The Colony Parks & Recreation Department

Winter 26/27 Youth Basketball

Coaches Meeting

Athletic Staff

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Coaching Information

Requirements to Coach / Coaches Training

Head Coaches Only
Head & Assistant Coaches

What is NAYS?

- The Colony requires all new head coaches to complete annual membership training through the National Alliance for Youth Sports (NAYS)
  - Covers sport specific training and concussion training
- **If you are a returning coach, you will not have to get recertified**

Head Coaches	Assistant Coaches
Passed Background Check (Good for 3 Years)	Passed Background Check (Good for 3 Years)
Coaches Code of Conduct	Coaches Code of Conduct
Volunteer Arrest Waiver	Volunteer Arrest Waiver
NAYS Training	

Team Requirements

- **Background Checks**
  - ALL coaches must have passed a background check through the City of The Colony
  - ONLY background checked coaches can be on the sideline
- **Coaches Code of Conduct & Volunteer Arrest Waiver**
  - ALL coaches must sign this
  - You will not be permitted to coach until signed
- **Assistant Coaches**
  - ALL teams must have at least one assistant coach. If there is not an approved assistant coach that can step in if the coach can not make it / coach is ejected, the game will be deemed a forfeit
  - Approved assistant coach = Passed background check
  - It takes 3-5 business days for HR to clear a background check; please get background checks submitted at the start of the business week and not the Friday before game day

Coaches Badges

- All coaches need to have their coaches badge visibly shown during games
- Any coaches who do not have a coaches badge will not be permitted to enter the team bench at any time
- We provide coaches badges as a way for staff to recognize who is cleared to coach as well as so the parents know you have been cleared to coach their child
- It is the coaches responsibility to keep up with their coaches badge
- If you lose your coaches badge please make sure to let staff know either before game day or prior to gametime to receive a TEMP badge; failure to do so will result in not being permitted to be on the team bench.
- Coaches are not permitted to share coaches badges with other coaches/parents on the sideline

Head Coach Reimbursement

Head coaches are eligible to receive a 50% registration reimbursement.

How do I qualify?

- Attend the Coaches Meeting (If you cannot attend the coaches meeting, attend one of the parent meetings)
- Paperwork Completed
  - Background Check
  - Coaches Code of Conduct
  - Volunteer Arrest Waiver
- NAYS Training Completed by Deadline (11/12/2026)
- Completed the full season without any disciplinary issues/concerns (If you are ejected during the season you will not receive the reimbursement)

* These reimbursements will be processed after the season has been completed.

Highlighted Consistent Incidents:

Foul language is not acceptable in any capacity.

Interactions with other participants:

When speaking to other coaches, players or spectators, please remember to be respectful. If the interaction will not be positive, there's no need for it.

Speaking to referees, scorekeepers, or league staff:

Please remember to be respectful when speaking with any league staff. We understand that sports can be emotional and that concerns or frustrations may arise. However, everyone deserves to be treated with respect. Yelling, screaming, or speaking aggressively toward league staff is inappropriate and will not be tolerated. We ask that all concerns be communicated calmly and respectfully so we can maintain a positive and welcoming environment for everyone involved.

Concerns and Issues:

If you have concerns or issues, please let us know as soon as possible so we can address them. If you don't let us know in the moment, we can't help you after the fact.

Suspension Guidelines

- The Colony does **NOT** tolerate any unsportsmanlike conduct from coaches, spectators, or players.
- **PLEASE** make us aware of any situations/issues that may arise immediately so those can be handled appropriately
- Two unsportsmanlike technicals will result in an immediate ejection from the game.
- All suspension and ejections are subject to be increased due to the severity of the situation.

- Suspensions
  - If a coach, spectator, or player is ejected from a game they will receive a one game suspension. That suspension will be enforced at the next game.
  - If a coach, spectator, or player is ejected from a game for a second time in one season, they will not be permitted to return the remainder of the season; coaches will lose coaching privileges up to a year, depending on severity.

