Welcome Winter '26-'27! To our new players, you are in for a fun and rewarding experience. To our returning players, get ready for another exciting and competitive season. There is a lot of information below but please read each item carefully as it pertains to the upcoming season, especially the instructions in RED.

PLAYER INFORMATION

Please log into your FAS account at www.fastactionsports.org and ensure that all of your information, especially name, contact info, grade, etc. is correct**.** Click on UPDATE MEMBER to revise your information.

Verify that you have registered for the correct division:

Grade	Register for:
Advanced 1st 2nd	Division 1 (D1) - Advanced level 1st grade & All Levels 2nd grade
3rd 4th	Division 2 (D2) – All Levels 3rd/4th grade
5th 6th	Division 3 (D3) – All Levels 5th/6th grade
7th 8th 9th	Division 4 (D4) – All Levels 7th/8th/9th grade

Change profile settings to opt in to receive BOTH email and text notifications (there are no extra charges from FAS for this. Only text messaging charge from your mobile carrier would apply).

REGISTRATION

In order to hold a spot for the upcoming season and for Player Evaluations, make sure that your registration is COMPLETE and PAID IN FULL.

A COMPLETED registration will receive a confirmation email. **If you did NOT receive a confirmation email, even if you paid offline at Walk-in Registration, you are not guaranteed a spot.**

In addition, your account must be PAID in FULL to be considered complete. Otherwise, you will be moved to WAITLIST status and your spot will be given up to another player who has paid. Log into your

FAS account online at www.fastactionsports.org, go to PAYMENTS to check the status of your payment(s) and pay for your registration.

MASTER CALENDAR

The online master calendar will have the most current information for all FAS events. Go to www.FastActionSports.org. Click on the calendar page and sort for EVENTS. However, we high recommend that you download the SPORTSPLUS mobile app onto your phone to get the latest schedule.

COMMUNICATION(S)

FAS uses the SportsPlus mobile app (i.e. **download to your phone**) to help facilitate communication among players, parents, coaches and FAS. **For help with your online FAS account, refer to the SportsPlus online help, videos and tutorials at: https://help.sportsplus.app .**

- **You must download the SportsPlus mobile app on your mobile device and opt in to notifications, in order to get alerts about upcoming events, games and practices. In addition, this is the only method that coaches and team managers are allowed to communicate to the team.**
- IMPORTANT: You must login into your online account and opt in to receive email and notifications.
- Email notifications are automatic but if there is a change last minute, the online schedule will take priority. Do NOT solely rely on automatic email notifications to contain the most current or accurate information. **Log into your SPORTSPLUS mobile app for the most accurate information about practices, games, and events.**
- Event Notifications are general notifications sent out to all members of FAS and may not apply to you. You can ignore if it does not apply to you.
- Team Event Notifications do apply to you so make sure you read those notifications.
- Each team will have a Team Manager to filter any questions and/or concerns specific to a team and to help the Head Coach with administrative tasks.
- Volunteers are needed for Assistant Coaches and Team Manager(s) once the team has been formed. Please consider volunteering.

MANDATORY PLAYER EVALUATIONS – Sunday, November 8 at Fullerton High School

- All players are required to attend Player Evaluations. Failure to do so may result in not being placed on a team.
- Each player is required to have their own basketball at Players Evaluations. You can purchase a FAS basketball for $20 (only cash or check will be accepted).
- Wear a white or black t-shirt.
- After Player Evaluations, Coaches will then have one week to complete the draft and select the team.

- If you cannot attend Player Evaluations (with FAS approval), FAS will place you on a team, not the coach.
- **By November 13, you will know which team you have been assigned to by logging into your online account or logging into the SPORTSPLUS mobile app.**
- Check in at least 10 minutes before your assigned time.
- **Times are (tentatively) assigned as follows:**

D1 – Advanced 1st Grade & All Levels 2nd Grade

- 12:30 to 1:05 pm – All Players

D2 – All Levels 3rd & 4th Grade

- 1:15 pm to 1:45 pm – Last Name A-K
- 1:35 pm to 2:05 pm – Last Name L-Z

D3 – All Levels 5th & 6th Grade

- 2:15 pm to 2:45 pm – Last Name A-K
- 2:55 pm to 3:05 pm – Last Name L-Z

D4 – All Levels 7th & 8th Grade

- 3:30 pm to 4:00 pm – All Players

BASKETBALL

- **Each player is required to have their own basketball for Player Evaluations and practices. We will NOT have any spare balls to borrow.**
- The ball size is as follows (you must use the correct size ball for your division):
  - D1 & D2 - 27.5"
  - D3 - 28.5"
  - D4 - 29.5"
- Basketball can be purchased on Evaluation Day for $20 per ball. Only cash or check (payable to FAS) will be accepted on that day.

