



Spring Basketball 2026 Coaches Meeting Notes

1. Introduction:

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2. Paperwork:

- **Team Conflict, Division & Practice Forms due no later than Wednesday, February 18th**
 - 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 weekends off.
 - Cannot guarantee no Sunday games all season.
 - Need to know times that you cannot make on specific days (Example: Saturdays 8:00am to 10:30am)
 - **If teams do not turn in a Team Conflict Form; then they are unable to turn in game move request forms during the season.**
 - Game Move Request forms will only be accepted if teams turn in a team conflict form and we schedule a game during a time listed on the team conflict form you submitted.
 - 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.

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
- You may add players to teams until 3rd week of season. Final day to add players is **Sunday, April 5th 2026.**
- **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, February 27th**
- Scheduled practices will begin the week of March 2nd
- Each team will receive a weekly 50-minute, half-court practice
- No practices are scheduled the following weeks
 - Week of 3/23/26 – 3/27/26. (weekday games being played)
 - Week of 4/13/26 – 4/17/26. (weekday games being played)
- 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.
- **7th Grade & Above** will likely have an 8:00pm or 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, February 27th**
- Games will begin the weekend of March 6th.
- Games will end the weekend of May 8th.
- We will **NOT** play games on the following dates this Spring 2026 Season:
 - 3/14/26 – 3/15/26
 - 3/28/26 – 3/29/26
 - 4/5/26 – 4/5/26
 - 4/18/26 – 4/19/26
- Teams will be scheduled 8 regular season games
 - NO POSTSEASON TOURNAMENT
- Majority of games will be played on Friday, Saturday, or Sunday. Exception 2 weeks of weekday games (week of 3/23/26 & week of 4/13/26)
 - 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
- 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
- No bleachers in the facility, personal chairs are allowed to be brought in.
- 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.