Spectator Guidelines

- **Spectator Code of Conduct - Every participant is required for their guardian to review and sign the Spectator Code of Conduct. The child will not be able to play if this is not signed.**
- **As the coach you are ultimately responsible for any actions of your parents.**
  - All spectators must stay on the spectator sideline during the game.
  - Spectators must sit across from their benches on the opposite side of the court
  - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the complex. Play will not resume until they leave.
- **Ejection/Consequences**
  - If a parent is ejected from a game they will not be able to attend the next game. Once allowed back if they get ejected for a second time they will not be able to attend any games for the remainder of the season.
- **The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.**

Important Dates

- Week of 10/26 - Practice may Begin
- 11/3 - No Practices at Schools - Election Day
- 11/13 - Coaching Paperwork Due
- 11/13 - NAYS training Due
- 11/13 - Age Verification and Spectator Code of Conducts Due
- 11/14 - Games Begin
- Week of 11/23 - Special Holiday Practice Schedule
- Week of 12/21 - Special Holiday Practice Schedule
- Week of 12/28 - Special Holiday Practice Schedule
- 12/7 - 1st Sportsmanship Nomination Due
- 1/11 - 2nd Sportsmanship Nomination Due
- 1/18 - No Practices at Rec Center or Schools - MLK Day

Divisions

Division Numbers

7U Boys

- ★ 58 Registered
- ★ 6 Teams

9U Boys

- ★ 50 Registered
- ★ 5 Teams

11U Boys

- ★ 47 Registered
- ★ 5 Teams

13U Boys

- ★ 13 Registered
- ★ 2 Teams

*Inter-league play with Carrollton

7U Girls

- ★ 18 Registered
- ★ 2 Teams

*Inter-league play with Carrollton

9U Girls

- ★ 14 Registered
- ★ 2 Teams

*Inter-league play with Carrollton

11U Girls

- ★ 30 Registered
- ★ 3 Teams

*Inter-league play with Carrollton

Rosters

Rosters

- Rosters will be sent out via email by 10/20(potentially earlier)
- Once you receive your roster, reach out to the team immediately
- Please call/text/email first before using alternative forms such as group me, team snap, etc.
- If you have trouble getting in contact with a player or they have not shown up to practices, please reach out to us ASAP so we can verify if we have an alternative form of contact information on file

Reminder you do not have a team until you have received your roster so please refrain from reaching out to any parents until you have received your finalized roster.

Team Formation

Playing up requirements:
For any child playing up, they have to follow the below requirements:

- Directly requested by the coach
- The parent is the coach
- They turn the required age during the season (ex: they are 9 and turn 10 the 1st week of the season, they can play in 11U)

All players requesting to play up must go through the athletic staff directly

Team Formation

- Player Request
- (**Returning Coaches**)
- Friend Request
- Coach request
- School
- Age
- Seasons Played

Age Verification

- All athletes registered for the season must provide proof of age for age verification.
- If we do not receive proof of age, the individual will not be able to play.
- What type of document do we accept:
  - Birth Certificate
  - Passport
- How does someone submit their document?
  - Email it to playtcsports@thecolonytx.gov
  - Take it to the Recreation Center for staff to make a copy
- When is the deadline?
  - 11/13/2026
- Roster Notations
  - We have noted on your rosters of who we still need age verification from. If it does not have a note in the birthdate verification, that means we have not received anything.

Any athlete who has submitted their age verification in prior seasons do not have to resubmit

Practice Information

Practice Information

- **How many practices?**
  - Teams will get the opportunity to practice once a week
- **When can practices start?**
  - Teams can start practicing the week of 10/26/2026
- **How long is Practice?**
  - Each team will practice for 1 Hour

Locations

The Colony Recreation Center

5151 N Colony Blvd, The Colony, TX 75056

Camey Elementary

4949 Arbor Glen Rd, The Colony, TX 75056

Selecting Practice Times

- Please give us your top three days and times
- We will be creating the practice schedules from this information
- Younger divisions should be picking the earlier time and older division should be choosing more of the later times

We will be picking practice times for each team. On your sheet in your packet please list 3 practice Days/Times/Locations you are wanting for your practice(s)

- **Practice Etiquette**

  - Please make sure you are sticking to your scheduled time and your scheduled location
  - It is your responsibility as a coach to not go over your time and interfere with practices after yours
  - If it is not your team's practice day/time you are NOT permitted to be using the courts
  - Any extra practices your team requests will have to go through our rental process (not guaranteed & not free)
  - The only practice reschedules permitted are holiday closures if space is available
  - All music out there must remain PG-13

At practices and games, athletes and spectators are only allowed in the gym and restroom areas. Access to other parts of the school is strictly prohibited. If we receive any reports of individuals roaming the building, the team will lose its practice time and location.

