

MYA Basketball – Coaches Information Packet

2025–2026 Season

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1. Coach Responsibility & Conduct

Thank you for volunteering as a coach for MYA Basketball. Your leadership, guidance, and influence have a direct impact on the youth of Merrimack, both on and off the court. This program relies on volunteers like you to create a safe, positive, and fun environment for all participants.

Coach Responsibilities

- **Communicate Early & Often:** Introduce yourself to parents before the season, share practice and game details, and use the MYA Basketball website and TeamSideline as the main source for schedules, rules, and updates. Provide as much notice as possible for changes or cancellations.
- **Engage Every Player:** Focus on each child's growth and confidence. Review division rules and set sportsmanship expectations. Come prepared with a practice plan to maximize your time.
- **Prioritize Safety:** Ensure every child leaves practice with a responsible adult.
- **Prepare for Games:** Assign a parent volunteer before game warm-ups to keep score or run the clock. Have at least one volunteer ready for each game.

Coach Conduct Expectations

- **Model Good Sportsmanship:** Show respect on and off the court, and encourage players, parents, and fans to do the same.
- **Respect Referees:** Support fair play; do not allow criticism of officials.

- **Focus on Development, Not Just Winning:** Emphasize learning, teamwork, and fun over final scores.
- **Stay Responsible:** Never participate in MYA Basketball activities under the influence of alcohol or drugs.

Safety, Background Checks, and Training

- All coaches and board members must complete a background check before the season.
 - Complete youth safety training provided by the MYA Basketball Board, covering bullying, harassment, and assault prevention.
 - These requirements ensure a safe and positive environment for kids, families, and volunteers.
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2. Sportsmanship & Fouls

- Coaches, players, and fans must model respectful behavior and good sportsmanship at all times.

Player Conduct

- Unsportsmanlike behavior may lead to game suspensions.
- **Technical & Flagrant Fouls:**
 - **Technical Fouls:**
 - 1st: Player loses minimum playing time; should be removed until calm.
 - 2nd: Ejection from the game; suspended for the next game.
 - Season accumulations:
 - 3 technicals = ejection + next-game suspension
 - 4 technicals = ejection + next three-game suspension; Board review may result in season suspension.
 - **Flagrant Fouls:** Aggressive or dangerous contact. Counts as 2 technicals.
 - 1st: Ejection + next-game suspension
 - Accumulations with technicals or additional flagrant fouls follow the same escalation as above.

Suspension Rules

- Suspended players must attend games but sit on the bench without participating.
 - Coaches who allow suspended players to play risk:
 - **Coach suspension for the season**
 - **Game forfeit**
 - Suspensions apply to all MYA games (regular season, playoffs, tournaments, out-of-town games).
 - Severe actions (e.g., fighting, property damage) may result in longer or season-long suspensions.
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3. Play Time Rules

Play time can be confusing in competitive divisions (Pee Wee through Senior).

- **Minimum Play Time:** Every player must play at least 8 minutes per half.
- **Minimum Sit Time:** Players must sit at least 2 consecutive minutes per half.
 - For teams with only 6 players, this rule still applies.
- The 8 minutes can be **consecutive or split into two 2-4-minute blocks**.

Tips for Coaches

- All teams make playoffs—focus on building confidence and skill across the team, not just winning.
- Have a **written substitution plan** before each game.
- Communicate with parents about player availability.
- For 10-player rosters, using **4-minute shifts** is simple; balance strong players across shifts. Adjust at halftime as needed.
- **Refer to Playtime Templates** in the Documents section of the website for scenarios by team size.
- Players may only be removed before minimum play time for **health/safety reasons** or **three fouls in the first half**.
- In the second half, players may only be removed if they **foul out**.
- Players receiving a **technical foul** for unsportsmanlike behavior should be removed at the coach's discretion.

Enforcement

Coaches are responsible for following these rules. Referees or coordinators may assist, but accountability rests with the coach.

Consequences for violations:

1. Discussion with your Division Coordinator
 2. Appearance before the Board
 3. Possible game forfeit
 4. Termination from the program if violations continue
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4. Accident Protocol

Player safety is the top priority.

1. **Emergency Response:** Call 911 if unsure about the severity of an injury.
 2. **Blood Injuries:**
 - Wear latex gloves when assisting.
 - Clean with disposable towels and disinfect exposed skin.
 - Players **cannot play** with blood-stained uniforms, exposed wounds, or blood on their body. Jerseys may be changed without penalty.
 3. **Head Injuries:**
 - Referees evaluate for concussion symptoms.
 - Players suspected of a concussion **must be removed** for the remainder of the game.
 - Referee decisions are final.
 4. **Incident Reports:** Required for injuries involving excessive blood, sprains, concussions, doctor visits, or hospitalization. Submit to your Division Coordinator ASAP.
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6. Insurance Coverage / Incident Reports

- MYA Basketball provides **secondary insurance** for participants (unless primary coverage is unavailable).
- After injuries requiring medical care:
 1. Take care of the player.

2. Complete an **Incident Report** immediately; submit to your Division Coordinator/Director. Accuracy is important for claims.
- Forms are available on **myabasketball.org** or from your Division Coordinator.
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7. Practice Time Rules

- All practice schedule changes require Division Coordinator approval.
- Coaches must notify the Division Coordinator **and all players** immediately if practice is canceled. Early notice may allow other teams to use the space.
- If school is canceled for holidays, workshops, or snow days, **all practices are canceled**.
- Schools control gym space; last-minute cancellations may occur.
- Enter/leave schools quietly.
- Ensure safe transportation for players.
- Teams may **only use assigned practice times**. No outside gym practices or extra weekday practices.
- Keep teams off the court before and after scheduled times. Hold team meetings outside the gym.
- Respect school property—carry out trash, no running in hallways.

Tournament Teams:

- Players are selected through tryouts; may have **one additional practice per week** leading up to tournaments. Additional fees may apply.
 - Coaches are volunteers; player selection is based on coordinator and coach recommendations.
 - Not applicable to Instructional Division (1st–2nd grade) or Senior Division (9th–12th grade).
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8. Equipment

- Equipment will be distributed by Division Coordinators.
- Each bag contains:
 - 2 game balls
 - First aid kit
 - Ice packs (in heavy-duty Ziploc; protect from other equipment and vehicles)
- Equipment is tracked by bag number.

- Issues can be addressed via **equipment@myabasketball.org**.
- **Coaches must return all equipment** at the end of the season.