

# Youth Basketball Of Claremore

## www.yboc.org

Youth Basketball of Claremore is for boys and girls in Kindergarten - 8th grades attending the following school districts: Claremore Public, Claremore Private, Sequoyah, Foyil, Chelsea, Inola, Justus-Tiawah or Home School.

YBOC participates in the REC and SELECT Divisions of the Indian Nations Basketball Conference, which has over 20 clubs and over 300 teams. YBOC teams play mostly on Saturdays and travel to competing INBC clubs for away games. There are 9 scheduled season games. Immediately following the season, INBC offers two tournaments: Play-offs (for the top 2 in each conference) and Post-Season (for any INBC team).

Full basketball rules apply (with some exceptions, depending on grade). There are 4 - eight minute quarters with a 5 minute half time. A full court press is allowed (with some limitations depending on grade). INBC does not limit offensive or defensive plays.

Teams are based on grade and gender. Players may play up one grade level. Teams are not co-ed. All players must provide a valid copy of a sports physical and birth certificate to YBOC before players are allowed to practice.

**REC -** Teams are formed by an official INBC draft.

REC Registration fee: \$85 per player (+uniform). Coach is responsible for team name and ordering uniforms. Minimum roster size 6, Maximum roster size 10. REC teams follow player participation rules which require a minimum of one full uninterrupted quarter plus additional playtime. Practice is limited to 3 hours of practice per week, typically scheduled by the coach in 2 nights per week. 6th-8th grade school ball players are not eligible for REC league but can participate in the SELECT league.

**SELECT-** Teams consist of players who are hand chosen or recruited by the coach. There is no draft and players are not limited to YBOC school district boundary rules. SELECT Registration Fee: \$850 per team (+uniform). The fee is to be divided equally amongst all players. Coach is responsible for collecting payment, team name and ordering uniforms.

**CHEER-** Squads will be formed based on registration.

No traveling, Cheer at home games only.

Registration Fee: \$85 (includes T-shirt, PomPoms, Bow)

Game admission: \$5 for adults, \$2 for students.

Full concession available.

### Contacts

Janice Bell

918-688-0303

janicebell@yboc.org

Eric Munden

918-269-3937

eric.munden@yboc.org

### Important Dates

Visit [www.yboc.org](http://www.yboc.org) for a complete list of dates.

**September 1 – October 15**

Registration is open online only at [www.MCYBasketball.org](http://www.MCYBasketball.org)

**October 16-21**

Team Formation and Draft  
(MCYB staff and coaches only)

**October 30**

MCYB REC Practice May Begin

**November 12 - TBA**

Mandatory INFC Coaches Meeting for all coaches- new or returning.

Plan to meet with MCYB staff immediately following the INBC meeting.

**Sat, December 2**

Regular season games begin.

**December 17-January 5**

No games or practices

**Games resume January 6**

**Sat, February 10**

Last regular season game

**Tue, February 15\***

Playoffs and Post Season Tournament

**Sat, March 2\***

Playoff/Post Season Championship Game

\*Dates are subject to change in the event of inclement weather schedule changes.