



Fall Basketball 2025 Coaches Meeting Notes

1. Introduction:

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2. Paperwork:

- **Team Conflict, Division & Practice Forms due no later than Wednesday, August 20th**
 - Team Conflict Form:
 - Form needed when whole/majority of team cannot make a specific dates/day.
 - Form is **NOT** intended for when 1 or 2 players cannot attend specific dates/day.
 - Cannot guarantee full weeks off.
 - Need to know times that you cannot make on specific days (Example: Mondays 6:00pm to 8:00pm)
 - Division Request:
 - Select division where you believe your team best fits
 - We use past playing history/records along with coach request to place teams in divisions
 - FieldhouseUSA has final say in divisions
 - Practice Request Form:
 - Please provide 3 options that work for your team.
 - Practices begin at the top of each hour
 - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
 - Practices are 50 minutes
 - Each team receives a weekly half court for practice.
 - 4:00pm practices get a full court upgrade for free.
 - Game Move Request Form:
 - Game move request form is needed once game schedule is released and a specific game on the schedule presents a conflict for your team causing the team to forfeit.
 - Games must be moved 1 week prior to their original scheduled game date.
 - Both teams must agree upon time proposed by director.
 - Turn in completed form ASAP if you have a game on your schedule that presents a conflict.
 - **You can only turn one of these forms in during the season if we did not meet the conflict request on the team pre-season conflict form.**



3. Rosters:

- All information boxes need to be filled out if players are new/never played at FieldhouseUSA
- Please contact all players on roster within 48 hours of receiving team roster.
 - Call/email them
- Final day to add players is **Sunday, September 28th, 2025.**
- **Rosters are the coach's responsibility to make sure correct.**
- **Players can only play on one team per grade level – NO exceptions**

4. Practice Schedule/Practices:

- **Practice Schedule will be released no later than Friday, August 29th**
- Scheduled practices will begin September 1st (Labor Day)
- Each team will receive weekly, 50-minute, half-court practice
- No practices are scheduled for the following weeks:
 - Week of 9/22/25 to 9/26/25
- Practice preference – priority goes from youngest to oldest (grade-wise) when creating league practice schedule.
- Practices start at the top of every hour
 - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
- No Practice Teams - Still submit a practice request form indicating you do not need a practice.
- Teams will not be placed practice schedule if you do not turn in a practice request form.
- **6th Grade & Above** will likely only have 5:00pm, 8:00pm and 9:00pm practice times based off the number of younger teams registered.
- 4:00pm practices will be upgraded to a full court practice. First come first serve based on availability.

5. Game Schedule/Games:

- **Game Schedule will be released no later than Friday, August 29th.**
- Games will begin Friday, September 5th
- Games will end on Sunday, November 16th
- Teams will be scheduled 8 regular season games.
- Majority of games will be played on weekends (Friday – Sunday). Exception 1 week of weekday games (September 23rd – September 27th)
 - Monday – Friday: earliest start 6:00pm
 - Saturday: earliest start 8:00am
 - Sunday: earliest start 11:00am



6. Ball Size:

- Game ball will be provided by the home team
 - Kindergarten - 3rd grade; Junior Ball (27.50)
 - 4th - 5th grade boys; 28.5 ball (Girls/Intermediate Ball)
 - 6th grade boys & above; 29.5 ball (Official Ball)
 - 4th grade girls & above; 28.5 Ball (Girls/Intermediate Ball)

7. Playing Time Rules

- Kindergarten - 2nd Grade:
 - (4) 10-minute quarters; running clock (stop clock last 2 minutes of 2nd & 4th quarter)
 - 50% of each half (20 minutes total for entire game)
- 3rd - 12th Grade:
 - (4) 10-minute quarters; running clock (stop clock last 2 minutes of 2nd & 4th quarter)
 - 25% of each half (10 minutes total for entire game)

8. Free Throw Line

- Kindergarten-1st Grade
 - From the line closest to the basket
- 2nd-3rd Grade
 - From the hash in front of the free throw line
- 4th-12th Grade
 - Regular free throw line

9. Pressing Rules

- Kindergarten-2nd Grade
 - No backcourt defensive pressure
 - No pressure until offensive team makes initial penetration over THE RED LINE
 - Once ball control has been established on a rebound, the defensive team must release.
- 3rd Grade
 - No backcourt defensive pressure
 - Once ball control has been established on a rebound, the defensive team must release.
No pressure until ball has passed half court.
- 4th Grade - 5th Grade
 - First Half
 - No backcourt defensive pressure
 - Once ball control has been established on a rebound, the defensive team must release. No pressure until ball has passed half court.
 - Second Half



- Full court pressure is permitted in 2nd half, unless team is up by 15 points or more
- 6th Grade - 12th Grade
 - Full court pressure is permitted the entire game, unless team is up by 15 points or more

10. Uniforms: (Appearances)

- Teams must provide their own jerseys – Please check with Soccer City located off of Main St in Frisco. They are a sponsor of FieldhouseUSA and make jerseys for all sports teams at FieldhouseUSA.
- Jerseys must be same color
- Only a unique number on the back is required (00 – 99)
- If there are duplicate numbers on the same team, game will start with a bench technical (Shoot 2 FT, and the ball)
- Preferred reversible jerseys (light & dark)

11. Posted Scores

- Scores will be posted online at the end of every night
- It is the responsibility of each coach to check the scores online and notify the director if a score is not correct
- Every age group has a maximum **point differential of 15 points** when we input the scores
- At the conclusion of the season, all scores will stand that were not reported to be incorrect by the last game of the season.

12. Referees:

- They will make mistakes. We are providing training to help educate and make them better referees.
- Approach referees and timekeepers with respect at all times
- Issues - ask front desk for an incident report; if serious ask for site coordinator
- Nothing can be done during the game for call or score changes. The site coordinator is there to ONLY observe and take notes to pass along to official assignor & ref supervisors
- We have referee supervisors on site. Ask from them to come watch and observe the officiating if you feel the officiating is not on par. They provide feedback on our refs to our official assignor and can answer questions on basketball rules.



13. General FieldhouseUSA Facility Rules:

- No outside food or drink in the facility (sport drinks/waters ok for players to bring in)
- No outside coolers
- Please hold ALL basketballs, volleyballs, soccer balls, footballs, etc. in the lobby and do not bounce or throw them against the wall while inside the facility.
- Clean up team benches after each game and practice.

14. Coaches Badges:

- Coaches must have a coaching badge while on the sideline during games
- Coaches badge must be visible for officials and staff to see
- Only 2 coaches with badges allowed on the bench during games.