

the



YOUTH BASKETBALL PARENT/GUARDIAN HANDBOOK



A MESSAGE FROM THE DIRECTOR



ABOUT NIC

Nic Tackels serves as the Sports Director at the Bloomington-Normal YMCA, where he combines his passion for athletics with a commitment to community and youth development. A graduate of Coastal Carolina University with a degree in Recreation and Sports Management, Nic joined the Y in February 2025. Since then, he has built strong community connections and continues to create opportunities for athletes of all ages to grow, compete, and thrive through sports. Nic is dedicated to fostering a positive, inclusive environment where everyone feels welcome to play and participate.

Dear Parents and Guardians,

Thank you for choosing the YMCA for your child's basketball experience. We are thrilled to have your family as part of our team this season!

We've been hard at work all offseason to enrich and enhance a program that has been a cornerstone of this community for many years. Whether this is your child's first time picking up a basketball or they've been playing for seasons, we are committed to providing a fun, safe, and inclusive environment where all players can thrive.

At the YMCA, we believe that youth sports are about more than wins and losses — they're about building confidence, learning life lessons, and developing character. Through our focus on skill development, teamwork, and sportsmanship, your child will not only improve as a player but also as a person.

Our incredible coaches and volunteers are here to support every child, every step of the way. We emphasize our core values of Caring, Honesty, Respect, and Responsibility in everything we do — on and off the court.

We can't wait to cheer your child on this season. Thank you for being part of the Y family!

