

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

(As of August 10, 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	10/16/2005	10/15/2004

Instructional is its own division. Boys 14, Boys 15, and Boys 16-18 are Senior Divisions. All other divisions are Junior Divisions.

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 made before the close of registration and should 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. Be sure to register your child in the age-appropriate division by the **September 19, 2022**, deadline before sending your play-up request to the Director of Basketball. Players registering after the deadline but before the “Hard” close will be considered AFTER any previously waitlisted players in the requested division.

- Play-up requests must be received by **October 3, 2022**, for Junior division players and **November 1, 2022**, for Senior division players.
- Player must be deemed exceptionally skilled for his/her age division. A play-up candidate should be able to not only keep up, but rather excel in the age division into which they are requesting.
- Turning the next age before or during the basketball season is not a qualified reason for a play-up. Please keep in mind that the October 15th age cut-off greatly levels the playing field in each division – many players will have a birthday sometime between the October 15th cut-off and the end of the basketball season in February.
- 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 “down” in a division below their qualified age for any reason.

REGISTRATION

When does basketball registration open?

Registration for the 2022-2023 Glen Allen Basketball season opens on **August 8, 2022**.

When does registration end?

Preliminary Registration “soft” close is Sunday, **September 19, 2022**, for ALL **Junior and Senior** divisions. At this time, divisions will be evaluated, and new registrants may be waitlisted until an opening becomes available.

Final Registration “hard” close is Sunday, **October 3, 2022**, for all Instructional and Junior divisions. New registrants beyond this date may be waitlisted until an opening becomes available.

Final Registration “hard” close is Wednesday, **November 1, 2022**, for all Senior divisions. New registrants beyond this date may be waitlisted until an opening becomes available.

Please note: placement on a team is guaranteed only for those who register and pay on or before the September 19, 2022 deadline. Exceptions are listed below.

- In the event that not enough coaches or players register to have a minimum of three teams in a specific age group, that division may be canceled for the season and refunds issued.
- There are no more than 10 players assigned per team any age group. In the event that not enough coaches volunteer to accommodate all players within a certain division, refunds will be issued based on registration date. For example if 50 players register but there are only four coaches, the division will have four teams and the 10 last players registered would receive a refund.

How do I register my child?

1. Go to www.glenallensports.com
2. Click on the “REGISTER” tab at the top of the page.
3. Once you have read and understand the GAYAA Refund Policy, click on the large red “GA Registration” button.
4. Select the “CLICK HERE TO REGISTER ONLINE” link (do NOT select the green “Log In” button at the top of the page – this is for system administrators)
5. Enter your username and password and “LOGIN” or, if this is your first time registering to use this site, you must create a new account.
6. After you create your account or log in to your existing account, select the blue “Register to Play/Participate” button and proceed through the registration process.
7. Registration is not complete and placement in the league for the current season is not guaranteed until payment is made via the online system. Adding a registration to your shopping cart prior to the registration deadline will not guarantee a player’s spot.

What happens if I miss the registration deadline?

Registrations received after **September 19, 2022**, for the 2022-2023 season may be placed on the wait list until openings arise or new teams are added. All new registrants submitted after **October 3, 2022** (Junior divisions) or **November 1, 2022** (for Senior divisions) will automatically be placed in “waitlist” status until/unless an opening becomes available.

Waitlisted registrations will be accepted until the draft day, but those players are not guaranteed placement on a team for the 2022-2023 season.

What does it cost to register?

Instructional division cost:

- \$100 per player for the season
- \$25 late fee assessed for registrations received after **December 1, 2022**

Junior divisions cost:

- \$125 per player
- \$25 late fee assessed for registrations received after **October 3, 2022**

Senior divisions cost:

- \$125 per player
- \$25 late fee assessed for registrations received after **November 10, 2022**

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’s main “Register” page for complete details regarding a refund request.

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 middle/high school basketball, as well as, GAYAA basketball. Please consider signing them up before the **October 3, 2022**, registration

deadline (11/10/22 Senior divisions), as the waitlist process starts after that and spots on teams cannot be guaranteed.

