

NORWALK PARK & RECREATION DEPARTMENT

BOYS HIGH SCHOOL BASKETBALL 2026-27

To: Media/ Schools
Re: Rec. High School Basketball

The Norwalk Park & Rec. will be hosting a boys high school league for area teams such as, Norwalk, St. Paul, Monroeville, Western Reserve, Edison, Willard, New London etc. Anyone wishing to put a team together should pick up a packet at the Recreation Center front desk or download from www.norwalkrec.com.

ONLY THE FIRST 6 TEAMS WILL BE ACCEPTED.

TEAM PACKET INFORMATION

- ~Packets due Nov. 27th. Each team captain will be responsible for turning in all paperwork and all fees.
- ~A minimum of 7 players' fees and forms must be turned in by deadline.
- ~Players and parents must sign the team roster (parents sign if under 18), Lindsay's Law Sudden Cardiac Arrest form and player code of conduct, as well as pay the \$40 players fee.
- ~The team sponsor fee is \$175. If you have a team sponsor, please contact us with that information. If not, we will find one for you.

GAME INFORMATION

Games will be played Wednesday or Thursday evenings at the Perkins Gym, beginning the week of Jan. 4th. All games will be scheduled 5:30PM or later.

CAPTAIN/COACH MEETING

A meeting for all team captains and coaches will be held on Thursday, Dec.3 @ 4:30PM at the Rec.Center.

This will be a non-instructional, fun league. However, each team must have a designated coach/ parent that will be on the team bench.

For more information, contact Stacie at 419-663-6775, ext. 1028.

HIGH SCHOOL LEAGUE ROSTER

SCHOOL _____
 TEAM NAME _____

DATE _____
 CAPTAIN NAME _____
 PHONE _____
 EMAIL _____



Norwalk Park & Rec
 100 Republic St
 419-663-6775
 www.norwalkrec.com

PRINT NAME	SIGN NAME <small>(PARENTS SIGN IF UNDER 18)</small>	PHONE	STREET ADDRESS	CITY	GRADE	SHIRT SIZE	SHIRT #	RECP #
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

SPONSOR FEE RECEIPT # _____

TOTAL PLAYERS FEE _____

PLAYERS

By signing above you hereby release the Park & Rec Dept., City of Norwalk and all others from any and all liabilities incurred during competition or practice. You personally assume all responsibility as a result of being permitted to participate in this program.

CAPTAIN

By signing this roster, I am stating that the above addresses are correct and that the above are legal participants.

Signature _____

NORWALK PARK & REC. HIGH SCHOOL BASKETBALL LEAGUE RULES

**** IMPORTANT ****

****PROGRAM INFORMATION SUBJECT TO CHANGE AT ANY TIME****

Spectators at games are charged \$1 admission fee.

ELIGIBILITY:

1. All players must be in high school. They may not be on a high school Varsity or Jr. Varsity team.
2. Any player quitting or leaving a team for any reason, must be released by his team before joining another. To join another team, you must first have permission from league director.
3. All paperwork and fees must be paid before any player is to participate. Any added player must first be approved before being added. **NO PLAYERS WILL BE ADDED TO TEAMS AFTER DECEMBER 13th.** Any player that participates without fee or contract being paid before they participate, will result in team forfeit. Furthermore, all fees must be turned into the Ernsthausen Recreation Center. Officials and scorekeepers are not permitted to collect fees.

PLAYING RULES - This year's league will play under high school rules with a few exceptions.