Practice Schedule Important Dates

- Week of 10/24- Practice Begin
- 11/3 - No Practice at Schools - Election Day
- 11/23-11/27- Special Holiday Practice Schedule
- 12/21-12/25 - Special Holiday Practice Schedule
- 12/28- 1/1- Special Holiday Practice Schedule
- 1/18 - No Practice at Schools or Rec - MLK DAY

Special Holiday Practice Schedules:

We will send out an email two weeks in advance of the holiday week. This email will have the instructions on how to setup a practice time for the holiday weeks.

Game Information

Season Information

- **When is the first weekend of games?**
  - 11/14/2026
- **Where do we play?**
  - Strike Middle School
  - Rosemeade Recreation Center (Girl Divisions & 13UB ONLY)
  - Crosby Recreation center (Girls Divisions & 13UB ONLY)
- **How many games for the season?**
  - Guaranteed 8 games
- **Who makes playoffs?**
  - Top 4 teams in each division
- **Game Schedule?**
  - Game schedule will be released 10/30/2026(possibly earlier)
  - If you have any weekends/times you will not be available, please send over by 10/19/2026. We will try our best to accommodate requests, but cannot guarantee
- **Will there be double-headers?**
  - All divisions might have double-headers depending on requests and number of teams

Highlighted Rules

- Coaching on Sideline
  - Coaches must stay in their team bench area at all times. (Only exception is during time outs) *Coaches will receive 1 warning. After the first warning, coaches will receive technicals (*Please reference the suspension guidelines for coach technicals & consequences*)*
  - Please do not get in the way of the scorekeeper!
  - Coaches may not stand on the court in any capacity when play is happening.
  - Only TWO cleared coaches may be on the sideline at any time. (Any other approved coaches must sit on the spectator sideline)
  - Only one coach can be standing during play. The other must be sitting.
  - Please stay in your team bench area.
- Players on Sideline
  - Any players that are on the bench need to be seated.
  - Please make sure your players are not bouncing basketballs or messing around on the bench.
- Only approved coaches and players are allowed on the sideline.
  - Siblings, friends, players, & coaches from other teams, parents, etc are not allowed on the team bench

Game Day

Game Scoresheet

- Coaches are required to fill out the score sheets prior to gametime. Please list all kids that will be attending the game. Write the first name last initial & jersey number

Starting Five

- Prior to the first and second quarter, the starting 5 players will need to check in at the scoretable

Warm-ups

- Teams will warm up on the basket opposite of their bench

Team Bench

- Teams should sit on the bench that correlates with *Home* or *Away* on the scoreboard

Playing Requirements

- **Playing Requirements**
  - The coach is responsible to designate 5 starters for each game and to note these starters on the scoresheet. These five starters **MUST** play the entire first quarter. No substitutions are allowed (Exception: a player may be taken out due to an injury but must return to the game as soon as they are able to)
  - All remaining players are automatic starters for the second quarter, and **MUST** play the entire second quarter without substitution (See exception above).
  - If there are fewer than five remaining players to start the second quarter, only those players who played the **ENTIRE** first quarter are eligible for substitution.

Playing Requirements Cont.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

1st Quarter Starters
(Must play the entire 1st quarter)

- 1
- 2
- 3
- 4
- 5

2nd Quarter Starters
(Must play the entire 2nd quarter)

- 6
- 7
- 8
- 9
- 10

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

1st Quarter Starters
(Must play the entire 1st quarter)

- 1
- 2
- 3
- 4
- 5

2nd Quarter Starters

- 6
- 7
- 8
- 1
- 2

Must play the entire 2nd quarter

Can sub out

The 3rd and 4th quarter you are able to sub freely. There are no restrictions!