Why are the Senior Divisions’ deadlines different than the others?

Registration will be extended for the Senior divisions in order to accommodate high school basketball tryouts. The registration deadline for all Senior divisions is November 10, 2022. Please note, however, that Senior divisions may reach capacity and move into waitlist status before high school tryout dates and/or the Senior registration deadline.

COACHING

Can anyone be a coach?

Any adult 18 years of age or older can register to be a coach, as well as, mature high school students with basketball experience and an adult assistant (may be a parent of the coach or a player).

Coach requests are reviewed and must be approved by the Glen Allen Basketball Operations Committee and GAYAA Board of Directors.

Please note that all coaches (including assistant coaches) must complete a background check and complete online training and certification. This process will be communicated to coaches at a later date.

How do I register to become a coach?

PLEASE REGISTER EARLY. Coaches register online the same way they register their children (no cost to register for coaching). Please register via the website before **October 3, 2022**. Steps to register to be a coach include:

1. Go to www.glenallensports.com
2. Click on the “REGISTER” tab at the top of the page.
3. Click on the large red “GA Registration” button.
4. Select the “CLICK HERE TO REGISTER ONLINE” link (do NOT select the green “Log In” button at the top of the page – this is for system administrators)
5. Enter your user name and password and “LOGIN” or, if this is your first time registering to use this site, you must create a new account.
6. After you create your account or log in to your existing account, select the blue “Apply to Coach/Volunteer” button and proceed through the registration process.
7. There is no cost to coach in any GAYAA sport

What are the expectations of a coach?

Coaches are expected to:

- Attend a mandatory coaches meeting

- Evaluate players at the annual try-outs and draft a team
- Conduct practices (at least one per week in pre-season & one per week after games begin)
- Manage their team during games (games are typically played two days per weekend)
- Recruit a scorekeeper to keep the scorebook at each game and may also need to recruit a clock operator if one is not provided by GAYAA Basketball
- Ensure all team players and parents 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*

Head coaches, assistant 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 ***GAYAA Basketball 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, the players or GAYAA members may result in suspension or removal from such volunteer positions.

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

Coaches are notified by email, usually no later than the middle of October, if they were selected to coach a team. Seniors coaches may be notified at a later date.

Can coaches request to be aligned to an assistant coach?

Unfortunately, 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.

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 attempts made to split players evenly by age and experience. 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 designated box 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.

Junior and Senior 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. All coaches' children will automatically be placed on their team.

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 gives the GAYAA coaches exposure to all participating players, allowing them the opportunity to evaluate the basketball skills of eligible players prior to the draft. The tryout consists of a review of fundamental basketball skills (examples include layups, passing and shooting). Older age groups may also be asked to participate in group offense and group defense drills. All registered players will be drafted onto a team.

In order to maintain the fairness and integrity of the draft process, player requests to a specific team or to a specific coach will not be accepted (except in *Instructional*).

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.

PRACTICE RELATED

When does practice start?

Instructional division:

Practices begin the weekend of **January 8, 2023**

Junior divisions:

Practices begin **November 1, 2022**

Senior divisions:

Practices begin the week of **November 14, 2022**

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 by the coaches once the draft is final. 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 3 separate 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. Practices will be assigned once teams are drafted as there is no way to foretell which team a player will be drafted to and the nights they will be assigned practice. With over 100 teams and limited locations upon which to practice, expect that practice days and times WILL CHANGE during the season. Practice locations CANNOT be modified to accommodate an individual player or parent schedule.

My son/daughter has practice with their middle school / high school basketball team multiple times per week. I am afraid it will conflict with Glen Allen Basketball.

What should I do about this?

Over the years we have had a number of players who have played both middle school/high school basketball as well as Glen Allen Basketball. We welcome these players into our league and hope that they will be able to attend practices whenever possible and to participate in all games. Parents of players who are playing on other teams are encouraged to have conversations with their child's GAYAA Basketball coach to discuss these situations so a mutually beneficial agreement can be met for the player, their parents, the coach, and the team as a whole.

