

2022-2023 Glen Allen Basketball Frequently Asked Questions (FAQs)

(As of October 20, 2022)

AGE GROUPS

What are the age divisions and ranges for basketball?

Please see the below table for the age range of each division:

Division	Born after	but before
Coed Instructional	10/16/2014	12/31/2016
Girls 8/9	10/16/2012	10/15/2014
Girls 10/11	10/16/2010	10/15/2012
Girls 12-14	10/16/2007	10/15/2010
Boys 8	10/16/2013	10/15/2014
Boys 9	10/16/2012	10/15/2013
Boys 10	10/16/2011	10/15/2012
Boys 11	10/16/2010	10/15/2011
Boys 12	10/16/2009	10/15/2010
Boys 13	10/16/2008	10/15/2009
Boys 14	10/16/2007	10/15/2008
Boys 15	10/16/2006	10/15/2007
Boys 16-18	10/15/2003	10/15/2006

Instructional is its own division. Boys 14, Boys 15, and Boys 16-18 are Senior Divisions. All other divisions are Junior Divisions. Divisions may be combined, depending on number of registered players.

Can my child “play up” to the next age division?

All age exceptions will be considered on a case-by-case basis by the GAYAA Basketball Operations Committee. All play-up requests for must be submitted to the Director of Basketball at basketball@glenallensports.com.

All play-up requests MUST be received by the date indicated in the calendar of events and include:

- Player’s full name and date of birth
- Player’s requested division to play-up into
- Description of why player qualifies to play up based upon the below criteria
- Requesting Parent/Guardian’s full name and contact information

Play-up Criteria:

- Only registered players will be considered for play ups. Register your child in the age-appropriate division before making your play-up request.

- Player must be exceptionally skilled for his/her age division to be considered to play-up. A play-up candidate should be able to excel in the age division into which they are requesting.
- Turning the next age during the basketball season is not a qualified reason for a play-up. Many players will have a birthday between the age cut-off and the end of the basketball season.
- Playing up a division in the past is not a qualified reason for a current season play-up. A player must continue to perform at an exceptional level each year to meet the criteria for a play-up.
- A player can be requested to play up a SINGLE age division only. No players will be allowed to play up more than one age division.
- No player will be allowed to play in a division below their qualified age for any reason.

REGISTRATION

How does basketball registration work?

Registration for Glen Allen Winter Basketball season opens each year in early August. Different age divisions have different registration deadlines. Refer to the “calendar of events” on the website for details.

Please note: early registration is important to ensure placement on a team. Registration is not complete until all fees are paid.

- In the event that not enough coaches or players register to have a minimum of three teams in a specific age group, that age division may be canceled for the season and refunds issued.
- No more than 10 players are assigned per team any age group. If there are not enough coaches in an age division, refunds will be issued based on registration date. For example if 45 players register in a division but only four coaches volunteer, four teams will be rostered and the five last players registered will receive a refund. All coaches are volunteer coaches.

What happens if I miss the registration deadline?

Registrations received after the registration deadline will be placed on the wait list until openings become available or new teams are added. Waitlisted registrations will be accepted until the week of the draft, but those players are not guaranteed placement on a team. If you register your child and they are not placed on a team, your fees will be refunded after the first week of practice.

What does it cost to register?

Instructional division: \$100 per player for the season, \$25 fee assessed for late registrations

All other divisions: \$125 per player, \$25 fee assessed for late registrations

Multiple Child discounts will be applied at check out for three or more children in the same family.

Refunds: Please refer to the GAYAA Refund Policy on the website.

My son/daughter is trying out for their middle school/high school team. What should we do about Glen Allen signups?

Over the years we have had a number of players who have played both basketball and GAYAA basketball. Most school coaches believe that more court time is important to player development and welcome rec league participation. At GAYAA, we expect our players to meet their school ball commitments first. In most cases in these age groups, GAYAA practices begin in the evening well after school practice is complete. We work to avoid scheduling practices and games for these age groups on the days that school games are likely.

The registration date for older age divisions is later in the year to provide the most opportunity for families to consider their choices. We encourage players to play both school and GAYAA ball – there are few practical obstacles to doing so and in the case of conflicts, school ball should be prioritized. However, we ask that GAYAA players inform their GAYAA coach of their school schedule and fully participate in all activities practical.

COACHING

Who can be a coach?

Any adult 18 years of age or older can register to be a coach or an assistant coach. Mature high school students with basketball experience can apply to be a coach, but must have an adult assistant. Coach requests are reviewed and must be approved by the Glen Allen Basketball Operations Committee and GAYAA Board of Directors. There is no cost to be a coach in any GAYAA sport.

Please note that all coaches (including assistant coaches) must complete a background check and online training. They must also attend attend a mandatory coaches meeting and coaches clinic.

What are the expectations of a coach?