PRACTICES

- By November 15, Coaches will contact their teams (via the SportsPlus mobile app) to set up the initial team meeting/practice **(contact us if you do not hear from a Coach by this date).**
- Practices are outdoors but if requested by the team, indoor gym practices can be arranged at an additional cost to the team (estimated $64 per player for Winter season).

- Indoor practices will mainly be at Fullerton College, Rosary Academy, Troy or Sonora HS.
  - ❖ Fullerton College South Gym (Building 1200) – **Parking is by permit M-F 8:00 am to 10:00 pm, Sat 8:00 am to 2:00 pm.** For FREE parking, park at Fullerton HIGH SCHOOL or on Chapman Ave or Berkeley Ave (read street signs)
  - ❖ High Schoos and Rosary Academy: parking is free at all times.
- Practice time can be any time Mon., Tues., Wed., Thurs., or Fri. 6:00-9:00 pm, depending on the team that you are assigned to.
- The coaches will try to choose a time and place most convenient for all players but there is no guarantee of a specific day and time.
- Practices start the week of November 16 and ends February 6 (i.e. 8 weeks of practice) and will consist of 1 or 2 practices per week depending on the coach/ team.
- All players are expected to attend at least one practice session per week. Consistent failure to attend practices may disqualify the player from the team.
- Gym fees will be collected by the Head Coach or Team Manager the week of January 22, 2027. Failure to pay gym fees will disqualify player from Playoffs and Finals.

GAMES

- Games are only held on Sundays after 12 noon except for Playoffs and Finals which may start at 11:30 am.
- First game starts on December 5. Last regular season game is January 24, 2027.
- Playoffs will be January 31 and Finals will be February 7, 2027.
- Game schedules will be posted online by November 30 for the entire season, except for Playoffs and Finals, which will be available on January 25 after the last regular season game.
- You can view your team's schedule by logging into your FAS account (www.FastActionSports.org) or via the SportsPlus mobile app.
- Email notifications are automatic but if there is a change last minute, the online schedule will take priority. Do NOT solely rely on automatic email notifications to contain the most current or accurate information. **Log into your SPORTSPLUS mobile app for the most accurate information.**

UNIFORMS (Divisions FASPack)

Winter ’26-27 is the start of a new uniform style for all Divisions players. The registration fee INCLUDES the new Divisions FASPack so you do not have to purchase a separate FASPack.

- The Divisions FASPack consists of a personalized reversible jersey, reversible short, and shooter shirt.
- All players are required to wear the official FAS uniform on game days. Failure to do so will result in penalties for your team and/or you not being able to play.
- **Please make sure you order the correct size as there are NO EXCHANGES. The jersey will have to be re-ordered at an additional charge of $45 as the Player name will be imprinted on the back of the jersey.**

- Sample jersey and short sizes will be available for you to try on at various FASPack (Uniform) Sizing events. To find out day(s), times(s) and location, to the master calendar at www.FastActionSports.org , click on Calendar and sort for Events. In addition, uniform sizing will be available at Player Evaluations.
- **Once you have finalized your size, write the correct size on the CHANGE SIZE sheet at the FASPack Sizing Event. In addition, be sure to edit your size in your online account. See the attached instruction sheet on how to edit your size in your online account.**
- Player Evaluations will be the last day to change your uniform size.
- Each player must attend one FASPack Sizing Event in order for the uniform to be ordered.
- Uniforms will be available for pick-up the week before the 1st game. Notifications will be sent out as to place and time for pick-up.
- Undershirt - must be solid white, red, or black. No other colors allowed.
- Jersey must be tucked into short on game day.
- Both jersey and short are reversible.
- Jersey # can be requested. However, if the same jersey # is requested by multiple players, it will be randomly assigned as each division must have a unique jersey #.

