

Seattle Region Coaches Guide 2025

A successful sports program is when all participants have positive experiences in their associations with coaches, officials and players while demonstrating good sportsmanship. The sports program can be very effective in fellowshiping and reactivating members and introducing friends to the gospel.

Responsibilities of the Coach

The success of the Stake or Regional tournament relies on each Coach fully participating in the program.

- All coaches, especially youth coaches, should be an example of living the standards of the church as outlined in the Strength of Youth pamphlet.
- It is recommended Coaches dress nicely for all games
- Men cannot coach YW or Women's teams, and women cannot coach an YM or Men's team.
- For the Men's and Women's league, the coach can be a participant
- Each practice should start and end with a prayer. Teach gospel principles during practices and games with spiritual thoughts and provide teaching moments as the spirit dictates. Teach the rules and skills of the sport. It is important to teach and demonstrate good sportsmanship.
- Work with youth leaders to contact and encourage all youth to participate.
- During games coaches should conduct themselves with honor, respect and demonstrate good sportsmanship throughout the game.
- Ensure everyone gets a chance to participate in the game in some way.
- Arrive early at the game and turn in a pre-filled out score sheet at the scorer table.
- Ensure everyone is eligible to participate. Review the Eligibility requirement section. It is important that we follow the rules and have honor in regard to a player's eligibility.
- Coaches are responsible for the control of their team and fans.

Eligibility Requirements

It is ultimately the responsibility of the bishop to determine the eligibility of each person playing on their ward's teams

- Every member listed on the rosters for any sport must be living within the team's ward boundaries. Any exception to this requires the bishops of the involved Wards to submit a written waiver request giving the reason for the waiver, to the Stake Athletic and if applicable Regional Committee. Non-members must live within the Stake boundaries.
- Any person that is a member of a Junior College or College varsity team is not eligible to participate in the same church sport during the same season with the exception of High School varsity players. At Regionals a team is only allowed to play one high school varsity player at a time.
- The age limits for the Young Women and the Young Men teams is generally 14 through 18 years of age. Eighteen-year-old individuals are eligible as long as they have not graduated from High School prior to the start of the current sport season. Eleven, twelve- and thirteen-year-olds can participate with the approval of their Bishop.
- The age limits for all adults' teams are 18 years age and up. Veteran team is 30 years and up at the time of the first game.
- If a participant is ejected from a game, then that player is automatically suspended and is not eligible to play the next game. If that participant has more than one suspension, then that player is suspended for the remainder of the tournament. To play the next year, the participant will be required to meet with their local priesthood authority (Bishop or branch president) to discuss reinstatement requirements. Signed permission by local priesthood authority and stake athletic director is required to be eligible to play in next year's regional basketball tournament.

- **Team Rosters**

- Team rosters are to be completed and turned in by the coaches meeting prior to the start of the tournament (5/4). Make a copy and bring the roster with you to your regional tournament games.
- Make sure that rosters are completed with signatures from each participant and the parent's signatures for youth participants even if they are 18 years old.
- The Bishop's signature on the roster verifies that he knows who is representing the Ward and that they have been instructed as to the standards of conduct that must be followed at practices and games and are worthy to represent his Ward.
- The Stake Athletic Director's signature on the roster verifies that the team is eligible to participate in the tournament.
- Non-members need to agree to abide by church standards outlined in the Especially for Youth pamphlet during the while in the church building. They must live within the stake

boundaries to participate in church sports. This applies for both youth and adult nonmembers.

- No player can be added to the rosters if they haven't participated any stake play. Exceptions are returning missionaries and college students can be added at any time. Before adding players to the roster, confirm with the Regional Director that it is okay. Players not on the official roster and scoresheet are not allowed to participate. Playing with illegal players will result in a forfeit of the game and potentially the tournament.
- **Uniforms**
- The dress code is as follows. At all times dress and grooming should be modest, tasteful, and appropriate for the activity.
- All jewelry, watches, wristbands, necklaces, earrings, and anything of that sort must be removed before the game. 1 warning will be given, the 2nd offense in the game will result in a technical foul.
- Shorts must be at least fingertip length. No boxer shorts.
- T-shirts or capped sleeve shirts are allowed. Low hanging shirts under the armpit's are not allowed unless a T-shirt is underneath. Basketball jerseys are allowed over a t-shirt.
- Jerseys should have numbers on the front and back or at least on the back.
- **Region Website - www.seattleareasports.org**
- The regional website has the following information:
 - Score sheets
 - Rules
 - Schedules
 - Maps
 - Coaches Guidelines