




Winter 2024-2025 Youth Basketball

Coaches Meeting



The Colony Parks and Recreation Athletic Department Information

- Athletics Staff
 - Kacy George, Athletics Supervisor
 - 972-624-3950
 - kgeorge@thecolonytx.gov
 - Emery Owczar, Athletics Specialist
 - 972-624-3957
 - eowczar@thecolonytx.gov
 - Michael Smith, Recreation Specialist
 - 972-625-1106
 - msmith@thecolonytx.gov
 - Athletics Email
 - playtcsports@thecolonytx.gov
- Websites
 - PlayTCsports.com
 - Schedule & Season Information
- Other Contact Information
 - Main Line - 972-625-1106
 - Answered: M-F 6:30am-9:00pm & Saturday 8:30am-6:00pm



Best way to contact the Athletics Staff?

The best way to contact the Athletics Staff would be to email

playtcsports@thecolonytx.gov .

- All of the athletics staff do not have a set schedule of Monday - Friday since we will be out at games throughout the week and weekend. The email above goes to all of the Athletics staff. This way one of our staff members can reach out to you in a timely manner.



Division/Team Breakdown

6U COED - 4

8U GIRLS - 1

8U BOYS - 4

10U GIRLS - 2

10U BOYS - 6

12U GIRLS - 0

12U BOYS -



Coaches Paperwork

- **Background Checks**
 - All coaches must have passed a background check. (Head & Assistants)
- **Coaches Code of Conduct**
 - All coaches must review and sign this. (Head & Assistants)
- **Volunteer Arrest Waiver**
 - All coaches must review and sign this. (Head & Assistants)
 - This states that you will inform us within 5 business days if you are arrested.
- **Assistant Coaches**
 - All teams must have at least one assistant coach. If there is not a approved assistant coach that can take over if the head coach is not there or cannot coach it will be deemed a forfeit.
 - Approved assistant coach = Passed Background Check
- **There may be a total of 3 coaches per team.**
- **Only two may be on the bench during games.**

NAYS TRAINING

- Head coaches must complete the NAYS training by **November 13th**.
- Assistant coaches do not need to take this training.
- This is a city ordinance that all youth sport volunteer coaches must complete NAYS coaches training.
- **What is NAYS?**
 - This is an online training for youth sports coaches that goes over the basics of coaching, sport specific information and basic first aid training.
- **What are the next steps?**
 - The athletic staff will register and pay for your NAYS membership. Once this is done you will receive an email directly from NAYS with a link to your account.
- **Do I have to take the training every season?**
 - No once you have taken the training you will not need to retake the training. The only time you would need to do additional training is if you are coaching a different sport or if there are age specific trainings for the sports.
- **What if my membership is expired?**
 - If you are actively coaching in our leagues we will renew your membership accordingly.



Coaches Code of Conduct Policy

- Please review the coaches code of conduct.
- It is your responsibility as the coach to follow these policies. If they are not followed, suspensions may follow.
- **Things to Remember:**
 - This league is for the **KIDS** to have fun and learn the sport of basketball. It is not about anyone else!
 - The coach is the role model for the kids. This means you should show a good example with your actions at all times.
 - As a coach you are a representative of the league.

PLEASE make us aware of any situations/issues that may arise immediately so those can be handled appropriately



Coaches Code of Conduct Policy

Unsportsmanlike Conduct:

We will not be tolerating any unsportsmanlike conduct from coaches, spectators, or players.

- Anyone that uses foul language will automatically get a technical. Spectators will receive one warning before they are asked to leave.
- Any physical contact made by a coach, spectator, or player will result in an immediate ejection

Referees & Scorekeepers:


- **PLEASE** make sure you are being respectful of the referees, scorekeepers and staff!
- Remember that these referees are human and can sometimes make mistakes.
- If we did not have these individuals willing to officiate then we would not have a league!
- If you are concerned about a call, please call a timeout and address it with the referee in a calm manner.



Coaches Code of Conduct Policy

Suspensions:

- Two technicals in a game will result in the ejection of the player or coach.
- If someone is ejected from a game they will receive an additional one game suspension that will be served the next game.
- A second ejection during the season will result in a suspension for the remainder of the season and loss of coaching/playing privileges up to a year, depending on severity.
- The league will determine consequences on a case-by-case basis and suspensions may be increased depending on severity.



Spectator Guidelines

- **As the coach you are ultimately responsible for any actions of your parents.**
 - All spectators must stay on the spectator sideline during the game. Only background approved coaches may be on the team bench.
 - Spectators must sit on the bleachers.
 - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the complex. Play will not resume until they leave.
- **Ejection/Consequences**
 - If a parent is ejected from a game they will not be able to attend the next game. Once allowed back if they get ejected for a second time they will not be able to attend any games for the remainder of the season.
- The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.

