

NYBL 5th & 6th Grade Basketball

The NYBL 5th & 6th Grade Division is a recreational basketball program designed for players of all skill levels. The program combines regular practices and games to help players continue developing their basketball fundamentals while gaining valuable experience playing as part of a team.

Whether your child is new to organized basketball or has been playing for years, NYBL provides a fun and competitive environment focused on **skill development, teamwork, sportsmanship, and enjoying the game.**

Program Format

Teams will generally have **1–2 games and/or practices each week**, with a greater emphasis on practices early in the season and more games as the season progresses.

Season: Mid-November through mid-March

Games and practices may take place on **weekdays and weekends**, depending on gym availability.

Weekday activities will generally begin between **6:00–8:00 PM**, with no games or practices scheduled to begin at 8:00 PM or later.

Games and practices will be held at gyms throughout Needham, including **St. Joseph School, The Rashi School, Babson College, and Town of Needham gyms.**

Games

Games are structured to provide players with plenty of opportunities to participate and develop their skills.

Weekday games:

- 5-minute warm-up
- Four 8-minute quarters
- Substitutions at the four-minute mark of each quarter
- 2-minute halftime

Weekend games:

- 5-minute warm-up
- Four 10-minute quarters
- Substitutions at the five-minute mark of each quarter

- 2-minute halftime

Games will be officiated primarily by **high school referees**.

Practices

Practices are designed to give players additional time to develop their skills and prepare for games.

- Two teams will typically share a full court
- Parent coaches will create practice plans based on their team's needs
- NYBL will provide coaches with basic practice plans, drills, and resources
- Coaches may incorporate scrimmage time at the end of practice

Parent volunteers serve as the primary coaches, with high school volunteers assisting when available.

End-of-Season Tournament

The season will conclude with NYBL's **double-elimination tournament**, beginning immediately after February vacation.

The tournament is a fun way for teams to put their skills to work, compete together, and celebrate the season!

Our Goal

NYBL is a recreational league, and our goal is to create a positive experience for every player. We want players to improve their basketball skills, learn to work as a team, build confidence, and develop a lasting love of the game.