Coaches are expected to:

- Complete the background check and training
- Attend a mandatory coaches meeting and coaches clinic
- Evaluate players at the annual try-outs and draft a team
- Conduct a weekly practice and coach their team during weekly games
- Recruit a scorekeeper to keep the scorebook at each game
- Ensure all team coaches, players, and fans conduct themselves with the highest level of sportsmanship and adhere to the **GAYAA Basketball Code of Conduct for Parents/Players**
- Conduct themselves with the highest level of sportsmanship and adhere to the **GAYAA Basketball Code of Conduct for Coaches**, which includes the following:
 - *I understand and abide by the GAYAA Basketball League philosophy of “It’s About the Kids!” and will not make any decisions based upon my personal agenda or that of other parents/adults*
 - *I will work hard to improve each players skills and the performance of my team*
 - *I will respect my players, parents, opponents, spectators and officials*

- *I will not use profane language for any reason during games or practices*
- *I will be respectful in challenging calls made on the court, conducting myself as an example to my players*
- *I will have fun and enjoy the game and help my players to do the same*
- *I understand that there is never an acceptable reason to violate any of the league rules and will ensure that my players and parents understand that they are in place for the fairness, competitiveness and enjoyment of the game for ALL!*
- *I will not possess alcohol, drugs or weapons while attending a GAYAA game or practice*
- *I will not engage in violence or threats of violence before, during or after games or practices*

Coaches and team parents serve in such capacity at the discretion of the Basketball Operations Committee and the GAYAA Board of Directors. Violations of the *Code of Conduct* or any other behavior or conduct that is determined by GAYAA, in its sole discretion, to be detrimental to the league, GAYAA, may result in suspension or removal.

When will coaches be notified that they were or were not selected to coach a team?

Coaches are notified by email as early as is practical prior to the draft for their age division.

How are coaches and assistant coaches assigned to teams?

Only head coaches are assigned to teams. In order to maintain the fairness and integrity of the draft process, no coach will be guaranteed the child of an assistant coach. If a particular assistant coach is desired, it is recommended that the head coach pick the assistant coach's child as their first-round draft pick. This still does not guarantee placement if that player is chosen by another coach first. Coaches are not required to alter their rosters to accommodate another coach who wants a particular assistant coach for their team, however, bona fide trades can be made.

Head coaches and their children are automatically assigned to the same team.

If I want to be an assistant coach, do I need to register?

Please register as an assistant coach. After teams have been formed, the head coach will review the team roster and contact assistant coaches to discuss the season. Until selected by the head coach as an assistant coach, a background check should not be completed by assistant coach candidates.

DRAFT / TEAM FORMATION

How will my child be placed on a team?

Instructional division:

Players will be randomly assigned to teams, with attention paid to age, experience, and gender. All coaches' children will automatically be placed on their team. There is not a tryout or a draft for the Instructional Division. If a particular coach is desired for your child, you can request him/her in the registration system. Note: The Instructional Division is the **ONLY** division that allows players to request a specific coach.

Instructional division teams are formed in December – your child’s coach will contact you directly with team placement and pertinent season information.

All other divisions:

Players will be drafted onto a team by the coaches in the respective division. Players in these age groups should make every effort to attend tryouts. Players who do not attend the tryout are drafted in a second pool after those who attend tryouts. Head coaches and their children are automatically assigned to the same team. No requests for team assignments or to play with another player will be considered.

I have children in the same age division. How will they be assigned to teams?

Unless specially requested by the parents, siblings will always be placed on the same team.

What happens at the tryout?

The tryout allow GAYAA coaches the opportunity to evaluate the basketball skills of players prior to the draft. The tryout consists of a review of fundamental basketball skills (examples include layups, passing and shooting).

What happens if my child misses tryouts?

Any player who misses his/her tryout will be placed in a separate pool and drafted AFTER all players who attend tryouts. **It is important that all players attend tryouts to ensure teams are as even as possible.**

When should I expect to hear from my child’s head coach?

Players should expect to be contacted by their coach within a day or two following tryouts.

Instructional players will be contacted sometime in late December.

<p>PRACTICE RELATED</p>

When does practice start?

Refer to the “calendar of events” on the website for details.

When will the practice schedule be distributed?

Schedules for practices will be distributed to coaches as soon as they are available. They will be forwarded to parents by team coaches after the draft. Requests from parents and players for specific practice days or times cannot be considered or accommodated.

***The time and date of practice will vary by coach/team and WILL CHANGE throughout the season due to gym assignments designated by Henrico County Parks and Recreation.**

How often do teams practice and what is the policy around practice cancellations?

Most teams will practice one time per week before and during the season. Note that Henrico County has complete control over the school gyms and there may be some instances during the season where school events take precedence over basketball practices. It is our intention to communicate when practice conflicts exist as soon as we are notified by the County.

Where do teams practice?

Practices are held at local elementary and middle schools. Due to demand for gym space at Henrico County schools, practice days and times will change during the season.

GAME RELATED

When does the season start?

Refer to the “calendar of events” on the website for details.

When will the game schedule be distributed?