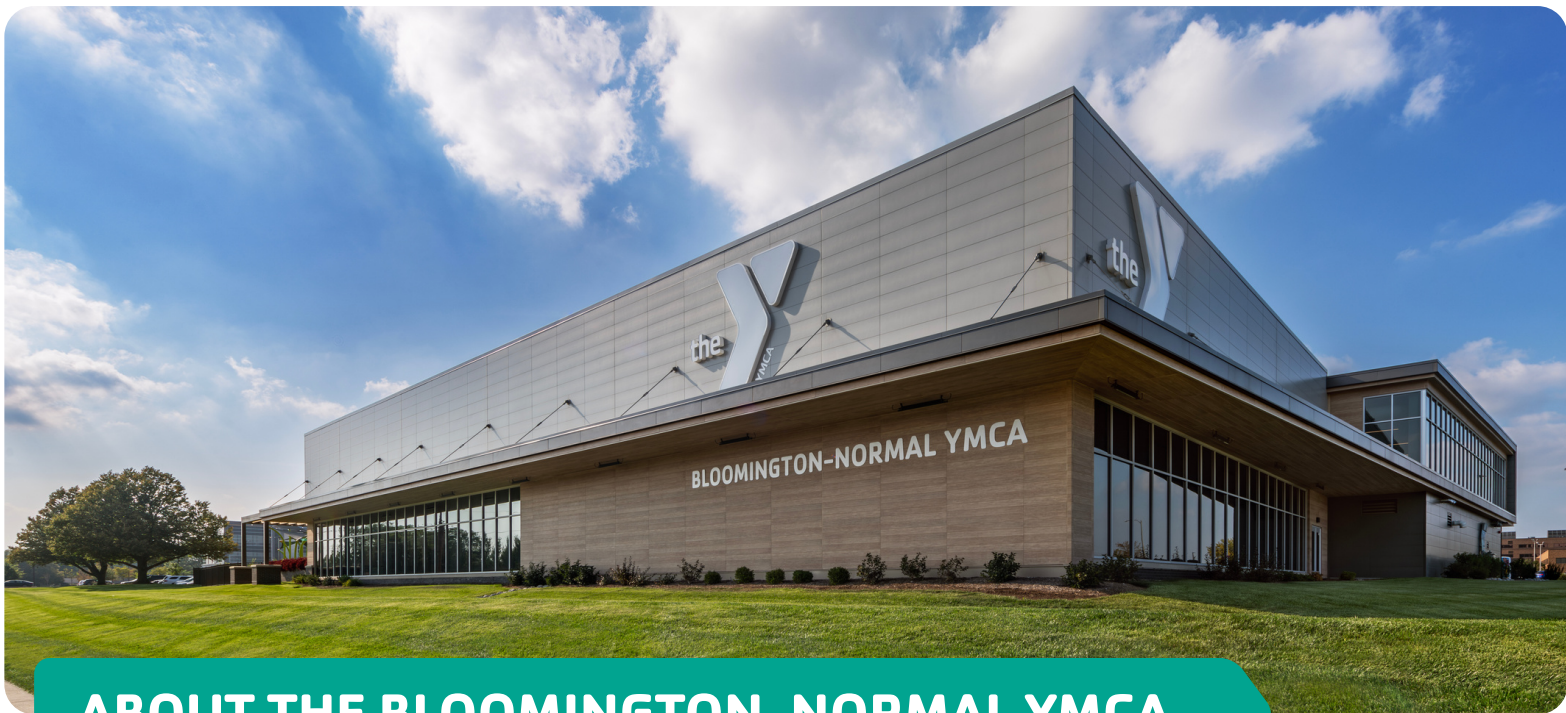
Sincerely,

Nic Tackels
Director of Sports
Bloomington-Normal YMCA
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1.309.827.6233



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ABOUT THE BLOOMINGTON-NORMAL YMCA

The Bloomington-Normal YMCA is proud to carry on a rich tradition of youth development, healthy living, and social responsibility in our community. As part of the very organization that invented the game of basketball in 1891, we are honored to offer a youth basketball program that emphasizes skill development, teamwork, and character building. Our goal is to create a positive, inclusive environment where every child can grow both on and off the court. We're grateful to partner with families like yours as we help young athletes learn, thrive, and have fun through the game we helped bring to life.

OUR MISSION

To put Christian principles into practice through programs, services, and relationships that build healthy spirit, mind and body for all.

OUR VISION

A healthy community where everyone is thriving.



OUR CORE VALUES & PROGRAM OBJECTIVE



CARING



HONESTY



RESPECT



RESPONSIBILITY

The YMCA Youth Basketball League is dedicated to developing young athletes into strong leaders by fostering character, promoting physical fitness, and encouraging healthy competition through the game of basketball. Striving to create an enjoyable and empowering atmosphere where all participants can thrive and feel a sense of belonging.

This basketball League is for youth in McLean County in grades K-8 to develop strong character traits through the discipline of youth basketball. Youth in grades K-8 will have weekly practices with one game per week.

POLICIES & PROCEDURES

This is a recreational program designed to accommodate players of all skill levels. We focus on promoting sportsmanship, physical fitness, and having fun. Attitude and effort will be a key theme throughout the program.

This program is not designed for highly competitive groups such as travel teams. Teams or players that are looking for increased competition may look to play up a league.

Maximum of 2 volunteer coaches allowed on the bench during games.
All rosters will be capped at 10 players per team. No exceptions.

EXPECTATIONS & RESPONSIBILITIES

Every person in attendance is expected to uphold the YMCA's mission and values. In order to maintain a safe and positive environment, those who fail to follow these guidelines may be asked to leave the facility and could be subject to further disciplinary action at the sole discretion of the YMCA.

We all have a role to play!

- Players will give their best effort
- Coaches will lead by example.
- Referees will enforce rules fairly and support players
- Spectators will support all participants respectfully and positively.
- Staff will ensure a safe, supportive, and positive environment for all.

REGISTRATION

Registration for this program is offered on a first come, first served basis. Each division has a set capacity and will only be expanded if additional volunteer coaches and gym space are available. Registration can be done online, in-person, or over the phone. After registering, you will receive a confirmation email with next steps and important season information.

We encourage you to register as soon as possible to ensure placement, as spots can fill quickly!