Age Verification

Birth Certificates or passports will be required for anyone to play!

- We will note on the rosters if we have verified a players age. If the age verification column is blank that means we still need a document from that player.
- Please pass this information along to your parents! The deadline to receive age verification is by November 4th.
- If we do not receive a birth certificate or passport and are able to verify the age of the child they will not be able to play.

What we will take?

- Birth Certificate
- Passport

Parents have these options to submit:

- Email it to playtcsports@thecolonytx.gov
- Stop by the Recreation Center for staff to make a copy

If you have submitted for a previous season, you do not need to submit it again!



Practices

- **How many practices?**
 - Teams will have 2 practices per week (45 min. slots for 6U&8U) (1 hour slots for 10U&12U)
- **When can practices start?**
 - Teams can start practicing the week of October 28th
- **Where will practices be held?**
 - Camey Elementary (4949 Arbor Glen Rd)
 - Ethridge Elementary (6001 Ethridge Dr)
 - Griffin Middle School (5105 N Colony Blvd)
- **How do I select my practice time?**
 - We will be selecting practice times at the end of the coaches meeting.
 - We will start with the younger divisions and end with the 12U division.



Practices Continued

- **No Practices -**

- October 31st - Halloween (All facilities)
- November 5th - Voting Day (All Facilities)
- January 20th - Martin Luther King Jr Day (All Facilities)

- **Holiday Practices**

- We will have a special holiday practice schedule for the following weeks
 - **11/25 - 11/30**
 - **12/23 - 12/28**
 - **12/30 - 1/4**
- We will send out practice options the week prior and instructions on how to pick a practice date.
- You will have 1 practice per holiday week



Practices Continued

- **Practice Etiquette**

- Please make sure you are sticking to your scheduled time and your scheduled side of the facility. It is your responsibility as a coach to not go over your time and interfere with practices after yours.
- Please make sure you are picking up trash and equipment after your practices.

- **Who do I contact if I cannot get in the facility?**

- If the doors are not open for your practice, please call the main line at 972-625-1106. Doors will be set to open right at 6pm for most facilities. So please wait until that time to notify the department. Since we are utilizing outside facilities there is a chance of this so please be patient with us if this happens.

- **Are you practicing at a different location?**

- We highly suggest you practice at one of the facilities provided by us, but If you are practicing at a different location, we must know the location and times your teams are practicing. If you decided to no longer practice at your chosen practice location at some point during the season, you must inform us so we can open those slots to teams that will utilize the space.



Games

- **When is the first weekend of games?**
 - November 16th
- **Where do we play?**
 - Strike Middle School
 - Rosemeade (Girls Only)
- **How many games for the season?**
 - 6U - 6 games
 - All other divisions - 8 games
- **Who makes the playoffs?**
 - The top 4 teams in each division will make the playoffs.
- **Game Schedule**
 - The game schedule will be released by **November 8th**
 - If you have any weekends/times you will not be available, please send those by **November 3rd**. We will try our best to accommodate requests, but cannot guarantee.

Jerseys

- **Each team will receive a new set of jerseys.**
 - We will send out an email when those are ready to be picked up.
- **Jersey Distribution:**
 - Please make sure you are giving the children the size that is on your roster. This is the size the parent requested during registration.
 - Please do not hand out jerseys by number because that is when we run into size issues.
- **We will not have extra jerseys at games so please make sure to reiterate to your parents to have their kids bring their jerseys.**
- **Please make sure your players are ONLY using the jersey provided for this season. This ensures your team will not have any duplicate numbers which causes issues with scorekeeping and managing the game!**
- **Game Day:**
 - Home - Grey
 - Away - Blue



Rosters

- **Once you receive your rosters, please reach out to your team immediately!**
 - We want to ensure everyone that has registered hear something in a timely manner.
- We will be sending out an email to each roster with the practice day/time and location you have chosen for the season with the start date.
 - If you are not planning on starting the first week for some reason it is your responsibility to reach out to your roster to let them know.
- If a player does not show up to the first practice, please inform us so we can try and get in contact with them.

Communication

- **League Communication**

- The league does all communication via email. We will be sending out emails throughout the season with updates and information. Please make sure you are monitoring your email throughout the week to make sure you do not miss anything!

- **Team Communication**

- As the coach it is your responsibility to reach out to your team and continue communication throughout the season.
- For the first form of communication please reach out via phone call or email. Do not reach out first via group me or any communication app. We have had issues in the past when coaches use those communication apps as the first form of contact. You may use those once you get that initial contact.
- If you have trouble getting in contact with someone, please let us know immediately so we can see if we have different contact information on file for them.



