



YMCA Winter Basketball "Recreational & Competitive Leagues --- What's the difference?"

Recreational Leagues are available for boys and girls K-6th grade.

- The Rec League is for the less experienced players just looking to have some fun.
- Rules are designed to keep games fair and fun for all (no pressing, man-to-man defense only, etc)
- Practice is once per week for one hour on a half-court elementary school
- No score or standings are kept and there is no end-of-season tournament.
- Every player will receive a reversible jersey before the season and a trophy at the end of the season!

Competitive Leagues are available for boys and girls in the 3rd-6th grade only.

- This is for players who are more experienced and plan on playing basketball through middle school.
- Two hours of practice is given to Competitive Teams (except 3rd grade, due to a limited amount of gym space)
- Rules are designed to complement the skills of a competitive player (pressing, zone & man-to-man defense, etc). See www.friscoymca.org for rules.
- Score and standings are kept, as well as an end-of-season tournament for the top 4 teams in each division.
- In addition, there will be a Dallas YMCA Hoopsfest (area tournament), featuring top teams from 23 other YMCAs.
- If you do not have a specific team to join, but want to be in the Competitive League, please know that you will probably be placed on a team with other players in the same situation (there is rarely an existing competitive team that is able to accept new players).

If you have any questions, please download the Winter Basketball Parent Handbook. If you cannot find the answer you are looking for, you may contact the sports office at (214) 297-9622 or Trey at tgilmore@ymcadallas.org.