GAME RELATED

When does the season start?

Instructional division:

Practices and games begin the weekend of January 8, 2023

Junior and Senior divisions:

Junior Division – December 3, 2022 Senior Division- December 10, 2022

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 distributed through the coaches and posted to the GAYAA website.

When and where are games played?

All games are played on Fridays, Saturdays and Sundays for Junior and Senior Divisions. Instructional Division meets on 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 are authorized to use their judgment and make final determinations with regards to player equipment and player safety.

Can players wear jewelry when playing?

Unless specifically detailed in the *All Divisions Rules* or individual division rules, GAYAA Basketball follows the same rules as the Virginia High School Leagues. For the safety of its players, no jewelry is allowed to be worn during games. Players will likely be asked to remove any jewelry by the referees before the game starts, and this includes (but is not limited to) necklaces (including phitens), bracelets (including bands, i.e. Livestrong and fuel bands), watches, rings, and earrings. Earrings must be removed – they cannot be simply covered with a Band-Aid.

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.

Will there be playoffs?

All divisions (except Instructional) will have a single elimination playoff tournament at the end of the season. Playoffs are expected to begin on **February 18, 2022**, and end with championship games the following weekend (**2/25/22-2/26/22**).

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. Note that 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. (see Miscellaneous Information section for concussion policy)

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 15-20 minutes; Play game for last 40-45 minutes.
- There are no additional weekday practices for the Instructional Division
- 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 28.5 sized basketball
- *Instructional* basketball begins **Saturday, January 8, 2023** and runs until the end of February

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.

When is picture day?

In the era of the iPhone and digital cameras, we will not have formal picture days for Glen Allen Basketball. You are welcome to organize a team photo before or after any game.

Are there any other rules or regulations?

Yes. GAYAA Basketball has a Code of Conduct policy and other rules that will be communicated during the season. Each coach, player and parent is expected to read and follow it throughout the season. Code of Conduct violations could be means for dismissal from the league/future games for the rest of the season. Rules can be found under the website's Basketball tab.

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

There are no resident restrictions concerning Glen Allen Basketball. Parents should be aware, however, that 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 practice.

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!!**

Does GAYAA have a concussion policy?

The GAYAA concussion policy is available on the GAYAA website at:

glenallensports.com/concussion.html

The GAYAA concussion fact sheet is available at:

glenallensports.com/uploads/7/9/8/8/79882884/ga_concussion_fact_sheet_2up_v10-2015.pdf

All head coaches must review the concussion policy and concussion fact sheet before the first practice. Athletes and parents will also receive a link to the concussion policy and fact sheet either upon registration or shortly thereafter. The GAYAA policy follows two overriding principles:

1. "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, licensed health care profession, if available, or other designated person.

2. Return to Action Rule
 - 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).

Please review the concussion fact sheet to educate yourself about concussions. Some important facts include:

What is a concussion? A concussion is a brain injury that changes a person's behavior, thinking or physical functioning. Concussions are typically caused by forceful blows to the head or body that result in rapid movement of the head.

What are the signs of a concussion? Concussions can be difficult to spot since most do not lead to a loss of consciousness, and other symptoms can show up hours, or even days, after the injury. Symptoms can include: amnesia; confusion; headaches; loss of consciousness; balance problems; double or fuzzy vision; sensitivity to light or noise; nausea; feeling sluggish; concentration or memory problems; slowed reaction time; and feeling unusually irritable.

What happens if a player is suspected of having a concussion during a game this season? First, they should be removed from play as soon as a concussion is suspected and evaluated by an official, coach, teammate or parent. Athletes with a concussion or suspected of having a concussion are not allowed to return to the game that day. They should not return to play until a health care professional with experience in evaluating concussions clears the athlete to return to competition. ALWAYS consider the long-term health of well being of the athlete FIRST – if a referee, coach, or parent has ANY concerns that a player has a concussion, that player should sit for the remainder of the game and be checked out by their health care professional.

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, scoreboard operator staffing, division commissioners, and other roles.