DIVISION INFORMATION

TYPE	7U BOYS/GIRLS	9U BOYS/GIRLS	11U BOYS/GIRLS	13U BOYS/GIRLS
FORMAT	5v5	5v5	5v5	5v5
BASKET HEIGHT	8FT. 6IN.	10FT	10FT	10FT
BALL SIZE	WOMEN'S 28.5	WOMEN'S 28.5	BOYS - MEN'S 29.5 GIRLS - WOMEN'S 28.5	BOYS - MEN'S 29.5 GIRLS - WOMEN'S 28.5
GAME LENGTH	4 SIX MIN. QUARTERS	4 EIGHT MIN. QUARTERS	4 EIGHT MIN. QUARTERS	4 EIGHT MIN. QUARTERS
FREE THROW	13.5 FT LINE	13.5 FT LINE	15 FT LINE	15 FT LINE
LANE VIOLATION	5 SECONDS	5 SECONDS	3 SECONDS	3 SECONDS
FULL COURT DEFENSE	LAST MINUTE OF EACH HALF & OVERTIME (EXCEPTION 15PT SPREAD)	LAST 2 MINUTES OF EACH HALF & OVERTIME (EXCEPTION 15PT SPREAD)	ANYTIME (EXCEPTION 15PT SPREAD)	ANYTIME (EXCEPTION 15PT SPREAD)
KEEP SCORE	YES	YES	YES	YES

Time outs & Subs

Time Outs

- Each team gets 4 time outs per game.
- When calling a time out, you need to get one of the referee's attention. The Scorekeeper or athletics staff cannot stop the game.
- The scorekeeper will **NOT** stop the clock until the referee has blown their whistle and acknowledged the timeout.

Substitutions

- Players can only be subbed in during a dead ball situation.
- When subbing in the player needs to come and kneel next to the score table to notify they are wanting to be subbed in.
- Players are not allowed to enter the court until they are waved on by an official or scorekeeper.

Jerseys

Jersey Information

Upcoming Changes

Our department recently underwent budget changes for the new fiscal year, which unfortunately included eliminating funding for team jerseys. We are still able to provide jerseys for the upcoming Winter Season; however, jerseys will no longer be provided for the Summer 2027 Season. Moving forward, teams will be responsible for purchasing their own jerseys through a vendor unless we are able to secure a sponsor to cover the cost.

Sponsorships

- We are actively looking for sponsors to help cover jerseys for future seasons
- If you know a company that you think will be interested in being a sponsor please let us know so we can reach out. playtcsports@thecolonytx.gov

New Jerseys

- We do have new Jerseys this season meaning it is very important for players to keep up with their jerseys since they will not be able to use ones from past seasons
- The color of the jerseys will be blue and white

Game Day - Jerseys & Bench Location

Home		Away	
Jaguars	19	Ravens	36

When referencing the schedule, the team on the left will be the home team for that game and the team on the right will be the away team

(reference screen grab above)

- We will NOT have extra jerseys at games so please make sure to reiterate to your parents to have their kids bring their jerseys.

If they do not have their jersey, they cannot play!

- Please make sure your players are ONLY using the jersey provided for this season. This ensures your team will not have any duplicate numbers which causes issues with scorekeeping and managing the game!

Jersey Pick Up

Coaches will receive an email from the Athletics Team when jerseys are ready to be picked up.

