

ZBC Basketball Level Guidelines 2026-27



3rd and 4th Grade

1. This level is about learning the rules, skills and fundamentals of the game and getting you ready for more competitive play.
2. All players will be placed on a team.
3. Playing time will not be given based on skill, but can be dictated based on attitude and practice participation. In certain cases specific skills may be needed by position more so than others, thus playing time might differ slightly.

Practice and Game Expectations

- HOVL League (three weekends), counts as one tournament
- ~4 to 5 Tournaments; mid-October to mid-Feb*
- Practice twice weekly, 1 hr 15 mins to 1 hr 30 mins

5th and 6th Grade

1. This level is about improving on your skills you learned in the past and preparing you to play at a higher competitive level
2. No players will be cut from these grade levels, however playing time will be “equitable” based on the following:
 - a. Player is practicing to improve their skills
 - b. Player routinely attends practice, is well behaved and gives maximum effort
 - c. Note: Playing time is not going to be equal across all games at this level, but, if possible, it is recommended that teams play a blend of higher and lower competitive levels to develop all players. Coaches will assess how best to do this depending upon overall team numbers.
3. State level teams *may* be formed at the end of year to play competitively. Guidelines include:
 - a. Up to 12 players selected
 - b. Players are chosen by coaching staffs and are based on guidelines established above (#2) and overall skill level.
 - c. State level tournaments focus on competing to win and playing time does not have to be equitable.

Practice and Game Expectations:

- ~5 to 6 Tournaments + bonus HOVL to add more game time*
- Practice 2-3 times per week (as gym space is available), 1 hr 30 mins
- 1-2 “State” Team Tournaments*

* Tournament recommendations are subject to volunteer coaches schedules and availability

7th and 8th Grade

1. This level is about getting you ready to play competitively at the High School level
2. No players will be cut from these grade levels, however playing time is not equal at this level and will be determined by:
 - a. Overall skill
 - b. Practice Attendance/ Positive Attitude / Effort
 - c. Note: It is recommended that teams play a blend of higher and lower competitive levels to continue to develop all players. Coaches will assess how best to do this based on overall team numbers.
3. “State” Level teams are recommended to be formed at the end of year to play additional higher level tournaments. Two “State” Tournaments are allowable.
 - a. Up to 12 players selected
 - b. Players are chosen by coaching staff and are based on guidelines established above (#2)
 - c. State level tournaments should be about winning and playing time does not have to be equitable.

Practice and Game Expectations

- ~7 to 9 Tournaments Total*
- Practice 3-4 times per week, 1hr 30 mins
- 1-2 State Team Tournaments*

Parents Role

1. Attend games and positively support coaches, player and team to help build player and team confidence
2. If you wish to discuss any player/parent issues, respect the twenty-four (24) hour period after tournament games/situations have ended to contact **all** coaches for an in-person meeting (pre- or post- practice). Coaches, players and parents can all be emotionally invested in these games and this period allows time for emotions to calm to promote productive conversations.
3. Volunteer at our hosted tournaments to support our youth basketball club

* Tournament recommendations are subject to volunteer coaches schedules and availability