TEAMMATE/COACH REQUESTS

YMCA members have the option to submit a teammate or coach request during registration. While we do our best to accommodate requests, they are not guaranteed and will only be honored when possible and within reason, based on team sizes, division balance, and practice availability.

We appreciate your understanding as we work to create fair, fun, and balanced teams for all participants.

UNIFORMS

Each player will be provided a reversible YMCA basketball jersey at the start of the season. All players must wear the provided YMCA jersey for each game. Alterations to jerseys must be approved in advance by the YMCA's Director of Sports.

CANCELLATION POLICY

All requested refunds received at least 2 weeks prior to the start of the program will be issued a full refund as a system credit. Refunds requested to be processed as a credit card refund will receive a refund for the program price minus a 10% processing fee. Refunds and system credits will not be given for cancellations after two weeks prior to the start of the program unless due to injury with a written doctor's note at the discretion of the Director of Sports. If a refund is issued after the start of a program, the refund will be given as a system credit and will be a prorated amount.

CODE OF CONDUCT

All participants and spectators are expected to uphold the YMCA's core values of Caring, Honesty, Respect, and Responsibility at all times. Failure to meet these expectations may result in disciplinary action.

Our goal is to maintain a positive and supportive environment where all youth can grow and thrive. Thank you for helping us create that space.



LEAGUE RULES & REGULATIONS

Practice:

Each team will practice once a week at a time determined by the availability of the coach and players. If the practice time assigned to your team does not work with your schedule, adjustments will look to be made within reason, if possible. Practices will be held either at the YMCA or at an offsite location, depending on gym space availability.

Offsite locations include but are not limited to:

- Unit 5 schools
- District 87 schools
- Community churches
- Local community centers

Practice will last for one hour; featuring games, drills, and educational opportunities around basketball. Coaches will reference the Y-USA Basketball Practice Plans for each practice; while leading and encouraging a fun, positive, and empowering experience for all.

Attendance at practice is highly encouraged, but is not required in order to participate in the game.

Gamedays at the Y:

It's the perfect opportunity for your child to showcase the skills they've been working hard to develop in practice! We invite you to come out and cheer on these kids in a way that is positive, respectful, and supportive of their hard work and the values of the YMCA.

Our focus on game days is simple: **Effort. Teamwork. Sportsmanship.**

If a player gives their best and embodies these three values, then they're already a winner at the Y.

- **Scoring:** Score will NOT be kept until the 4th grade division.
- **Time:** Games will be held on Saturdays and last for one hour.
- **Locations include but are not limited to:**
 - Bloomington-Normal YMCA
 - Northpoint Elementary
 - Eastview Christian Church
 - Heyen Hoops
 - Calvary United Methodist Church



KINDERGARTEN & 1ST GRADE RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game.

General Rules

1. **Basketball: Size 5 (27.5), Rim height is 8 ft.**
2. **Score will NOT be kept**
3. **Games will be divided into a minimum of six 5-minute periods with a maximum of eight periods if time allows. There will be no overtime period. Substitutions are only allowed in between quarters or in the event of an injury.**
4. Games will begin on the hour without exception.
5. Games will be played 5-on-5 or even sided
6. Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game
7. Colored wristbands will be provided and encouraged to use to signify matchups
8. There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up.
9. **There will be no free throws. All fouls will result in throw-in under the basket**
 - a. In the event of an "AND-1", the basket will count, 1 additional point will be awarded, and the other team will take the ball out of bounds like a regularly made basket.
10. Unsportsmanlike aggression, arguing, or taunting is not permitted.
11. All players, coaches, and spectators are expected to display positive behavior and good sportsmanship at all times. Failure to comply will result in disciplinary action.

Time/Score Keeping

- Score will NOT be kept until 4th grade division.
- Each team will be allowed two 30 second time-outs per game.
- The clock will stop: 1. During a time out. 2. If an injury occurs
- Each team MUST provide a volunteer to help run the clock.
- For all divisions K-3rd grade: No quarter will start after the :55/:25 minute mark of the scheduled hour. In that case, once the quarter has ended, the game is over.
 - Each team will have 30-45 seconds between quarters to make substitutions and return their team to the court to ensure games stay on time.