- Jerseys are prepared for coach pick up at The Colony Recreation Center (5151 N Colony Blvd, The Colony, TX 75056)
- It is the job of the **HEAD COACH** to pick-up jerseys
  - Anyone else coming to retrieve the jerseys will have to be approved by the athletics staff prior to their arrival

Wrong jersey size and/or lost jersey:

- Replacement Jersey : $10.00
- Parents will need to email playtcsports@thecolonytx.gov

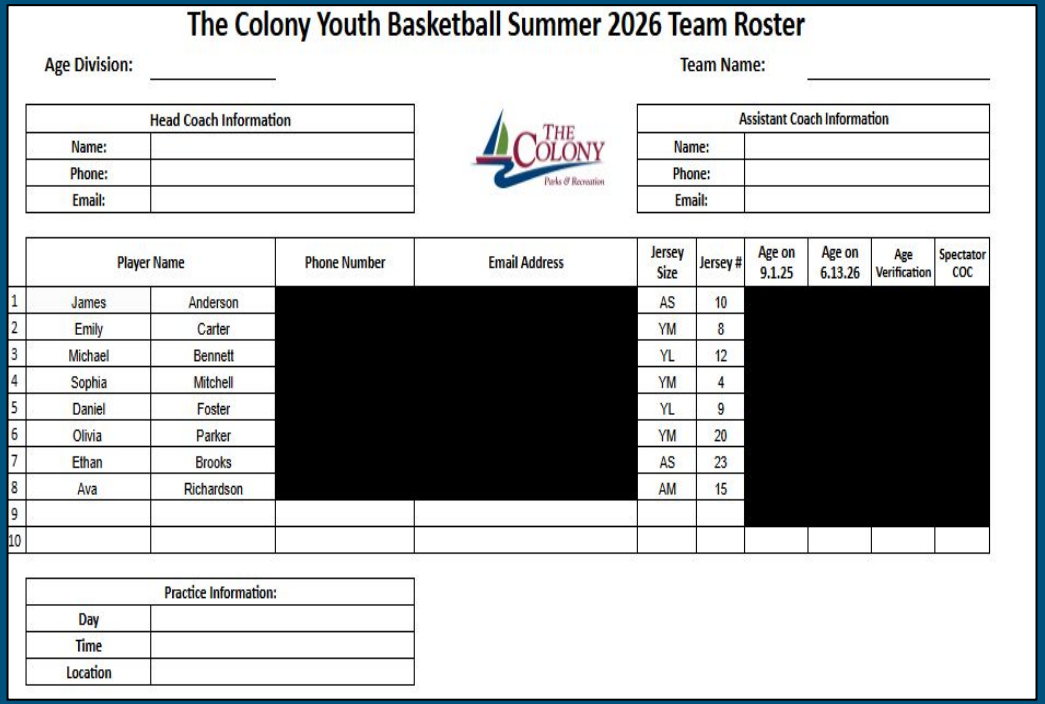
We do not bring extra jerseys to games. If you need a replacement jersey, communication must be made prior to game day.

Distributing Jerseys

When passing out your team's jerseys, please reference the right side of the roster labeled *Jersey #*.

We select jerseys specific to each child's jersey size/jersey #

When looking at your roster, we will also note if we are still needing a specific child's birth date verification



The Colony Youth Basketball Summer 2026 Team Roster

Age Division: _____ Team Name: _____

Head Coach Information	
Name:	
Phone:	
Email:	

Assistant Coach Information	
Name:	
Phone:	
Email:	

	Player Name		Phone Number	Email Address	Jersey Size	Jersey #	Age on 9.1.25	Age on 6.13.26	Age Verification	Spectator COC
1	James	Anderson	[redacted]		AS	10				
2	Emily	Carter			YM	8				
3	Michael	Bennett			YL	12				
4	Sophia	Mitchell			YM	4				
5	Daniel	Foster			YL	9				
6	Olivia	Parker			YM	20				
7	Ethan	Brooks			AS	23				
8	Ava	Richardson			AM	15				
9										
10										

Practice Information:	
Day	
Time	
Location	

Miscellaneous

Equipment

- Equipment: Teams are required to provide their own basketball/cones for practice. It is not mandatory but The Colony Parks and Recreation department does not provide equipment

Awards & Sportsmanship

- Awards
  - The first and second place teams in each division will receive medals
- Sportsmanship Initiative
  - It is the responsibility of the head coach to nominate two players for exemplifying good sportsmanship. You will nominate one for the first half of the season and then for the second half of the season
  - Nomination Deadlines:
    - 1st Nomination: 12/7/2026
    - 2nd Nomination: 1/11/2027

Thank You!