Game Day Information

Filling out the scoresheet

- **Coaches** are required to fill out the score sheets prior to the game. Please list all kids that will be attending the game. We will need names and numbers.
- The scoresheet will be located at the scorable. Please make sure you are filling this out 5-10 minutes prior to the start of the game.

Home/Away

- Benches - The home team will sit to the right of the scoreboard if you are facing it directly and the away team will sit on the left of the scoreboard if you are facing it. An easy way to remember this is to look at the scoreboard and sit according to the labels on the scoreboard.
- Jerseys
 - Home - Light/Grey side
 - Away - Dark/Blue side

Warm Up

- During warm up you your team will warm up opposite of your bench

Game Day Information

Sideline Rules

- You may only have two approved coaches on the sideline for games.
- You must wear your coaches badge while on the team sideline.
- One coach **MUST** remain sitting during the games.
- You must stay on your team's sideline.
 - You cannot be on the other teams sideline.
 - You cannot be on the court.
 - You cannot stand in front of the score table.
 - Please make sure you are not in the way of the scorekeeper!

Substitutions

- When asking for a substitution, please have your player kneel by the score table.
 - This way the scorekeeper/referees are aware that you are needing a substitution.
- The player may **NOT** enter the game until waived on by the referee.
- Substitutions can only happen on a dead ball.

Rules - Division Breakdown

Division	Ball Size	Basket Height	Game Length	Free Throw	Lane Violation	Full Court Defense
6U Coed	27.5	8'6ft	4 Six Minute Quarters	No Free Throws	5 seconds	Not Allowed
8U Boys	28.5	8'6ft	4 Six Minute Quarters	13.5	5 seconds	Last minute of each half (Exception- 15 point spread)
8U Girls	28.5	8'6ft	4 Six Minute Quarters	13.5	5 seconds	Last minute of each half (Exception- 15 point spread)
10U Boys	28.5	10ft	4 Eight Minute Quarters	13.5	5 seconds	Last two minutes of each half (Exception- 15 point spread)
10U Girls	28.5	10ft	4 Eight Minute Quarters	13.5	5 seconds	Last two minutes of each half (Exception- 15 point spread)
12U Boys	29.5	10ft	4 Eight Minute Quarters	15	3 Seconds	Played anytime (Exception- 15 point spread)
12U Girls	28.5	10ft	4 Eight Minute Quarters	15	3 Seconds	Played anytime (Exception- 15 point spread)



Highlighted Rules - Playing Requirements

Playing Requirements

- The coach is responsible to designate 5 starters for each game (6U: 4v4) and to note these starters on the scoresheet. These five starters **MUST** play the entire first quarter. No substitutions are allowed (Exception: a player may be taken out due to an injury but must return to the game as soon as they are able to)
- All remaining players are automatic starters for the second quarter, and **MUST** play the entire second quarter without substitution (See exception above).
- If there are fewer than five remaining players to start the second quarter, only those players who played the **ENTIRE** first quarter are eligible for substitution.

Players Need to Check in

- Prior to the first and second quarter, the starting players will need to check in at the scorekeepers table so we can mark down what full quarter each child played in.



Highlighted Rules

Game Clock

- The clock will run continuously expect for time-outs, free throws, and the last 2 minutes of each half. 6U: the clock will run continuously except for time-outs and injuries.
- During the last 2 minutes, the clock will stop at all dead ball situations. However, if one team is ahead by 15 or more points during the last 2 minutes of each half, then the clock will remain running except for time-outs, injuries or free throws.

Timeouts

- Each team gets 4 timeouts.
- You may use these timeouts anytime during the game.
- When calling a timeout you **MUST** get the attention of one of the referees. The scorekeeper or staff cannot stop the game for a timeout.

Lane Violations

- 6U, 8U, & 10U - 5 second lane violations
- 12U - 3 Second lane violation



Highlighted Rules - 6U COED ONLY

Size of Court

- For 6U we will be playing on the side court.
 - We changed to this in the summer season and it was very successful. The full court is very big for this age and this allowed for more play near the goals.

Format

- 4 v 4

Score

- We do not keep score in 6U

Wristbands

- 6U will play with color wristbands.
 - The player will only defend the player with their color wristband.

Defense

- A player cannot steal the ball from a player.



Highlighted Rules - Full Court Defense/Press

Full Court Defense/Press

- Once your team loses possession of the ball to the opposing team, your players must get back to their defensive half. (Except 12U)
 - 6U - No Full Court Defense
 - 8U - Full Court Defense will be allowed the **last minute** of each half and during overtime. (Except if the point spread is 15 or more points)
 - 10U - Full Court Defense will be allowed the **last two minutes** of each half and during overtime. (Except if the point spread is 15 or more points)
 - 12U - Full Court Defense may be played at anytime. (Except if the point spread is 15 or more points)



Awards & Sportsmanship

End of Season Awards

- The first and second place team will get medals in each division.