Defense

This is a developmental league. These rules are in place to encourage the offensive player to learn how to pass, dribble or shoot with correct form without the pressure of having the ball stolen.

- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross).
- Teams must play man-to-man defense (no zone defense). Defense begins at the half court. The defending team must fall back behind this line to allow the other team to move the ball up the court.
- **No pressing allowed. No double teams or trapping.**
- **No stealing, it is only permitted on an uncontrollable pass or uncontrollable dribble.**
- **No blocking of an offensive shot is allowed. Players may raise hands straight up on defense but swatting the ball or impeding a shot with bent arms is not allowed.**

Officiating

- Officials will make calls as necessary with the priority to educate, explain, and support.
- Excessive travels/double dribbles will be called.
- Steals/blocks/or excessive pressing will result in a dead ball. Possession will stay with the offense.
- **Officials' decisions are final; questioning judgment calls will not be tolerated.**

2ND GRADE RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game.

General Rules

1. **Basketball: Size 5 (27.5), Rim height is 9 ft.**
2. Score will NOT be kept until 4th grade division.
3. **Games will be divided into Eight 5-minute periods. There will be no overtime period. Substitutions are only allowed in between quarters or in the event of an injury.**
4. Games will be played 5-on-5 or even sided.
5. Games will begin on the hour without exception.
6. Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
7. Colored wristbands will be provided and encouraged to use to signify matchups.
8. There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up.
9. **There will be no free throws. All fouls will result in throw-in under the basket.**
 - a. In the event of an "AND-1", the basket will count, 1 additional point will be awarded, and the other team will take the ball out of bounds like a regularly made basket.
10. Unsportsmanlike aggression, arguing, or taunting is not permitted.
11. All players, coaches, and spectators are expected to display positive behavior and good sportsmanship at all times. Failure to comply will result in disciplinary action.
12. Officials will make calls fairly with the priority to educate, explain, and support.
13. **Officials' decisions are final; questioning judgment calls will not be tolerated.**

Time/Score Keeping

- Score will NOT be kept until 4th grade division.
- Each team will be allowed two 30 second time-outs per game.
- **The clock will stop: 1. During a time out. 2. If an injury occurs**
- Each team MUST provide a volunteer to help run the clock.
- For all divisions K-3rd grade: No quarter will start after the :55/:25 minute mark of the scheduled hour. In that case, once the quarter has ended, the game is over.
 - Each team will have 30-45 seconds between quarters to make substitutions and return their team to the court to ensure games stay on time.

Defense

This is a developmental league. These rules are in place to encourage the offensive player to learn how to pass, dribble or shoot with correct form without the pressure of having the ball stolen.

- Teams must play man-to-man defense.
- No double teaming, full court press, or trapping. Players can switch on screens.
- Offensive players must be completely past the half court line before defense players can defend (both feet and the ball must cross).
- **No Stealing. It is only permitted on an uncontrollable pass or uncontrollable dribble.**
- **No blocking of an offensive shot is allowed. Players may raise hands straight up on defense but swatting the ball or impeding a shot with bent arms is not allowed.**
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline.
- Once the defensive team has gained possession of the ball in the back court, they have 10 seconds to advance the ball across the mid-court line.
- Excessive fouling will result in a first warning to the coach. Additional fouling may result in ejection from game at the discretion of the official or YMCA site supervisor.

3RD GRADE RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game. Score will NOT be kept.