Schedules for games will be distributed as soon as they are available. Game schedules may change throughout the year to accommodate facility closures, unavailability or weather cancellations and make-up games. All game schedules will be posted to the GAYAA website.

When and where are games played?

Instructional division sessions are on Saturdays and Sunday. All other age divisions play on Fridays, Saturdays and Sundays. Games are played at local elementary and middle schools.

How often are game results and league standings updated?

Results and standings are populated as soon as possible after the games are played. Delays in posting results and standings may occur when coaches fail to timely report game scores.

Can my child play if they have a cast on their arm?

A cast that includes any hard or unyielding material may not be worn, regardless of whether it is covered by a soft material or padding. A soft cast may be worn at the discretion of the officials. The officials and GAYAA are authorized to use their judgment and make final determinations with regards to player equipment and player safety.

Can players wear jewelry when playing?

No jewelry is allowed to be worn during games. Players should remove any jewelry before the game starts including but not limited to necklaces, bracelets (including rubber, silicon, or similar bands and string bracelets), watches, rings, and earrings. Earrings must be removed – they cannot be simply covered with a Band-Aid or tape.

How will we know if/when games are cancelled?

If the Henrico County Schools are closed, all GAYAA practices or games for that day are canceled. Our schedule follows the Henrico County Schools schedule. Updates will be posted on the GAYAA website and sent via blast emails to coaches and families.

Is there a playoff?

All divisions (except Instructional) will have a single elimination playoff tournament at the end of the season. A separate schedule will be created for the tournament. Refer to the “calendar of events” on the website for Championship Weekend date.

What happens if there is an injury during a game?

Referees will stop the game to check on the injured player. Teams may be requested to return to their benches while the injured player is attended to. A first aid kit will be distributed to each team before the season starts and medical supplies will be inside the kit to help with cuts, bumps, and bruises. Parents are responsible for first aid, treatment, and medical decisions.

MISCELLANEOUS INFORMATION

How does the *Instructional* Division work?

The example below is representative of a typical weekend of Instructional Division play:

- Saturday: 1 ½ hour session - Practice first 45 minutes; Play game last 45 minutes.
- Sunday: 1 hour session - Practice first 20-30 minutes; Play game for last 30-40 minutes.
- No score is kept. Coaches officiate and are on the court to instruct at all times
- Practices/games are played on 8 ft. rims with a women’s or junior-sized basketball

When are jerseys distributed?

Jerseys are distributed to coaches the week before the season’s first game. It is the responsibility of the coach of the team to pick up and distribute the jerseys to his/her team. Please ensure you carefully order your child’s jersey during the registration process as all uniforms are ordered directly from the system, and re-orders will be the financial responsibility of the parents.

Is there a calendar available?

A calendar with all dates is available on the website. You do not have to be a registered user to view the schedule on the website.

When is picture day?

There is no formal picture days for Glen Allen Basketball.

Are there any other rules or regulations?

Yes. Each coach, player, parent, and fan is expected to read and follow the *Code of Conduct* throughout the season. The *Code of Conduct* is acknowledged at registration. Violations could result in ejection, suspension, or expulsion. Game rules, including division-specific rules, can be found on the website.

Do I need to be a resident of Glen Allen to play in the league?

There is no requirement to be a Henrico resident to participate in the league, nor is there an additional fee for non-residents. Practices and games are held in schools in the Glen Allen area and parents of players must be prepared to get their child to those schools for practices and games.

Can I bring drinks and snacks for the team to the games?

It is the policy of Henrico County that there **be NO food or drinks allowed in the gyms** (this includes water and coffee). Players will have access to water fountains in each of the gyms. **PLEASE do not bring food or drink into the gyms!!** In many middle schools, the cafeteria is right next to the gym. Please ensure all trash is placed in an appropriate container.

Does GAYAA have a concussion policy?

The GAYAA concussion policy is available on the GAYAA website. All head coaches must review the concussion policy and concussion fact sheet before the first practice. The GAYAA policy follows two overriding principles:

- “When in Doubt, Sit Them Out”: Any youth athlete who shows signs, symptoms, and behavior consistent with a concussion shall immediately be removed from the activity or competition for evaluation by the coach, parent, and/or medical professional.
- No youth athlete who has been removed from play due to suspected concussion shall return to practice or competition until the youth athlete is evaluated by a health care provider and receives written clearance from the health care provider for a full or graduated return to play. (Health care provider shall be a certified athletic trainer, licensed nurse practitioner, physician’s assistant, medical doctor, or osteopathic physician).

Where do I go if I have additional questions or want to provide feedback?

Contact the Basketball Operations Committee via email at basketball@glenallensports.com. You can also speak with any of the members of the Glen Allen Basketball Operations Committee, as they will be present at many of the games during the season.

How can I help?

Please contact the Basketball Operations Committee at basketball@glenallensports.com. The committee has important roles to fill for practice scheduling, game scheduling, official coordination, division commissioners, and other roles. Some roles require little or no basketball knowledge.