



The ABC's of Youth Basketball
Sponsored by
South Bay F.O.R. Jr. Sports Association
www.southbayfor.org

“F.O.R.” (*Friends of Richard*) is a non-profit charitable organization based in the South Bay, providing athletic opportunities in basketball and volleyball to the youth in our community.

Objectives and philosophy of F.O.R. include:

- Providing organized youth sports where an individual can develop and enhance fundamental athletic skills in a supportive environment.
- Promoting character building and sportsmanship by teaching discipline, respect, hard work, teamwork, fair play, and how to win and lose with grace.
- Providing support to the nearby communities.

Membership:

- Individuals are responsible for forming teams (F.O.R. does not help form teams).
 - F.O.R. accepts teams 1st grade through 12th
- Membership year runs from July 1st through June 30th of the following year.
- Current annual membership fee is \$50 per player (*with the exception below*).
 - All new 1st grade teams joining F.O.R. will pay a flat organizational membership entry fee of \$200 for their first year.
 - All new 2nd and 3rd grade teams joining F.O.R. will pay a flat organizational membership entry fee of \$300 for their first year.
 - For these 1st, 2nd, and 3rd grade new teams, F.O.R. will provide a subsidy to the team to purchase a set of the reversible mesh F.O.R. approved uniforms.
 - After the team joins F.O.R. any new player added to the team's roster will pay a regular membership fee of \$50 per player and purchase their own uniform.
- Each team needs to provide a team F.O.R. roster (*minimum roster requirement of 7 players*), signed Coaches Code of Conduct, and signed Parent-Player Agreements (*forms found on the F.O.R. website*)
- Uniforms must be purchased through a F.O.R. approved vendor (*information and order forms are found on the F.O.R. website*)
- Each team needs to select a team representative who handles all correspondence between the organization and the team. This team representative is required to attend, or send a replacement, to monthly F.O.R. Division meetings (*no meetings in August and December*).
- The F.O.R. organization is run strictly by volunteers and requires support of all parents. All teams are required to participate in F.O.R. functions and activities which include, but not limited to, Division Board and/or Tournament positions as assigned.

A. Boys Division (FOR-centric) –

- a. Kindergarten and 1st Grade – **Individual boys** can participate in the Double Dribble League. Double Dribble league is classified by age and grade (is currently attending kindergarten or 1st grade). The league plays in June and July.
- b. 3rd through 8th Grades – **Individual boys** can participate in the PIE League. PIE League is classified by grade (as of September of current year) and plays from July through August.

- c. 2nd through 12th grade – **F.O.R. teams** participate in the Crescent Bay Optimist Sports League (CBOSL).
 1. Please read the CBSOL rules thoroughly on their website (www.cbosportsleague.org).
 2. Division determined by grade of the current regular basketball season. F.O.R. teams can begin playing in CBO at the 2nd grade level.
 3. A player can play one grade above his grade division providing he was written approval by his coach and parents. This also must be approved by the CBOSL commissioners. Players cannot play 2 or more grades above their grade division.
 4. League runs from November through February for 3rd through 8th grade teams.
 5. Spring prep (9th through 12th) league begins after the of the CIF high school basketball season.
 6. If enough players, there may be a “winter” prep league for players who are not playing CIF high school basketball. This league would start in November.
 7. F.O.R. teams are not required to play in the CBOSL league; however, a few of the tournaments may require a “league” (i.e. CBOSL) roster as part of their application.

B. Girls Division (FOR-centric) –

- a. Kindergarten and 1st Grade – **Individual girls** can participate in the Double Dribble League. Double Dribble League is classified by age and grade (is currently attending kindergarten or 1st grade). The league plays in June and July.
- b. 2nd through 7th Grades – **Individual girls** can participate in the Candy League. Candy League is classified by grade and plays from April through June.
- c. Ages 7 through 18 – **F.O.R. teams** participate in the Japanese American Optimist (JAO) Invitational League. JAO League is classified by age and grade. League runs from January through April for elementary and middle school teams.
 1. JAO players are required to have community service hours as follows:
 - i. 4th through 8th – 3 hours of community service
 - ii. 9th through 12th – 2 hours of community service
 2. Coaches are required to have First Aid Certification (at least one coach per team).

C. F.O.R. Tournament – This is an invitational grade level tournament held during the first weekend in May for boys and girls teams, 2nd grade through 12th grade. All F.O.R. member teams are automatically invited and required to work and play in the tournament.

D. Other local leagues and tournaments –

- a. Other leagues include:
 - South Bay Youth Basketball (SBYB) for boys/girls (*F.O.R. teams can play*)
 - South East Youth Organization (SEYO) for boys/girls (*not for F.O.R. teams*)
 - Community Youth Council (CYC) for boys (*not for F.O.R. teams*)
- b. Other local tournaments (Los Angeles area) include:
 - Megalopolis (Boys)
 - Wanjettes (Girls)
 - WLA (Boys/Girls)
 - Tigers (Boys/Girls)

Jets/Jetts (Boys/Girls)
VFW (Boys/Girls)
Hollywood Dodgers (Boys/Girls)
Pasadena Bruins (Boys/Girls)

E. Community Service – F.O.R. teams participate in many community service and fundraising activities. Canned food drives, sports equipment drives, pancake breakfast sales in support of CBO, Bingo tickets in support of JAO, and numerous activities and fundraisers in support of the Gardena Valley Japanese Cultural Institute (GVJCI) are some of the community service activities that teams are required to support.

- a. All current South Bay F.O.R. rostered players will be required to donate a minimum amount of service to their community (per player):
- b. Three (3) hours of service for grades 4th - 8th, and
- c. Two (2) hours of service for grades 9th – 11th.
- d. Seniors (12th grade) are exempt from this requirement due to the demanding nature of their senior year in high school.
 1. Exception: 12th grade girls' teams who participate in the JAO Prep League will have to fulfill their JAO community service requirement; two (2) hours for prep players.