

Youth Basketball League FAQ



Are there any important dates I need to know?

- Parent Information Night: **Friday, September 5, 2025, 6–7 PM, Valley Oak Ballroom at the Wackford Community & Aquatic Complex Gym**
- Clinic Day: **September 6, 2025 ***
- First Practice: **September 20, 2025 ***
- Picture Day: **September 27, 2025, Wackford Gym**
- First Scrimmage: **October 11, 2025 ***
- First Game: **October 25, 2025 ***
- Last Game: **December 6, 2025 ***
- End of Season Event: December 13, 2025, **Wackford Community & Aquatic Complex Gym schedule will be released later.**

***These events will take place at multiple locations depending on your division. Listed below.**

What can I expect from the Youth Basketball League?

- A. The CSD Youth Basketball League's objective is to be a fun, recreational activity that is designed to teach young children the fundamentals of basketball.
- B. All children who show up on game day will play at least half of the game. No one sits out.
- C. If a team is short players, CSD Staff will work together to figure out a fair way to play the game.
- D. Closed toes shoes are required to participate. Bare feet or open-toed shoes are not allowed under any circumstances.
- E. All participants will be required to wear appropriate athletic gear to participate.
- F. Players are required to wear their CSD provided uniform. If a child does not bring their uniform, they will not be allowed to participate. Parents can purchase a replacement uniform if supplies allow it.
- G. Only players, CSD Staff, and coaches will be allowed on team benches during the game.
- H. Parents are not allowed on the court during the game, except in case of an injury to a player.

When will my participant receive their Jersey?

All youth basketball participants will receive their jerseys at picture day on September 27th, 2025.

Where will practices and games be held?

Practices will be held at various EGUSD sites selected by your coach. Game locations will vary by division.

Game Locations:

- D1 - Pinkerton, 8365 Whitelock Pkwy, Elk Grove, CA 95757
- D2 – Boys Harriet Eddy, 9329 Soaring Oaks Dr, Elk Grove, CA 95758
- D2 – Girls Pinkerton, 8365 Whitelock Pkwy, Elk Grove, CA 95757
- D3 - Wackford Community & Aquatic Complex Gym, 9014 Bruceville Rd, Elk Grove, CA 95758

What will a game look like in this league?

This is an instructional league focused on safety, fun, and fostering a love for the game. Some rules differ from standard basketball to support this style of play. For full details, please see the rule book.

- i) Timing
 - (1) All games will be 40 minutes long, divided into eight 5-minute periods.
 - (2) There will be a 2-minute break at halftime
 - (3) There is no overtime in any division even if the score is even, then the game ends in a tie.
 - (4) All players must play an equal amount of time each game.
- b) Free Throws
 - i) Division 1 & 2
 - (1) On all shooting fouls, the player will receive 1 point and shoot one free throw.
 - (2) If it is a 3-point shot attempt, they will receive 1 point and be able to attempt a free throw 2 points for the free throw.
 - ii) Division 3
 - (1) When a foul is called the result will be possession awarded to the team that was fouled.
 - (2) No points or free throws will be awarded
- c) Defensive Rules
 - i) Division 1 & 2
 - (1) Teams can play man to man or zone defense.
 - (2) Full court press is allowed on in D1 and D2 in the last 5-minute period of each game.
 - ii) Division 3
 - (1) Teams can only play man to man defense no zone defense is allowed.
 - (2) The ball cannot be stolen directly from the ball handler for the first half of the season.
 - (3) There is no double teaming a player on the outside of the key.

What can I expect on a picture day?

Your team will be assigned a time slot for pictures on **Saturday, September 27, 2025, at Wackford Community & Aquatic Complex Gym. There will be no practices on this date—just picture day. If you are planning to miss picture day a make up day will be provided.**

How will my participant be placed on a team?

Teams are led by volunteer coaches. On clinic day, each participant will receive a number and complete a series of basketball drills designed by CSD staff. Staff and coaches will evaluate participants and assign them to teams with a balanced mix of beginner, intermediate, and advanced players. By Friday, September 12th, participants and parents will be notified of their team placement, assigned coach, and practice day, time, and location

Where can I view my teams game schedule?

Schedules will be released on September 12th and can be found at:

<https://teamsideline.com/sites/cosumnes/home>

To find schedule: click on game schedules, find “Youth Basketball League - Fall 2025” and then find your child’s age division.