Sportsmanship Initiative

- This season it will be the responsibility of the coach to nominate two players for the season from their team that exemplify good sportsmanship.
- You will nominate one for the first half of the season and then another one for the second half of the season.
 - When and how do I nominate?
 - To nominate your player, you will need to email the athletics team.
 - Nomination Deadlines:
 - 1st Nomination: 12/9/2024
 - 2nd Nomination: 1/13/2024
- The player will receive a certificate from the league and have their name posted on the website.



Miscellaneous Information

Basketballs

- We do not provide basketballs for practices. Please send a notification to your team to bring their own ball to practices.

Coaches Portal

- The coaches portal has a lot of good content to assist with practices
 - Practice Plans
 - Videos
 - Drills
- You can find this on www.playtcsports.com under youth athletics.

We are excited to get the season started and create a positive learning experience for the kids!

Please email us if you have any questions or concerns.



Maps & Layouts

Practice Location:
Ethridge Elementary School
6100 Ethridge Drive, The Colony, TX 75056



Practice Location:

Camey Elementary School

4949 Arbor Glen Road, The Colony, TX 75056



Practice Location:

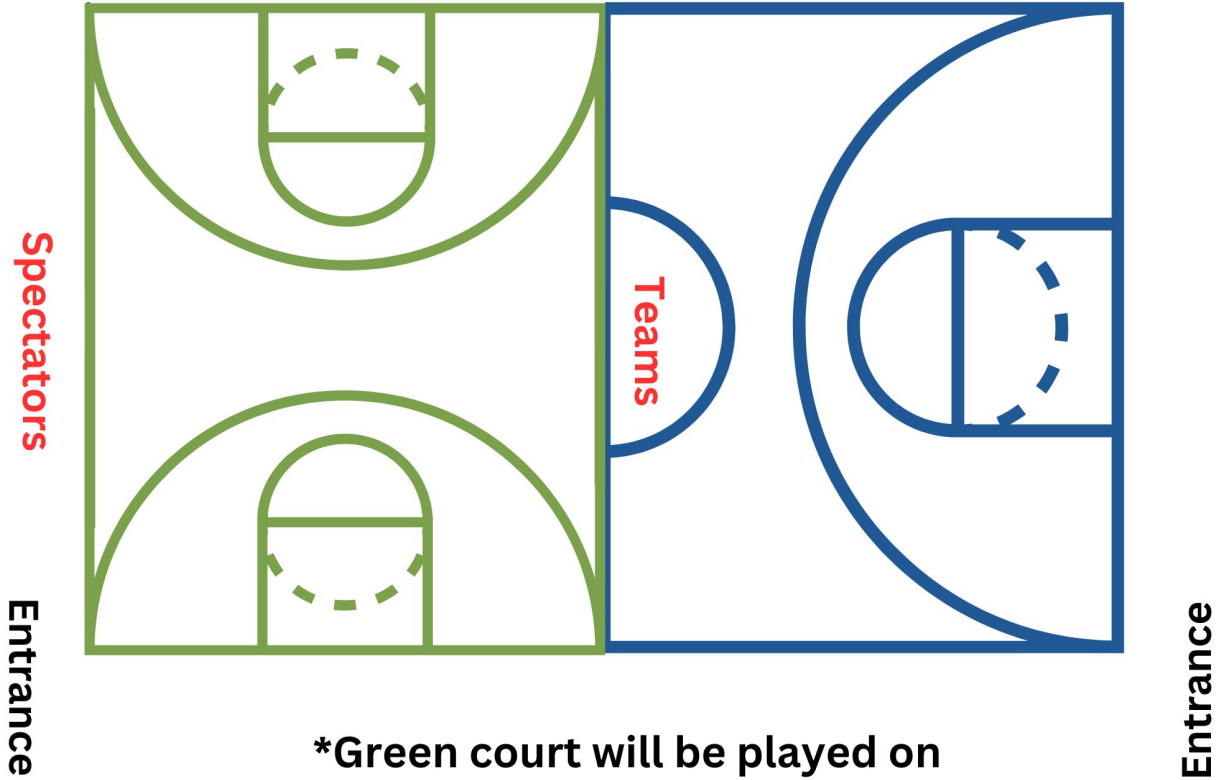
Griffin Middle School

5105 N Colony Blvd, The Colony, TX 75056



6U Court Layout

Bleachers



*Green court will be played on