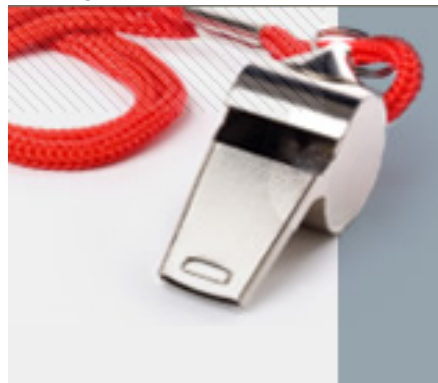




2025-2026 BASKETBALL LEAGUE COACH'S MANUAL

“What you do speaks so loud that I cannot hear what you say.”

~ Ralph Waldo Emerson



About Prestonwood Sports Organization

Prestonwood Baptist Church Mission Statement

Our mission at Prestonwood Baptist Church is to glorify God by introducing Jesus Christ to as many people as possible and to develop them in Christian living using the most effective means to impact the world, making a positive difference in this generation.

Sports Outreach Ministry Mission Statement

The mission of the Sports Outreach ministry is to glorify God by introducing Jesus Christ to as many people as possible, using the vehicle of sports and fitness in order to reach out to those around us with the message of salvation in Jesus Christ.

Children's Team Sports Programs Mission Statement

To glorify God by introducing Jesus Christ as Lord to as many people as possible and developing children in their chosen sports, through a quality youth sports program. Further we will build them up emotionally by teaching positive life values.

PSO Purposes - The following purposes provide the basis for our sports ministry:

- **Spiritual:** We believe that Jesus Christ, God's only Son, came to earth to pay our sin debt by dying on the cross so that we could have eternal life (heaven). Our sports programs are designed to share our faith in Christ.
- **Emotional/Physical:** We want to provide a positive, fun-learning environment that will be a positive physical and emotional experience for children. This positive experience will cause them to want to continue to be involved in this and other team sports.
- **Intellectual:** We want children to be given a great opportunity to learn the skills necessary to be successful in a given sport
- **Social:** We want children to experience the beneficial aspects of competing with others, and grow in their understanding of teamwork.

PSO Basketball Foundations

- Share the love of God with your team. Enhance their understanding through team devotionals and prayer.
 - Strive to create lasting relationships with your players and their parents. See what needs they may have. Reach out for prayer requests.
 - Teach the fundamentals of basketball. It is not about winning games, but building character, self-confidence and a sound basketball skill base.
 - HAVE FUN!!!
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Circle of Criticism and Circle of Affirmation

Circle of Criticism: Begins when a coach reacts negatively to a referee's call. That negativity is mirrored by parents, then by players, resulting in a negative view of authority.

Circle of Affirmation: Begins when a coach responds positively—even to a wrong call. This builds respect for authority, confidence for referees, and models godly character for all involved.

Coaches and referees must work as a unified team. Encourage positive interactions to foster a Christ-centered environment.

Basketball Coaches Code of Ethics

By agreeing to coach, I pledge to:

- Prioritize the emotional and physical well-being of my players over winning
- Treat every player with respect
- Provide a safe, fun, challenging environment
- Model sportsmanship and Godly character
- Support PSO's efforts to teach biblical values through weekly devotionals
- Refrain from the use of drugs, alcohol, tobacco, or vulgar language at all PSO events
- Follow the rules of basketball and the spirit of PSO league play
- Communicate openly with parents, hold at least one team meeting
- Teach children to win and lose with grace and class

Failure to uphold this code may result in removal from coaching duties.

League Priorities

- Share God's love with every player and family
 - Teach basketball fundamentals
 - Emphasize effort, character, and teamwork
 - Create a fun and positive atmosphere
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Division Overview

This manual covers the PSO Winter Basketball Divisions:

- **NCAA Division:** Pre-K & Kindergarten, 1st & 2nd Grade
- **NBA Division:** 3rd - 6th Grade Boys & Girls

Key Equipment Rules

Grade Level	Goal Height	Ball Type
Pre-K & Kindergarten	8 ft	Lite Youth Ball
1st & 2nd Grade	8 ft 6 in	27.5" Junior Ball
3rd - 6th Grade Boys	10 ft	28.5" (6th Boys use 29.5")
3rd - 6th Grade Girls	10 ft	28.5"

Note: These goal heights reflect the lowest setting of our new adjustable goals. Please make necessary adjustments in your practice plans.

NCAA Division Game Format

- 4 quarters of **10-minute** running clock
 - **No scorekeeping**
 - **No timeouts**
 - **No overtime**
 - All games begin with a **center court prayer**
 - Teams **do not switch sides** at halftime
 - Coaches of Pre-K/K may be **on the court** to help direct play and officiate
 - 1st/2nd grade games have **1 referee** per court; coaches must remain on the sideline
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NBA Division Game Format

- 4 quarters of **10-minute** running clock
- **Score is kept**
- **3 timeouts per game** (45 seconds each)
- **Overtime** in playoffs: 2-minute period, followed by sudden death if needed
- Games start with **center court prayer** and a jump ball
- Teams **switch sides** at halftime
- Certified referees provided

Substitution Guidelines

- Sub every **5 minutes** of game time
- **Equal playing time** is required for all players
- No child may sit out back-to-back segments
- Coaches will be provided with a substitution chart

Defense Rules

- **Man-to-man only** (no zone for NCAA)
- Use colored **wristbands** to match players of similar ability in NCAA
- **No full court press in NCAA**
- NBA Divisions:
 - o 3rd/4th Grade: press allowed only in 4th quarter
 - o 5th/6th Grade: press allowed in second half
- **No stealing from the dribbler** in NCAA; allowed in NBA

Fouls

- **NCAA:** No free throws, fouls result in sideline inbound; player with 2 fouls in a segment must sit remainder
- **NBA:** Fouls tracked, 1-and-1 on 7th team foul, 2 shots on 10th; player fouls out on 5

Uniforms & Equipment

- Players must wear PSO-issued uniforms
 - No jewelry allowed (must be removed or taped)
 - Game balls provided by PSO; coaches bring practice balls
 - Coaches should wear team shirt or polo
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Parent & Coach Expectations

- Always model Christ-like behavior
 - Encourage players with positive words
 - Coaches must lead a short **weekly devotion** during practice
 - Parents should support coaches and referees
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End of Game Protocol

- Postgame handshake line
 - Thank the referee
 - Postgame prayer with both teams
 - Applaud fans and spectators
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Need Help?

- PSO Director of Basketball: Elgin Hollins email: ehollins@prestonwood.org
 - Website: www.psosports.com
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Let everything you do be done in love. — 1 Corinthians 16:14