GYM Rules

- **NO FOOD or DRINK** in the gym except for clear drinking water (no colored and/or sugar water i.e. Gatorade, sports drink, juice, coffee, tea, etc. is allowed).
- Do not put any other liquid besides water into a water bottle or cup and pretend that it is water.
- Any bottles resembling a Gatorade (or similar sports drink) will be thrown out, even if there is clear drinking water inside.
- Snacks and drinks are to be stored in the lobby area and are not be taken inside the gym. No one will steal the snacks.
- Snacks and drinks are to be distributed outside the gym and cannot be taken back inside the gym. Eat and drink outside the gym.
- **If you see anyone violating this, please report to any FAS staff immediately or tell the person to leave the gym.**
- **This rule applies to ALL including parents, relatives, spectators, etc.** Failure to comply may result in the Player disqualification and/or expulsion from the league as gym privileges will be revoked by the District if food or drink is discovered. All gyms have cameras throughout to monitor that this is enforced.
- **This applies to all gyms that FAS practices or plays in and includes EVERYONE, even Spectators.**
- You will be asked to exit the gym if you are caught.
- Multiple violations will be the Player suspension from the league, even if the spectator is the one causing the violation.

COURT RULES

Practice(s)

1. All players, siblings, parents and spectators are only allowed to enter the gym 5 minutes before their practice time. They must wait in the lobby or outside until then.
2. Players are not allowed to dribble, shoot, run, etc. on the court until their coach calls them onto the court for the start of their practice, even if there are open baskets.
3. At the end of their practice, they are to immediately vacate the court, gather their belongings and exit the gym. Do not stay longer than your designated time.
4. No one (i.e. parents, siblings, spectators, etc.) is allowed to be on the court; you must be on the sidelines only.
5. Parents: If you wish to confer with the coach, please make arrangements ahead of time to meet before or after a practice session. Do not intervene during practice as it interrupts the flow of the practice. You can message the coach for a convenient time to meet outside of the practice time for any discussions. You can also make arrangements to discuss with FAS (via email to support@FastActionSports.org).

Game(s)

1. All players, parents and spectators are to sit in the bleachers until the team is allowed to be on the court for their game.
2. Teams should meet outside before their game and enter together.
3. Please do not congregate in the lobby area before or after your game. We need the area clear so that people can enter and exit safely.
4. **No dribbling allowed in any gym lobbies.**
5. Out of respect for the teams playing, unless it is your scheduled game time, no other players, parents, siblings, spectators, etc. are allowed to dribble, shoot, run, etc. on any court, **even at half-time, time-outs, etc. Violating players will have their basketball taken from them.**
6. Only when the game is over (i.e. the two teams are congratulating each other) can the players start to warm up on the court.
7. Once your game is over, please move off of the court as quickly as possible so that the next team can warm up. You can congregate outside the gym with your team.
8. Players are to be seated on the bench unless it is time for them to be substituted in. They can then be kneeling next to the scorekeeper table.
9. **Players are to pick up water bottles and trash underneath their bench after each game.**
10. In order to not interfere or interrupt the current game on Court 1 (this also applies to any spectators):

    - Sonora Large Gym - wait for a dead ball before entering or exiting the gym. Do not enter or exit while the game is in play**. No dribbling, running, passing in the middle court.**

- Fullerton HS - go through the outside gate to enter and exit Court 2 in the back.

SPORTSMANSHIP

- Referees do not care which team wins or lose. Their focus is to equally call the game in favor and against BOTH teams. Disrespect towards the referee(s) will result in technical fouls for you and the team.
- Players are to be **seated** on the bench unless they are waiting to be subbed in. No dribbling or other activities allowed, except for cheering for their teammate.
- All players, coaches, parents, spectators etc. are allowed to cheer/ comment on their OWN player(s) and team ONLY.
- **No comments or noise towards the other team (including any activities intended to distract the opposing team/ player such as stomping on bleachers, fake coughing, etc.) is allowed. This applies to all spectators as well.**
- **No negative or derogatory comments are allowed, even if they are directed towards your team (e.g. make them go home, etc.)**
- We take poor sportsmanship seriously and will evict and/or suspend from the league if necessary.

Violations of any of the above rules will result in the PLAYER (even if the player is not the one in violation) forfeiting the practice or game. Multiple violations will result in suspension from the rest of the season.

