This includes regular season, tournament and all-star games.
2. Only the WNBL President and the Director of the WCPR may cancel or postpone game (s), and/or alter the game schedule due to school schedule changes, inclement weather, holidays, etc.
3. Division I will have a seven (7) minute running game clock. Division II will have a eight (8) minute running game clock. Division III & IV will have a nine (9) minute running game clock. Divisions I, II, III and IV will stop the last minute of every half according to regular clock mechanics.
4. Half time will be five (5) minutes in all divisions and a ten (10) minute warm-up period will precede all games.
5. A tie game at the end of regulation play will result in a 2:30 minute overtime period for Division I and three (3) minute overtime period for Division II, III, IV. If still tied, the procedure will be repeated until a winner is determined.
6. **ALL GAMES WILL COUNT!!** BUT, **ONLY** division games will count toward division standing. A tie in division standings at the end of regular season play will be broken by the game played between the two teams that are tied. If we have a three way tie in the division standings, the tie will be broken by using the AAU tie breaking method.
7. Division I will shoot free throws from 12 feet from the basket.
8. Division I will be allowed 5 seconds in the lane on offense.

Forfeiting a Game

1. A game forfeiture will occur if
 - a. A team does not arrive at the scheduled game time.
 - b. A team in Division I, II, III, IV does not have at least four eligible players to begin the game.
 - c. The lead referee in the performance of his/her duties decides that the behavior of one team (including players, coaches, and spectators) is too disruptive or unsportsmanlike for the contest to maintain its integrity.
 - d. In the event of a double forfeit, both teams will be charged with a loss.
 - e. A team having a third forfeit will be ineligible for tournament play.

Equipment

1. Primary divisions will use a Jr. Youth size ball (27.5). Division I and II will use the youth size basketball (28.5). Division III & IV will use regulation size ball.
2. Players must be in proper uniform with jersey tucked into shorts to be eligible to play. No writing on uniform. No cutting or tearing of uniform.
3. Uniforms shall consist of the following: Jersey, shorts, socks, tennis shoes. A minimum of four to six inch number on the front and six inch number on the back of jersey is required.
4. Goal height for primary I will be 8 ft., Division I will use 9 ft. goal height and all other divisions will use regulation height.

Required Play Time

1. Players in Division I and II, III, & IV must participate in two full running quarters (buzzer to buzzer) unless injury, medical impairment, or fouls prevent them from remaining eligible to play. If a team has six (6) or more players, each player **MUST** sit an entire quarter (buzzer to buzzer). Information will be kept by the scorekeeper during the game. Failure to play a player the required time or sit the required time will result in the head coach being ejected from that game. The game will continue to be played but will be listed in the book as a forfeit. The coach will be suspended for one (1) game. If a second offense of playing time occurs, the coach will be suspended for the rest of the season. The protest of the playing time violation during a game must be brought to the attention of the head official by the opposing coach during the game. The Board of Directors will review the protest and the game may be forfeited if valid. It is the responsibility of the head coach to see that every player plays the required time if eligible. If deemed necessary by the Board of Directors, the coach may be dismissed from the league activities.
2. Players set for medical impairments, injury or disciplinary reasons will have to be approved by a commissioner that does not have interest in that game. If the medical impairment is temporary, the player may return to the game in the next quarter. If the temporary set is approved by the commissioner, the sat quarter will count as that child's buzzer to buzzer. If the board feels a coach is taking advantage of the situation, this coach will receive a warning and dismissal if found sitting a player for unnecessary reasons. Medical impairments will not be recognized in tournament play.
3. Coaches may restrict a player's playing time for disciplinary reasons, but if play time is to be reduced or suspended due to non-participation in practice, fighting, cursing, injury, medical impairment, etc., the coach must contact the parent and Division Commissioner prior to the contest with explanation. Players attending any school activity or function is **NOT** a reason for any disciplinary action.
4. A player arriving late (after initial tip) loses his right to participate in the game. The coach may use his own discretion toward playing the late individual, but will be held accountable for play time rules based on the number of players present at the opening tip.
5. Tournament play – Play time for tournament play will be the same as during the regular season with the exception that Division I, II, III & IV are only required to play one full quarter rather than two.
6. At the discretion of the referee, any effort to manipulate the play time regulations by faking an illness, fouling out intentionally, or encouraging another to do so may result in a technical foul assessed to the head coach and/or player and removal of the offending player and/or coach. This removed player may not be replaced.

7. There will be no required playtime in all-star play.

Full Court Press:

1. Division I can press the last minute of each quarter and the entire 4th quarter, unless they are winning by 10 or more points. Division II and III can press anytime unless they are winning by 10 or more points.
2. The officials have the ruling power to decide if contact is incidental or a set planned defense resulting in contact on a dislodged ball on defense initiated loss of possession. **Definition of press:** A press is defined as one or more players making a conscious and obvious effort to **APPLY PRESSURE** on the ball in the backcourt. Two players struggling for a loose ball or making contact to the ball immediately after possession is **NOT** a press and is **NOT** an illegal defense. If a player gains possession and then throws the ball to the other team in the backcourt, this is **NOT** a press or an illegal defense. This is a loose ball.
3. Division I teams behind 20 points may press at any time until they return to a 10 point deficit.

