

NYBL 7th & 8th Grade Basketball

The NYBL 7th & 8th Grade Division is a recreational basketball program for players of all skill levels. The program provides older players with the opportunity to continue developing their basketball skills, compete in regular games, and enjoy playing with their friends in a fun and positive team environment.

NYBL focuses on **skill development, teamwork, sportsmanship, and competitive play**, while maintaining a recreational atmosphere where every player has an opportunity to contribute.

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.

Activities will generally be scheduled between **6:00–9:00 PM on weekdays** and during daytime hours on weekends. No activities will be scheduled to end later than 9:00 PM.

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 designed to provide a balance of playing time, competition, and skill development.

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 **experienced high school referees**.

Practices

Practices provide teams with dedicated time to work on skills, offensive and defensive concepts, and team play.

- 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 gives teams an exciting opportunity to compete, put their skills into action, and finish the season together.

Our Goal

NYBL is committed to providing a positive recreational basketball experience for players at every skill level. We want our 7th and 8th graders to continue improving as basketball players while developing confidence, teamwork, sportsmanship, and a love for the game.