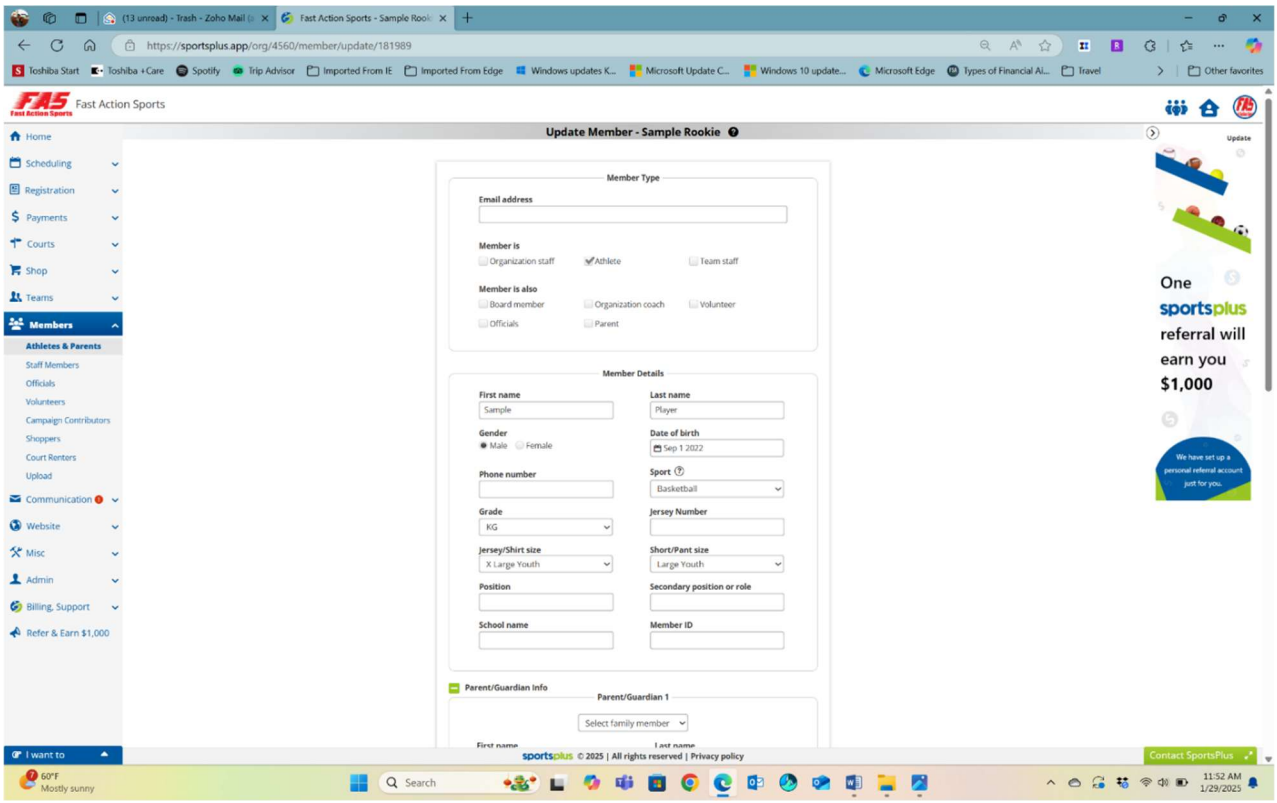
That's it for now. We look forward to seeing you at Player Evaluations!

How To Change Jersey and Short Size in Online Account

After you have tried on the sample size and have written you size on the Division 1-4 Uniform Size Sheet, you must ALSO update your online profile with the correct sizes. To complete your online profile, follow the directions below:

MAIN PROFILE

1) **Go to www.fastactionsports.org (do not use the SPORTSPLUS mobile app).**
2) **Log into your account.**
3) **Click on UPDATE MEMBER.**
4) **Scroll down to Jersey/Shirt Size and Pant/Short Size.**
5) **Select the correct size.**
6) **IMPORTANT: Scroll to the end and click on UPDATE.**


Fast Action Sports
Update Member - Sample Rookie
Member Type
Email address
Member is
Organization staff
Athlete
Team staff
Member is also
Board member
Organization coach
Volunteer
Officials
Parent
Member Details
First name
Sample
Last name
Player
Gender
Male
Female
Date of birth
Sep 1 2022
Phone number
Sport
Basketball
Grade
KG
Jersey Number
Jersey/Shirt size
X Large Youth
Short/Pant size
Large Youth
Position
Secondary position or role
School name
Member ID
Parent/Guardian Info
Parent/Guardian 1
Select family member
One sportsplus referral will earn you $1,000
We have set up a personal referral account just for you.
Contact SportsPlus
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