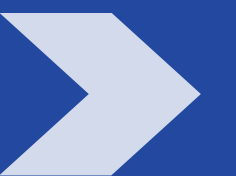
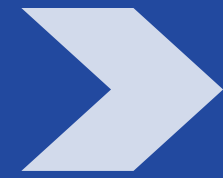




**BASKETBALL  
COACHES  
MEETING  
2025**



# Welcome!

- Thank you for volunteering, without your participation and support we could not run this program!
- 100% of your child's fee will be refunded as a household credit at the end of the year.
- 50% of your assistant coach's child's fee will be refunded as a household credit at the end of the year.

# SPORTSMANSHIP

- Great opportunity to learn a new sport or develop new skills
- Make new friends and develop practical life skills
- To HAVE FUN!
- No one is getting a scholarship
- Your players will pick up on your attitude, **STAY POSITIVE**

**REMEMBER: IT'S FOR THE KIDS!**

# SEASON INFORMATION

# SCHEDULE

Dates: Saturdays, January 18 - February 22  
Potential for games on Monday Nights

**Rec Center** - Girls and Boys 6-7, Boys 8, Girls 8-9

**Vikan Middle School** - Boys 9, Girls 10, Boys 10

**Overland Trail Middle School** - Girls 11-12,  
Boys 11-12

Practices begin: This Week (Week of Jan 7)

Picture Day: February 1

# Contact Parents

- **As Soon As Possible!**
- **Tell them.....**
  - **Team Name**
  - **How you prefer to be contacted**
  - **Practice Time, Day, and Location**
  - **When you will have your first practice**
- **If you cannot reach them or they have not responded...**
  - **Please email Sports Team and they will get ahold of them**

# Your Coaches Bag... What am I provided?

- An assortment of jerseys all with different numbers
  - Sizes are located between the two layers
  - Please hand out jerseys to best fit your players; NOT by who wants what numbers
- Equipment
  - Coach folder with roster, game schedule, line-up cards, handbook, snack list, etc.
  - Basketball
  - 6-7 yr olds have wristbands for practice\*\*\*

*please return*

*@*

*end of season*

# Practice Information

- 6-7 year old division
  - Practice once a week for 1 hour
- 8-12 year old divisions
  - Practice **once or twice a week for a total of 2 hours per week**
- Ask custodian if you do not see the rim adjuster tool

**\*\*\*Please have your parents contact the Sports Department if they cannot make the practice you have signed up for. We will do our best to accommodate their needs.**



# Brighton Recreation Center and School

## District Building Etiquette

- **ONLY WATER ALLOWED IN BUILDING**
  - Please pick up water bottles after practice
- No food, gum or other drinks in school
- Doors will open for gym usage right on the contracted hour, **NOT A MINUTE BEFORE, NO PROPPING DOOR OPEN**
- Please do not allow players to dribble, throw, pass or warm up with basketballs in school halls or lobby; only in the gym
- No black-soled shoes are allowed on the gym floors
- Teams **MUST** be out of the building at the time your practices end
  - Please **DO NOT** leisurely exit the building, we will get fined!

- **We count on you as the coach to set expectations while your team is practicing**
  - **CLEAN UP** after your practice
  - **Tell siblings who are watching practice THEY MUST STAY IN THE GYM**
  - **THANK** the custodians when you see them!!
  - **Leave the gym on time!!**
  - **No propping door open**

**Gym space is becoming HARDER AND HARDER to get so please help us keep a good relationship with the schools!!!**

# School Gym Sites

- Have a parent from the team hang out by the front door for 5-10 minutes before practice and 5-10 minutes after practice starts to let teammates in
  - It is school district policy to keep doors locked which can make getting into the building difficult
  - Custodians will be around to open doors but it could be a few minutes before they notice
- Teams will be entering and exiting which will also assist with helping teams get in

# School Gym Sites

- **No Usage Dates!!!**

- **Be aware that it is out of our control**
- **Schools are allowed to cancel our practices throughout the season**
  - **We will notify you the minute they notify us!!**

# Protecting Our Youth From Potential Predators

## **COACHES:**

- You are part of a network of people committed to protecting our kids
- Never be alone with a soccer participant **EXCEPT** in the case of an emergency
- Be aware of body contact and language

## **PARENTS:**

- Create a buddy system for your child when you are not around
- Encourage open communication with your child
- Listen to your gut feelings

# REFEREES & STAFF

× × ×

**PLEASE BE RESPECTFUL TO OUR STAFF**

× × ×

**YOU set the example for  
players and fans.**

**Remember: they are human  
and will make mistakes just  
like the players and you will.**

# Safety

## FIRST AID

- FIRST AID KITS WILL BE AVAILABLE ON GAME DAYS WITH SITE SUPERVISORS
- SITE SUPERVISOR WILL HAVE ADDITIONAL SUPPLIES SUCH AS EXTRA ICE PACKS
- PLEASE NOTIFY PARENTS OF ANY ACCIDENTS THAT ARISE SO THAT THEY CAN MONITOR THEIR CONDITION

## EMERGENCY SITUATIONS

- HELP WITH CROWD CONTROL
- SELECT SOMEONE TO DIRECT/MEET EMS PERSONNEL
- GATHER INFORMATION FOR ACCIDENT/INCIDENT REPORT
- IT IS NOT YOUR ROLE:
  - DIAGNOSIS
  - PROVIDE PRIMARY CARE
  - BREAKING UP FIGHTS

**Parents are NOT allowed to approach score table**

### **TECHNICAL FOUL**

Bench Technical foul counts towards team total, all coaches must sit, 2 points will be automatically awarded to the other team and the ball will be given at half-court to the other team.