General Rules

1. Rim height is 9 ft: **A. Boys Ball: Size 6 (28.5)** **B. Girls Ball: Size 5 (27.5)**
2. Score will NOT be kept until 4th grade division.
3. Games will be divided into **Eight 5-minute periods**. There will be no overtime period. Substitutions are only allowed in between quarters or in the event of an injury.
4. Games will be played 5-on-5 or even sided.
5. Games will begin on the hour without exception.
6. Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game
7. Colored wristbands will be provided and encouraged to use to signify matchups.
8. There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up.
9. There will be **no free throws**. All fouls will result in throw-in under the basket.
 - a. In the event of an "AND-1", the basket will count, 1 additional point will be awarded, and the other team will take the ball out of bounds like a regularly made basket.
10. Unsportsmanlike aggression, arguing, or taunting is not permitted.
11. All players, coaches, and spectators are expected to display positive behavior and good sportsmanship at all times. Failure to comply will result in disciplinary action.
12. Officials' decisions are final; questioning judgment calls will not be tolerated.

Time/Score Keeping

- Score will NOT be kept until 4th grade division.
- Each team will be allowed two 30 second time-outs per game.
- **The clock will stop: 1. During a time out. 2. If an injury occurs.**
- Each team MUST provide a volunteer to help run the clock.
- For all divisions K-3rd grade: No quarter will start after the :55/:25 minute mark of the scheduled hour. In that case, once the quarter has ended, the game is over.
 - Each team will have 30-45 seconds between quarters to make substitutions and return their team to the court to ensure games stay on time.

Defense

This is a developmental league. These rules are in place to encourage the offensive player to learn how to pass, dribble or shoot with correct form without the pressure of having the ball stolen.

- Teams must play man-to-man defense.
- No double teaming, full court press, or trapping. Players can switch on screens.
- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must cross).
- **No Stealing. It is only permitted on an uncontrollable pass or uncontrollable dribble.**
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline.
- Once the defensive team has gained possession of the ball in the back court, they have 10 seconds to advance the ball across the mid-court line.



4TH GRADE RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game.

General Rules

1. Rim height is 10 ft: **A. Boys Ball: Size 6 (28.5) B. Girls Ball: Size 5 (27.5)**
2. Games will be divided into **two 20-minute periods**. There will be 2 minutes of overtime permitted if the **second half ends in a tie. If another tie occurs, the game ends in a tie.**
3. Games will be played 5-on-5 or even sided.
4. Games will begin on the hour without exception.
5. The backcourt violation will be enforced.
6. There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up.
7. Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
8. Unsportsmanlike aggression, arguing, or taunting is not permitted.
9. All players, coaches, and spectators are expected to display positive behavior and good sportsmanship at all times. Failure to comply will result in disciplinary action.
10. **Officials' decisions are final; questioning judgment calls will not be tolerated.**
11. Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross).
12. Free Throw Lane Violations will be enforced at the discretion of the officials.

Time/Score Keeping

- Score will be kept.
- If a team is winning by 20 or greater at half, the score will be reset.
- Each team will be allowed two 30 second time-outs per half.
- Substitutions are permitted during IESA permitted substitution times (i.e. dead ball, free throw, referee discretion)
- Teams must guarantee equal playing time for all participants.
- **The clock will stop: 1. During a time out. 2. If an injury occurs.**

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Defense

- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross).
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline.
- Once the defensive team has gained possession of the ball in the backcourt, they have 10 seconds to advance the ball across the mid-court line.
- Teams must play man-to-man defense but double teaming/trapping is allowed.
- Double Teaming (trapping) is allowed once the player "fully crosses" half court.
- Press will be allowed in the last 10 minutes of the first half and the last 10 minutes of the second half, as long as the team pressing does not lead by 15 points.

BONUS:

- 1 & 1 bonus will be shot on the 7th team foul of each half
- Double Bonus (2 shots) will be shot on the 10th team foul of each half

Free Throws are shot when:

- A player is fouled in the act of shooting*
- Intentional foul is committed.
- Flagrant intentional foul is committed (fouling player ejected).
- Technical foul is called.

***2 shots, unless a shot attempt during foul was made, then 1 shot. No bonus.**
****Players must wait for the ball to hit the rim to move.**

5TH GRADE RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game.

