



24'-25' 6U Lil' Hoops Coach's Packet V2.0

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Coaches/Parent/Staff/Spectator

Awareness and Expectations

Prohibited Behavior

1. Use or under the influence of tobacco and/or alcohol in the presence of SASA athletes.
2. Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment
3. Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by players.
4. Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.
5. Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor.
6. Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

Reporting of Suspected Child Sexual Abuse

1. A member of the Board of Directors or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
2. All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative of the Board of Directors. *Note:* This does not preclude individuals from reporting abuse, suspected abuse to the proper law enforcement authorities.
3. The designated representative will keep other Board members fully informed.
4. Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.
5. The Board of Directors, when appropriate, shall communicate reports of child sexual abuse to the league members. The confidentiality of any who makes such a report will be protected.

Recreational Basketball Program

Program Organization and Administrative Personnel

The SASA Rec. Basketball Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by coaching in this program, you accept the purpose, direction and philosophy of the program.**

Purpose

The general purpose of the SASA Rec. Basketball Program is to allow each player to grow within the game through fundamental development, physical fitness, sportsmanship and inspiration.

Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. However, SASA understands that practice habits, attitude and effort are contributing factors towards playing time.

Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play and/or forfeiture of the game.
2. Refs and Site Supervisors are tasked with keeping the peace to allow the kids to compete in a recreational atmosphere. If you are interfering with this atmosphere SASA Staff or SASA Management will remove you.
3. **Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day. Additionally, the ejected coach/fan/parent will not be allowed to attend/participate (is suspended) in the next game. Suspensions will be carried over between sports, seasons, calendar year(s), multiple years. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.**
4. Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.

Coaching Ethics

A basketball coach, by example of his/her behavior, affects many youngsters participating in the SASA Youth Basketball Program. Understanding this, a coach should:

1. Keep winning and losing in its proper perspective. Stress effort rather than winning and losing.
2. Be considerate of player's feelings and exhibit self-control at all times.
3. Show respect for opposing players, coaches and fans.
4. Cooperate with officials and treat them with respect.
5. Make sure that all eligible, registered players participate in each game.
6. Allow the players to have fun.
7. Teach players fundamentals.
8. Teach players sportsmanship.



2024-2025 6U Basketball Playing Rules

(Anything not covered in this rules package will revert NFHS Rules will be applied.)

1. Each quarter will be six (6) minutes in length, 4 total quarters. The clock will run continuously only stopping for injury's, timeouts and free throws. Half time will be four (4) minutes in length or shorter if both coaches agree to shorten.
2. Teams must submit a written lineup (before the start of each game) of all players intending to participate in the game.
3. Each team is entitled to two (2), 90 second time outs during each half of regulation. Un-used timeouts do not carry over to the next half or game.
4. Substitutions shall report to the scorer's table prior to entering the game at the next dead ball.
5. Personal and technical fouls are combined for player disqualification at a total of 5 fouls.
6. Personal and technical fouls are combined to reach the bonus which begins with the 5th team foul in each quarter. Team fouls will reset to 0 at the beginning of each quarter. Beginning with the team's 5th foul in each quarter 2 free throw attempts are awarded. (No 1 and 1 attempts). **Offensive fouls are NOT team fouls towards the bonus.**
7. Alternating Possessions – In all jump ball situations other than the start of the game, the teams will alternate possessions. The team that wins the opening tip will also be awarded the ball to start the 3rd quarter. The team that does not win opening tip will get the ball to start the 2nd and 4th. The Possession Arrow will reset to the defensive team at the start of each **quarter.**
8. Players along the free throw lane during a free throw attempt may not enter the lane until the ball is released from the shooter's hand. There is to be only 4 defensive and 2 offensive players (plus shooter) permitted in marked spaces of the free throw lane prior to the free throw.
9. Score will not be kept.
10. Will play on an 7ft 2in goal.
11. Will use a 27.5" ball.
12. Shooter will shoot free throws from 8ft. Shooter will be lined up at the second hash line above the block for their free throw attempt.
13. Players **must remain inside the 3-point line when defending** their goal while the opposing team is in possession of the ball. For purposes of this rule the defender's FEET must remain behind the 3-point line.
 - a. During a loose ball situation, players may defend outside the 3-point line. Once the offense re-establishes possession of the ball all defenders must return to defense inside the 3-point line.
 - b. A ball in flight during a pass is NOT considered a loose ball until it is not received.
 - c. Repeated violations of defending Outside the 3-point line will result in a personal foul called against the defender that is outside the 3-point line.
14. Fouls will be called on all intentional contact shooting or otherwise. (Teach your players to mirror or shadow their opponent but not touch).
15. Ball handlers must be attempting to dribble at some point during their possession.
16. 3 seconds in the lane will not be called in the 6U division.
17. 6U (Lil Hoops) division will play **MAN to MAN defense only.** At the beginning of each Quarter coaches will line up teams across from each other at half court to assign defensive man to man assignments via wristband color before play begins. **Coaches may NOT request a certain matchup.**