Roster Regulations

1. Maximum of 8 players per team; unless approved by the Board of Directors.
2. Official team roster must contain name, address, school district, date of birth, age, & grade. Players appearing on the official team roster will play for that team the entire season unless otherwise provided by the Board of Directors.
3. A player may not participate on an elementary, middle or junior high, or high school team while participating in WNBL.
4. No eligible child will be denied the opportunity to participate upon proper registration. Late registrants will be distributed to teams by the Division Commissioner as needed and are **NOT GUARANTEED** a team in their school district or to play at all.
5. Registering after the final deadline will be placed on a waiting list and assigned to a team as the needs of the league dictate, but are **NOT GUARANTEED** a right to participate if no spot becomes available.
6. Eligible children and youth will be grouped as follows for the purpose of team assignment:
 - a. The school district of residence
 - b. Private school children will play for the school in the district in which they reside.
 - c. Children/youth residing outside Warren County or attending city schools will be placed in school districts as needed to even team schedules. These children will be grouped as a whole when possible.
7. A school with fewer players than necessary to form at least two teams will be grouped with another school for try-outs and draft purposes.
8. Each team can provide a scorekeeper to sit at the scorekeeper's table. Any protest of game statistics will be reviewed **ONLY** with the team and official score book.
9. An individual restricted from participation in WNBL is not to attend WNBL sponsored event including but not limited to practice, game, tournament play, all-star events, meetings, awards ceremonies, etc.

Primary Basketball Rules

1. Each team will get one (1) hour practice time during the week which will be scheduled by the Parks & Recreation office and 15 minute pre-game warm-up time prior to playing their game.
2. Scoreboard is reset to zero at half time. Scoreboard will also be reset in a half if one team acquires a 20-point lead.
3. Coaches will referee primary games. They are to enforce out of bounds, guarding same color wristbands, no pressing, and hard fouls. Try to encourage dribbling BUT only one (1) dribble per half court is required.
4. Players must guard their color wristband. No double-teaming defense. Referee may opt to sit player if player continues to ignore this rule.
5. Running 6 minute quarters.
6. Coach may call time around three (3) minute mark of each quarter to sub.
7. Players line up at mid-court facing the basket they score in. Align with opposing wristband color. This is to begin each quarter.
8. Jump ball begins game with alternating possession to start subsequent quarters. Ball is thrown in from offensive baseline to begin subsequent quarters.
9. Defense applied only after ball crosses midcourt.
10. Player must attempt to dribble. At least one dribble before and after crossing midcourt. Player must dribble at least once each time he crosses entire lane. Violation of this rule results in a turnover.
11. Enforce hard fouls and hanging on the arms. Allow one (1) shooting foul per half per team.
12. Only water bottles with lids are allowed on the bench. No cups of any kind.
13. Fast break situation: All 10 players must be across half court for the arm band rule to be in effect.
14. Each player will play two (2) full quarters.
15. Each team will provide a roster of participating players to the scorekeeper prior to each game.

Concussion Protocol

A. Evaluation and Diagnosis

Concussions can be challenging to diagnose, as symptoms can mimic those of other conditions or may be missed entirely. Diagnosis typically occurs in the emergency room setting or on the athletic field following the fall or head impact. This involves three basic steps:³

- Interviews evaluate any loss of memory of events before the incident (retrograde amnesia) and afterward (anterograde amnesia), as well as overall responsiveness and awareness.
- Assessment of severity involves rating the scope and scale of symptoms. Scales, such as the Sideline Concussion Assessment Tool (SCAT-2), are used to measure any effects on attention, memory, and balance.
- Neurological tests assess strength, sensation, reflexes, coordination, and mental status to see if there's any damage or injury to the brain itself.

What Are the Warren North Basketball League Protocol Steps?

CDC Guidelines

The CDC's concussion protocol details a gradual timeline for return to normal activities, school, and athletics. Progress is monitored at every stage, with healthcare providers clearing patients for more activity once they're certain it's safe. For athletes, the protocol can be broken into six stages, following an initial rest period of 28 to 72 hours:⁴

- Rest and return to limited activity: Ensuring adequate rest and avoiding exertion is the first stage. Once you're clear to return to school or work, screen time should be limited. The aim is to return to physical activities that aren't risky, such as short, 10-minute walks.
- Light aerobic exercise: Once light activity is reincorporated and symptoms subside further, the aim is to do exercise to boost heart rate. This might mean walking, swimming, or using a stationary bicycle for 20 minutes at 70% of your maximum heart rate.
- Sport-specific exercise: Gradually, exercises associated with the specific sport are reintroduced. This might mean noncontact activities like running sprints or doing skating drills.
- Noncontact drills: Once it's safe to do so, athletes begin to engage in more strenuous drills and start strengthening and resistance training.
- Full-contact practice: Before being allowed to return to competition, with the healthcare provider's clearance, the athlete takes part in full-contact training and practice and is carefully monitored after each practice.
- Return to play: As long as there are no symptoms or issues following practice and a final evaluation, the athlete is cleared for competition.

How Long Is a Concussion Protocol?

There's no set duration for a concussion protocol because there's a great deal of variation in how long it takes for the brain to recover and heal. In general, the length of the protocol depends on the length of recovery, which in most cases is about two weeks.⁶ More severe cases, however, lead to prolonged symptoms, which can lengthen the concussion protocol period, sometimes for months.³

If you have a concussion, you may not necessarily require emergency medical attention. That said, you do need emergency help if you are unconscious for any period of time following a blow to the head.¹

If the trauma is more severe or if there are signs of hematoma, a pooling of blood in the brain, you must get emergency medical help at once. Call 911 if you experience any of the following:⁷

- Worsening headache
- Stiff neck
- Different-sized pupils
- Drowsiness and inability to wake up
- Problems with speech and coordination
- Weakness and numbness in parts of the body
- Frequent vomiting/nausea, [seizures](#) (convulsive, jerky arm movements)
- Confusion, changes in mood and behavior