General Rules

1. Rim height is 10 ft: **Ball: Size 6 (28.5)**
2. Games will be divided into **two 20-minute periods**. There will be 2 minutes of overtime permitted if the second half ends in a tie. If another tie occurs, the game ends in a tie.
3. Games will be played 5-on-5 or even sided.
4. Games will begin on the hour without exception.
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- Substitutions are permitted during IESA permitted substitution times (i.e. dead ball, free throw, referee discretion)
- Teams must guarantee equal playing time for all participants.
- **The clock will stop: 1. During a time out. 2. If an injury occurs.**



5TH GRADE RULES & REGULATIONS CONTINUED

Defense

- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross).
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline.
- Once the defensive team has gained possession of the ball in the backcourt, they have 10 seconds to advance the ball across the mid-court line.
- Teams must play man-to-man defense but double teaming/trapping is allowed.
- Double Teaming (trapping) is allowed once the player "fully crosses" half court.
- **Press will be allowed in the last 10 minutes of the first half and the last 10 minutes of the second half, as long as the team pressing does not lead by 15 points.**

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- Technical foul is called.

*2 shots, unless a shot attempt during foul was made, then 1 shot. No bonus.

**Players must wait for the ball to hit the rim to move.

Five Foul Rule

- Team and player fouls will be tracked by the scorekeeper
- After a player has committed 5 fouls, he/she must leave the game and not return. The only exception is if a team is left with only 4 remaining players. In this situation, the fouled-out player may return and continue with 5 fouls, but if any further fouls are committed by said player, the opposing team will receive 2 technical free throws and possession of the ball out of bounds



JUNIOR HIGH RULES & REGULATIONS

Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game.

General Rules

1. Rim height is 10 ft: **A. Boys Ball: Size 7 (29.5) B. Girls Ball: Size 6 (28.5)**
2. Games will be divided into **two 20-minute periods**. There will be 2 minutes of overtime permitted if the second half ends in a tie. If another tie occurs, the game ends in a tie.
3. Games will be played 5-on-5 or even sided.
4. Games will begin on the hour without exception.
5. The backcourt violation will be enforced.
6. There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up.
7. Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
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- Each team will be allowed two 30 second time-outs per half.
- Substitutions are permitted during IESA permitted substitution times (i.e. dead ball, free throw, referee discretion)
- Teams must guarantee equal playing time for all participants.
- **The clock will stop: 1. During a time out. 2. If an injury occurs.**



JUNIOR HIGH RULES & REGULATIONS CONTINUED

Defense

- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross).
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline.
- Once the defensive team has gained possession of the ball in the backcourt, they have 10 seconds to advance the ball across the mid-court line.
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- After a player has committed 5 fouls, he/she must leave the game and not return. The only exception is if a team is left with only 4 remaining players. In this situation, the fouled-out player may return and continue with 5 fouls, but if any further fouls are committed by said player, the opposing team will receive 2 technical free throws and possession of the ball out of bounds.



PLAYERSPACE 2.0

At the Bloomington-Normal YMCA, we're committed to creating a positive and organized experience for every player and family. To help us achieve this, we use PlayerSpace 2.0 — a convenient communication and scheduling platform designed specifically for youth sports.

Why PlayerSpace 2.0 Matters

Youth sports are at their best when everyone is on the same page. PlayerSpace helps ensure:

- Clear communication between coaches, parents, and YMCA staff
- Up-to-date schedules with real-time changes and notifications
- Easy access to important team information — all in one place
- Increased engagement with consistent updates and reminders
- Fewer surprises on game day, with tools to keep everyone informed

Using PlayerSpace allows us to streamline logistics, reduce confusion, and keep the focus where it belongs — on growth, teamwork, and fun.

Getting Started is Easy



1. Download the App

Search for
"PlayerSpace 2.0" in
the App Store or
Google Play.



2. Log In

Use the email you
provided during
registration to access
your account.



3. Explore

Once logged in, you'll
find your player's team,
schedules, messages,
and updates in one
central hub.