**During regular play only one coach is allowed to stand at a time**

### **NO JEWELRY**

### **FREE THROW BONUSES**

For U12 & U10 divisions. There is no more 1 & 1 at 7 fouls. The new rule is 2 free throws once 5 team fouls are committed for each quarter. Resets after each quarter.

# **NOTABLE RULES**

**ALL AGES**



## 6-7 YEAR OLDS

- 8 Foot baskets & Junior size ball (27.5")
- Four 6 minute running quarters clock only stops 4 subs every 3 min
- Half-time is 5 minutes
- Man to Man defense only (Color wrist bands required)
- No full court press, must stay behind 3 point line
- Shooting foul results in turnover

NO SCOREBOARD USAGE

## 8-9 YEAR OLD GIRLS

- 8 Foot baskets and Intermediate size ball (27.5")
- Four 6 minute running quarters clock only stops for subs every 3 min
- Half-time is 5 minutes
- Man to Man defense only, **WRISTBANDS**
- No full court press, must stay behind volleyball line

## 8 YEAR OLD BOYS - REC CENTER

- 9 Foot baskets and Intermediate size ball (28.5")
- Four 6 minute running quarters clock only stops for subs every 3 min
- Half-time is 5 minutes
- Man to Man defense only
- No full court press, must stay behind volleyball line
- No shooting fouls

SCORES WILL NOT BE KEPT

## 9 YEAR OLD BOYS - VIKAN MIDDLE

- 10 Foot baskets and Intermediate size ball (28.5")
- Four 6 minute running quarters clock only stops for subs every 3 min
- Half-time is 5 minutes
- Man to Man defense only
- No full court press, must stay behind volleyball line
- **KEEP TRACK OF FOULS, , no shooting fouls.**

# U10



- 10 foot baskets
- Four 8 minute running quarters
- Stops every 4 minutes for subs
- **NO STOP CLOCK**
- Halftime is 5 minutes
- Girls: Women's size (28.5")
- Boys: Men's size ball (29.5")
- No full court press
- Shoot free throws (on contact)

# U12



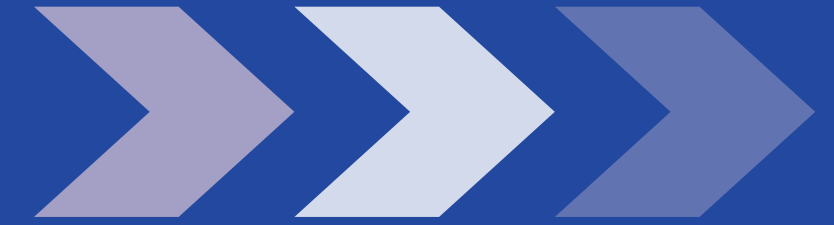
- 10 foot baskets
- Four 8 minute running quarters
- Stops every 4 minutes for subs
- Stop clock only in last 2 min. if score differential is less than 10
- Halftime is 5 minutes
- Girls: Women's size (28.5")
- Boys: Men's size ball (29.5")
- Full court press in last 2 minutes
- Shoot free throws (on contact)

# ADDITIONAL RULES



## U10 & U12

- Zone defense is permitted, but double teaming is not allowed (if it occurs, playtime will stop and a warnings will be given).



# SUBSTITUTIONS

**ONLY BETWEEN QUARTERS, MIDDLE OF QUARTER, FOULED OUT,  
TIMEOUT OR INJURY**

# Free Throws (ages 10 and up)

- Players in marked lane spaces will be able to move into the lane once the ball releases from the shooter's hand
- The shooter **CANNOT** move until the released ball touches the ring or the backboard
- All players outside of the 3 point line must also **WAIT** to move until the ball touches the ring or the backboard

# 10-12 year old divisions

- **Substitution/ Line-up Card**
  - **Must turn in the card 10 minutes before the game**
  - **You have several in your coaches folder**
  - **Referees will have extra if needed at the score table**

**REMINDER: ONLY coaches are allowed to approach the score table.**

**If a parent approaches the table, it could result in a bench technical!**

# TEAM SIDELINE

TEAMSIDELINE.COM/BRIGHTONCO





# **Make sure that you know your game location:**

- **Our locations will be VMS (Vikan Middle School), OTMS (Overland Trail Middle School), BRC gym.**
- **Also make sure you know if you have a Monday night game, double-header or a bye week.**

# HOW TO COACH KIDS TRAINING

- 1 Go to: <https://www.howtocoachkids.org/memberships/1/register>
- 2 Complete the initial questions (Name, Email, Password, Date of Birth, Gender, Race/Ethnicity, and Role).  
**IMPORTANT:** When you reach the question “Please specify the type of sports organization(s) you’re affiliated with,”  
**YOU MUST SELECT “Parks and Recreation Department.”**
- 3 Three additional questions will appear when “Parks and Recreation Department” is selected.  
  
Answer **YES** to the first question, “Is your Park and Recreation organization part of the National Recreation and Park Association (NRPA) Million Coaches Challenge initiative?”  
  
Answer the next two questions “Please select the option that best describes you” and “What is the primary sport that you coach.”
- 4 For the following question: “If applicable, please indicate the name of the sport organization you are affiliated with,” type in:  
**City of Brighton**
- 5 Complete the remaining questions, then click “Register.”

**THANK  
YOU!**

**EMAIL:  
SPORTS@BRIGHTONCO.GOV**