First Baptist Church of Rochester

Upward Basketball - 2027 Season Parent FAQ

Purpose

Our goal is to support families and provide the best possible sports experience in our community. Each player will have an opportunity to join a team, learn new skills, make new friends, and develop self-esteem in a positive Christian environment. Upward Basketball leagues are conducted in churches throughout the U.S. and Canada. Come join the thousands who have discovered a great Upward sports experience!

Ages & Divisions

Our Upward Basketball league is for kids in grades Kindergarten through 6th Grade
Separate boys & girls leagues with a maximum of 10 players per team.
(Note: Players must be at least 5 years old as of January 1st)

Division Levels	Goal Height	BasketballSize
Level 1 (K5)	7.5 ft.	27.5”
Level 2 (1st/2nd Grade)	8 ft.	27.5”
Level 3 (3rd/4th Grade)	9 ft.	27.5”
Level 4 (5th grade and up)	10 ft.	28.5”

Players Benefits

Each basketball player will receive:

- 1-hour weeknight practice per week (total of 9 practices)
- 1-hour Saturday game per week (total of 8 games)
- Upward Reversible Jersey
- Upward T-Shirt
- Season Ending Award/Gift

Registration Details & Cost

Registration opens on 09/09/2026 and runs through 11/17/2026.

Early Registration Fee is $100.00 and ends 10/31/2026
Registration Fee is $110.00 after 10/31/2026

Discounts: $10.00 off your second child
$20.00 off your third child and above

Register now at https://registration.upward.org/UPW91544

Tell your friends and neighbors so they can plan to join you in January!

Key Dates

The league runs from January 4, 2027 - March 13, 2027. Below are the key dates:

- September 9, 2026 ~ Registration begins
- October 31, 2026 ~ Last day to register at the early registration rate
- November 1, 2026 ~ Registration rates increase by $10 per child
- November 9, 2026 ~ Evaluation Night - Option #1 Monday
- November 17, 2026 ~ Evaluation Night - Option #2 Tuesday
- December 14, 2026 ~ Participants are notified of team placement
- January 4, 2027 ~ Week practices begin
- January 16, 2027 ~ First Game Day
- February 12-19, 2027 ~ Mid-Winter Break (no games or practices)
- March 13, 2027 ~ Last Game Day

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Evaluation Nights

In an attempt to draft fair and equal teams, each basketball player must be evaluated according to height, skill, and assertiveness. Evaluations take approximately 30 minutes and are held in the church gym. Each basketball player must attend one of the two Evaluation Nights.

- Evaluation Night - Option #1: Monday, November 9, 2026
  - Last Names A-L arrive anytime between 6:30 and 7:00pm
  - Last Names M-Z arrive anytime between 7:00 and 7:45pm
- Evaluation Night - Option #2: Tuesday, November 17, 2026
  - Last Names A-L arrive anytime between 6:30 and 7:00pm
  - Last Names M-Z arrive anytime between 7:00 and 7:45pm

Jersey Sizing Guide

Please use the sizing guide below to determine the correct jersey size.

	US SIZES		CHEST (IN)
YOUTH	YXS	4-5	22-23
	YS	6-8	24-26
	YM	10-12	28-30
	YL	14-16	31-33
MEN	AS		34-36
	AM		38-40
	AL		42-44
	AXL		46-48
	A2XL		50-52



The basketball jersey is designed to be longer so that it will stay tucked into the jersey. Choose the size that best fits the chest.

Shorts Sizing Guide

Shorts are an optional purchase at $13 (not included in the player registration fee). Please use the sizing guide below to determine the correct size.

US SIZES		WAIST (IN)	HIP (IN)
YXS	4-5	22-23	23-24
YS	6-8	22-24	25-27
YM	10-12	25-27	28-30
YL	14-16	28-30	31-33
AS		28-30	33-35
AM		32-34	37-39
AL		36-38	41-43
AXL		40-42	45-47
A2XL		44-46	49-51



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Practices

Each team is assigned a 1-hour practice time. The day of the week and time will stay constant throughout the season.

- Practice nights are Monday, Tuesday, or Thursday
- Practice times are 5:00 pm, 6:00 pm, 7:00 pm, or 8:00 pm
- Typically the younger divisions practice at the earlier times and older grades at the later times subject to coach work schedules.
- Mid-Winter Break - there will be no practices the week of February 15, 2027
- Each practice includes a Biblical themed devotional; this year we will look at some of the miracles of Jesus.

Games

Each team will play a total of 8 games, one each Saturday during the season.

- First game day is Saturday, January 16, 2027
- Last game day is Saturday, March 13, 2027
- Mid-Winter Break - there will be no games on Saturday, February 13, 2027
- Game schedules for the entire season will be handed out on the first practice night.
- Game times can be anytime between 9:00am and 3:00pm.
- Game times will vary from week to week. Younger divisions will play morning games.

How Teams are Formed

Teams will be formed as follows:

- There is a maximum of 10 players per basketball team.
- No co-ed teams. Boys are placed with boys; girls are placed with girls.
- Each player signs up as an individual not as a group or team.
- We do not form teams by school or neighborhood.
- A player may request up to 2 friends to be on the same team, but they must be in the same division to request to play together.
- Teams are drafted after Evaluation Nights.

Contact Details

For more information contact:

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