Need Help Learning the System?

We've got you covered. Visit the links below to view quick, helpful tutorials:

- [PlayerSpace Tutorial for Parents/Guardians/Fans](#)
- [PlayerSpace Tutorial for Coaches](#)

Links are also available on the YMCA website or by request from our staff.

Questions?

We're here to support you every step of the way. If you have any questions or need assistance, please reach out to the Sports department at sports@bnymca.org.

BECOMING A COACH

At the Bloomington-Normal YMCA, we believe youth sports are more than just games — they're an opportunity to build character, leadership, confidence, and lifelong healthy habits. As a volunteer coach, you play one of the most important roles in that journey.

To ensure every child has a safe, positive, and meaningful experience, we follow national YMCA standards for youth protection and program quality. That's why we have a structured onboarding process for all volunteers. By completing the steps outlined below, you're helping us create an environment where every child feels safe, supported, and inspired to grow — both on and off the court

Volunteer Coach Onboarding Checklist

These requirements must be completed before the first day of the program in order to serve as a coach. They help ensure the safety of our youth, the integrity of our program, and your readiness as a leader.

Volunteer Application

Complete the YMCA Volunteer Application so we can get to know you and formally welcome you into our program.

Reference Checks:

- Submit three references:
 - Two (2) professional (e.g., employer, colleague)
 - One (1) personal (e.g., friend, neighbor, community member)

Background Check (Paid for by the YMCA)

- Coaching Contract & Child Abuse Prevention Agreement
- Praesidium Child Protection Video Training

A brief training video to help you understand best practices in recognizing and preventing abuse. It's critical to ensuring every child is protected.

Knowledge Check Assessment

A quick quiz that follows the Praesidium video. You must receive a score of 80% or higher to continue coaching.

Mandated Reporter Training:

Required by the state for any adult working with children.

- When prompted, please use the following info:
- Mandated Reporter Role: Child Care – Recreational Program Personnel
- Organization: Bloomington-Normal YMCA
- Phone: (309) 827-6233
- Address: 202 St Joseph Dr., Bloomington, IL 61701 (McLean County)

After completing the training, send a screenshot of your certificate to:

Nic Tackels – nict@bnymca.org



BECOMING A COACH CONTINUED

In-Person or Virtual Interview

We'll schedule a brief interview to connect, go over your role, and ensure you feel prepared to lead.

Coaching at the Y is a chance to make a lasting difference. Whether you've coached for years or are stepping into it for the first time, your willingness to show up, be positive, and support young athletes is what makes our programs special.

As a YMCA coach, you'll:

- Be a positive role model
- Build confidence and character in kids
- Create lasting memories
- Help strengthen our community through sport

QUESTIONS?

Nic Tackels, Director of Sports
nict@bnymca.org

FAQs

What is a teammate/coach request?

Teammate and coach requests are Requests for a coach and/or ONE teammate. Accommodations will look to be met within reason; however, they will not be guaranteed. A parent coach will guarantee their child is on their team.

How will my child be placed on a team?

YMCA members will have the opportunity to submit a teammate/coach request. Members who do not make a request and nonmembers will be placed on a team with players from the same school or surrounding schools.

Will there be separate leagues for recreational and competitive divisions?

No. Each grade level will have one league. This program is designed for recreational play and will be focused on inclusivity and personal/athletic growth. This league is not designed for travel teams or highly competitive groups.

Why has the capacity limit been reduced?

Gym space and volunteer coach availability. In order to maintain a quality standard of programming, focus will be placed on enhancing our current program while respecting the other members of the YMCA and their needs.

What is PlayerSpace/ League MVP?

A new program management software that will be introduced this season. Scheduling, rosters, and communication will be done through PlayerSpace. In order to access this software, download PlayerSpace 2.0 in the app store.

Questions?

We're here to support you every step of the way. If you have any questions or need assistance, please reach out to the Sports department at sports@bnymca.org.