

# **Competitive Basketball**

Is a league suited for experienced players who are comfortable playing by high school type rules (zone and man-to-man defenses, full court presses, shooting free-throws from 15-foot and two certified officials calling all fouls & infractions).

## **Details**

1. Players
  - \* 3rd-12th graders can participate in competitive basketball
2. Divisions
  - \* 3rd & 4th grade
  - \* 5th & 6th grade
  - \* 7th & 8th grade
  - \* 9th-12th grade
3. Practices
  - \* Days, times & location & quantity are up to the coach
  - \* At least 60 minutes 1x per week (coaches may practice more & for longer)
  - \* Practice space is available to rent (\$75 for 1 basket per season) at the YMCA
  - \* Teams can practice at the YMCA, schools, church gyms, parks, etc.
  - \* Typical practice begin 5:15 PM or after
4. Games
  - \* Players are required to play at least 10-minutes per game
  - \* Each team plays at least 8 games (7 games + playoffs)
  - \* Friday and/or Saturdays
  - \* At YMCA's throughout the East Valley (Chandler, Mesa, Ahwatukee, Tempe, S.Mtn.)
  - \* Locations & maps to game sites are available on the left side of the main page
5. Coaches (Volunteers)
  - \* Must complete a volunteer application (see main page under coaches)
  - \* Must pass background check for the safety of the children and families
  - \* Complete E-trainings (see main page under coaches)
  - \* Attend coaches meeting & clinic
  - \* Will receive a coaches packet with tools to assist in success
  - \* Will receive a YMCA coaches shirt
6. Other volunteer opportunities
  - \* Team parent
    - A. Communicates to parents while the coach is working with team
    - B. Emails practice and games schedules
    - C. Sets up a snack schedule (please pass out snacks outside the gym)
    - D. Optional - Organize team photo (with YMCA provided photographer or parent)
    - E. Organize end of the season party (give out certificates, maybe pizza party, etc.)
    - F. Help collect practice fees (if necessary)
      - > Sponsorship of practice fees are tax deductible - sponsor receive nice plaque
      - > Other option for practice fees are splitting it between parents
7. Rules
  - \* Very close to high school rules with a few exceptions (see rules from the main page)
8. Playoff Tournament
  - \* Playoffs are single-elimination
  - \* East Valley champions will play other YMCA regions for the vally-wide championship
  - \* Typically championship games are played at US Airways Arena
  - \* Medals will be given to teams finishing in 1st or 2nd place
9. Schedules
  - \* Will be available at [www.quickscores.com/swvalleyymca](http://www.quickscores.com/swvalleyymca)

A. Teams will be listed under, league, grade, location & coaches last name

B. Please look on the schedule for updates (especially each Thursday by 5PM)

10. Questions

\* Contact the sports department