



REBA

Redding Easton Basketball Association

Parent/Player Guidelines

2025-2026 Season

“Take the Shot”



REBA Parent/Player Guidelines for the 2025-2026 Season

The Redding Easton Basketball Association (REBA) is pleased to offer a competitive, educational, and enjoyable basketball experience for boys and girls in grades 4 through 8 from Redding and Easton. Our mission is to enhance basketball skills while fostering teamwork, sportsmanship, and a lifelong passion for the game.

Leagues:

- **Grades 4:** Compete in the Milford Knights Basketball League.
- **Grades: 5-8:** Play in the Fairfield County Basketball League (FCBL) or MKBL (Committee Decision)
 - FCBL ranks teams as “A”, “B”, or “C” and schedules ten (10) League games. Teams can also schedule extra non-League games as needed.

Teams:

- **Team Size:** Each team will have 9-10 players. If there’s enough interest, we’ll create multiple teams per grade.
- **Team Placement:** We aim to balance competition and development, with one team focusing on winning and another on building skills.

Evaluations:

- **Mandatory Evaluations:** All players must attend an evaluation session, run by independent evaluators.
- **Anonymous Assessments:** Players are assigned numbers, not names, during evaluations. Skills like dribbling, shooting, and teamwork are assessed.

Coaches:

- **Competitive Teams:** Will have paid coaches chosen by the REBA committee.
- **Developmental Teams:** May have parent coaches. Parents interested in coaching should submit their experience to the REBA committee.

Player Expectations:

- **Practices:** Players are expected to attend two (2) practices per week, each lasting 60-120 minutes.
- **Games:** The season includes 10-20 games, running from December to March on weekends.
- **Playing Time:** Players must follow a Code of Conduct to play approximately 6-8 minutes per game.
- **Performance-Based Play:** Playing time is earned through performance, sportsmanship, and commitment to practice.

Fees:

- **Registration Fee:**
 - \$800 per player for FCBL, covering participation and administrative costs.
 - \$400 per player for Milford Knights
- **Uniforms:** Players need to buy a double-sided uniform, which stays the same each year.

REBA Committee:

- **Composition:** The committee has eight (8) members, including six (6) parents of current or former REBA players, 1-3 reps from Joel Barlow High School basketball, and one (1) staff member from the Easton Community Center.
- **Role:** The committee works to create a top-notch basketball program for players in Redding and Easton.

We’re excited for a great season and can’t wait to see our players thrive on and off the

Redding Easton Basketball Association Players Agreement

As a member of the Redding Easton Basketball Association (REBA) team, I understand and agree to the following:

1. **Respect for Teammates:** I will treat teammates with acceptance, respect, and friendship, using encouraging words at all times.
2. **Coach's Instructions:** I will value and attentively listen to the instruction of my coach, regardless of personal opinions.
3. **Respectful Communication:** If I have questions or concerns, I will respectfully voice them to my coach and listen attentively to feedback given.
4. **Dignity and Respect:** I will treat officials and opponents with dignity and respect, refraining from arguing with referees or officials. Communication with referees is the sole responsibility of the coach.
5. **Attendance:** I will attend all practices and games. If I am ill, I will inform my coach. If injured, I will attend practices to watch and learn, and games to support my team.
6. **Behavior Expectations:** I will behave appropriately at practices and give my best effort, playing hard every second of a game (hustling, defending, being aggressive, never giving up, and following substitution or timeout protocols).
7. **Consequences:** I understand that missing practice or acting inappropriately towards coaches, teammates, referees, or opponents may result in reduced playing time or being asked to leave the team.
8. **Minimum Playing Time:** I will receive a minimum of 8 minutes of playing time per game. Additional playing time is earned through dedication, hard work, and performance during practice and games.
9. **Teamwork:** I understand that basketball is a team sport, and success can only be achieved when the entire team works hard and plays well together.

Signature: _____

Print Name: _____

Date: _____

Redding Easton Basketball Association – Parents Code of Conduct

As a parent of a player in the Redding Easton Basketball Association (REBA), I understand and agree to the following:

1. **Attendance:** I will ensure that my player attends every practice and game, arriving on time and ready to participate.
2. **Positive Encouragement:** I will encourage my child and their teammates with positive statements, even when mistakes are made.
3. **Respect for Coach:** I will allow the coach to lead and refrain from providing "sideline coaching" during games.
4. **Sportsmanship:** I will model good sportsmanship by acknowledging and applauding the efforts of both team members and opponents.
5. **Grace in Defeat:** I will accept defeat graciously by congratulating the opposing team on a game well played.
6. **Supportive Attitude:** I will support the team regardless of my child's playing time or the team's win-loss record.
7. **Role Modeling:** I will serve as a role model for players by speaking politely and acting courteously towards coaches, officials, parents, and spectators.
8. **Technical Foul Policy:** I understand that the **FCBL** has a strict behavior policy, and if I receive a technical foul or am asked to leave by an official, I will not attend the next two (2) team games. (Please see FCBL Website for more details)
9. **Playing Time:** I understand that REBA has a minimum playing time requirement of approximately 6-8 minutes per game. Additional playing time is earned through dedication, hard work, and performance during practice and games.
10. **Conflict Resolution:** If issues arise, especially regarding playing time, I will encourage my child to speak directly to their coach. If further clarification is needed, I will then contact the coach. If the situation remains unresolved, I will reach out to a member of the REBA committee.

As a REBA parent, I commit to upholding this code of conduct. In instances where I fail to meet these standards, I will accept accountability and take responsibility for my actions.

Signature: _____

Revised 9/30/2026