1. Only players on the roster and the coach are allowed on the bench. Each team must have an adult coach. The coach must be someone 18 years or older who has graduated from high school.
2. All technical fouls will result in a two-shot foul and possession of the ball.
3. A team must have 4 players to start a game, but can finish with any amount, to the referees discretion. There will be a 5 minute warm up period and 3 minute half time. ***If a team has less than 4 players at game time, the opposing team has the option of taking the forfeit, or wait up to 10 minutes, with the clock running. Pick-ups from within the league are at the discretion of the officials. May pick up to make roster of 5. No more than 2 players allowed for pick up.***
4. A team that forfeits will pay a \$30 fine before their next game. After 2 forfeits, teams may be removed from the league.
5. 1 + 1 will be in effect on and after the 7th team foul per half. Two shots will be awarded on and after the 10th team foul of the half.
6. **PLAYING TIME** – will be two twenty minute halves. The clock will not stop except for time-outs, the last two minutes of the game and at the ref's discretion. If there is a 20 pt. lead at the 2 minute mark (or any time after), the clock will continue to run.
7. Each team will be allowed 3 time outs per game. There is one time out per team in overtime, no carryovers. Only 1 overtime will be played. If the teams are tied at the end of OT, the game will be

YOUTH PLAYER EXPECTATIONS & CODE OF CONDUCT

1. No vulgar or offensive clothing may be worn by participants at Park & Recreation facilities.
2. Profanity and offensive language will not be tolerated by any player, coach or spectator.
3. Each player is expected to treat all teammates, umpires and scorekeepers with respect.
4. All Park & Recreation facilities are to be a nicotine, drug and alcohol free environment.

NO VAPING ALLOWED

5. Each player is expected to demonstrate fairness and sportsmanship to all players and teams.
6. Each player and coach is expected to be knowledgeable in the appropriate division rules, and to follow these rules.
7. **CONCEALED WEAPONS** are not permitted at any Park & Recreation facility by any league player, coach, or person assisting with the team.
8. If a problem or concerns arise regarding a player, he/she will be contacted. If the situation does not improve thereafter, the player may be kicked out of the league for the season.

Remember you are representing your school and the Norwalk Park & Recreation Dept. as a youth sports participant.

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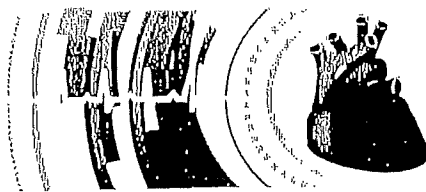
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Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

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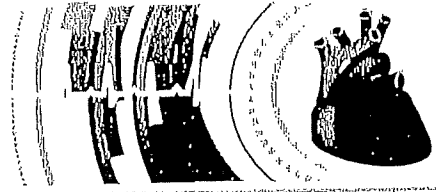
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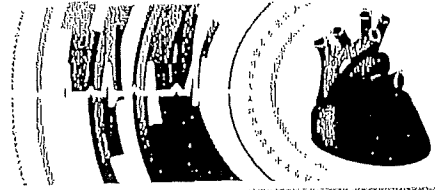
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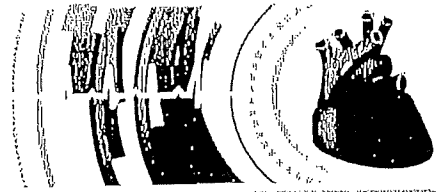
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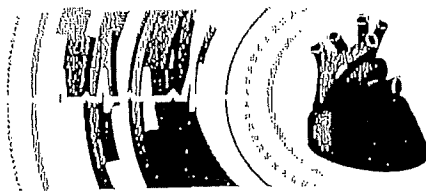
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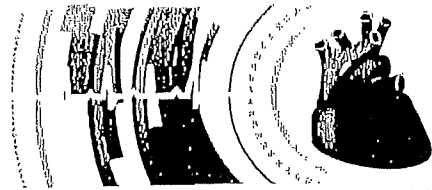
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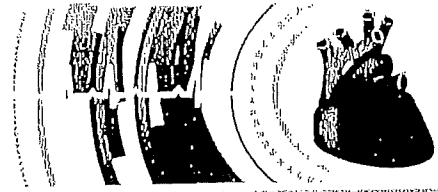
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What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature

Student Signature

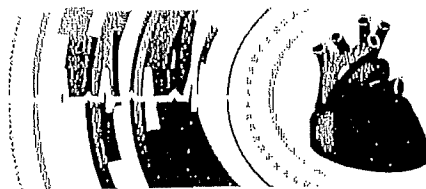
Parent/Guardian Name (Print)

Student Name (Print)

Date

Date

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

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Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date