



2025-2026 Basketball Coach's Packet

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



2025-2026 Youth Basketball Playing Rules (Ages 8U - 12U Boys & Girls)

(Anything **Not** covered in this rules package will revert to NFHS Rules.)

1. Only registered players on your roster are allowed to practice and compete in games for their respective team. **NO PICKUP PLAYERS ARE ALLOWED.** Should your roster shrink due to sickness/injury/family move/quitting/ etc. please notify SASA to have players added to your roster only through the SASA Board of Directors. Players may be added to team rosters thru the registration process up until the time of your first game. Rosters are capped at 10 players unless otherwise approved by Board of Directors.
2. Each quarter will be eight (8) minutes in length, 4 total quarters. The clock will run continuously until the last two (2) minutes of each half. Within the final two minutes of each half the clock will stop on each dead ball. Half time will be five (5) minutes in length or shorter if both coaches agree to shorten.
3. Teams must submit a written lineup to the scorer's table (before the start of each game) of all registered players eligible to participate in the game. Lineup must include last name and jersey # of all registered players.
 - a. Players arriving late may participate in the game as long as they are included in the submitted lineup before the game starts.
 - b. Late arriving player(s) not listed on the game roster may **Not** participate.
 - c. A team must have a minimum of four (4) players to start a game.
4. 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.
 - a. Any attempt to call a timeout by a player or coach when they do not have a timeout will result in a Technical Foul.
 - b. Coaches may ask the scorer's table how many timeouts they have remaining at any point during the game.
5. Substitutions shall report to the scorer's table prior to entering the game at the next dead ball.
6. Personal and technical fouls are combined for player disqualification at a total of 5 fouls.
7. 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.**
8. All exposed jewelry such as wrist watches, bracelets, rings, any type of earrings (including studs), neck chains, bandanas or any other item judged to be unnecessary and/or dangerous by the officials may not be worn during competition.
9. The officials and or SASA supervisors are authorized to deal with safety concerns related to fingernails and hair styles.
10. Alternating Possessions – In all jump ball situations other than the start of the game, the teams will alternate possessions. If Team A wins the opening tip they will also be awarded the ball to start the 3rd quarter. Team B 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**.
11. Players along the free throw lane during a free throw attempt may **Not** enter the lane until the ball is **released** from the shooters 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.
12. 1 Head Coach and 2 Assistants (Total of 3 Coaches) will be allowed to coach within the bench area. "Team Coaching" from any part of the gym other than the bench area is **Not** allowed. Should this happen the individual that is giving "Team Coaching" from outside the bench area is to receive 1 warning and will be removed should "Team Coaching" from outside the bench area continue.
13. The space between the scorers table to the last available players seat is considered the Bench Area. (In some SPS gyms we play games in we are not allowed to put tape anywhere on the floor.)

8U Specific Rules

14. Will play a 28.5' ball. (Commonly known as a Women's Ball)
15. Will play on an **8ft goal**.
16. 8U boys and girls will shoot free throws from 10ft. (From 2nd hash mark above the block)
17. 8U boys and girls will play **MAN to MAN defense only**. Double teaming or trapping the ball with multiple defenders is not allowed and will result in an illegal defense technical foul. 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. All players in the game must wear a colored wristband. Instead of assigning a player to guard number 4, you can assign a player to guard red.
 - a. Assigning defensive matchups by color is not mandatory. Wristband are used to help players/coaches quickly identify opposing players in place of numbers on the front of jerseys.
 - b. A player does not have to guard the same color of wristband that they themselves are wearing. Red can guard green, etc.
 - c. Players may not switch their color of wristband during the course of play without being substituted out of the game.
 - d. Assigning defensive matchups by color is not mandatory.
18. 8U boys and girls may begin defending their goal beginning at **HALF COURT** as long **as the score is within 15pts.**
 - a. Should the game be outside of 15pts, the team that is winning may **Not** implement a half court defense and must remain inside the 3-point line when defending.
 - b. During a loose ball situation, teams may defend outside of the half court line or 3-point line. If the offense re-establishes possession of the ball all defenders must return either behind half court or 3-point line.
 - c. A ball in flight during a pass is **Not** considered a loose ball until it is fumbled/mishandled.
 - d. Repeated violations of defending across half court or 3-point line if score is greater than 15pts will result in a personal foul called against that defender.
19. Intentional stalling by the offense will **Not** be allowed. A player deliberately dribbling or holding the ball will receive a 5 second count by the referee to encourage game play while outside the 3-point line. For purposes of this rule, if 5 second stalling is called, it will result in a Turnover by the offense.
20. 3 seconds in the lane will **Not** be called in the 8U division.
21. During league play there will **Not** be overtime periods and the game will end in a tie.

10U Specific Rules

22. Will play a 28.5' ball. (Commonly known as a Women's Ball)
23. Will play on a 10ft goal.
24. 10U boys and girls will shoot free throws from 15ft.
25. 10U boys and girls may begin defending their goal beginning at half court as long **as the score is within 15pts.**
 - e. Should the game be outside of 15pts, the team that is winning may **Not** implement a half court defense and must remain inside the 3-point line when defending.
 - f. During a loose ball situation, teams may defend outside of the half court line or 3-point line. Once the offense re-establishes possession of the ball all defenders must return either behind half court or 3-point line.
 - g. A ball in flight during a pass is **Not** considered a loose ball until it is fumbled/mishandled.
 - h. Repeated violations of defending across half court or 3-point line if score is greater than 15pts will result in a personal foul called against that defender.
26. 3 seconds in the lane will be called after multiple warnings from officials.
27. During league play there will **Not** be overtime periods and the game will end in a tie.

12U Specific Rules

28. 12U Women will play a 28.5' ball. (Commonly known as a Women's Ball)
29. 12U Men will play a 29.5' ball. (Commonly known as a Mens Ball)
30. Will play on a 10ft goal
31. 12U boys and girls will shoot free throws from 15ft.
32. 12U boys and girls may defend their goal full court **as long as the score is within 15pts.**
33. Should the game be outside of 15pts, the team that is winning may **Not** implement a full court defense. Half court defense will be allowed at any score.
34. Repeated violations of defending full court will result in a personal foul called against the defender that is defending the ball.
35. 3 Seconds in the lane will be called.
36. **12U leagues will play overtime periods.** Overtime periods will be two (2) minutes in length. Each team will be given 1 timeout per overtime period. After the completion of two (2) overtime periods if the game is still tied a third, two (2) minute overtime period will be played in which the first team to score will be the winner. Play will be stopped immediately following the score.

