



Basketball 2026

How do I register?

You can register on-line through the FHYAA website starting September 10th, 2026 (www.fhyaa.com) Registration is through Teamsnap One and space for the upcoming season is very limited so don't delay.

How do you determine my child's age?

Your child's age is the age he/she will be on December 31, 2026.

Games are held indoors at local schools in the Forest Hills area. You must be able to provide your own transportation to the venue.

What about practices?

The League will schedule pre-season practices and post season before playoffs.

What equipment does my child need?

Nothing; we supply the basketballs and T-shirts or full uniforms depending on the age of the player. Of course, every player must wear sneakers. We encourage players from age 7 and up to have their own basketball so they can practice with friends or family.

Due to the very limited space this season there will be no refunds so please do not register if you have any doubts about your child playing.

What is the game schedule?

We anticipate a 12-14 game schedule for the season which will run from Nov 2026 through April 2027. The Instructional Clinic for 5 & 6 yr old players will be held on Saturday afternoons at the Community House in Forest Hills Gardens, games for Freshman Division ages 7 & 8 yrs old will be held at PS174 in Rego Park on Saturday mornings and alternating Sundays, Sophomore Division for 9 & 10 yrs old will be held at PS174 on Saturday afternoons and alternating Sundays, Juniors Division for 11 & 12 yrs old will be held at PS 101 in Forest Hills Gardens on Saturday and Sunday evenings, JV for 13 & 14 yrs old will be held at PS101 on Saturday afternoons and throughout the day on Sundays. Varsity for 15-19 yrs old will be held at PS 101 on Saturday afternoons and throughout the day on Sundays. Coaches will receive the exact game schedule for the season before opening day so they can share the schedule with their players and families.

Are games ever cancelled?

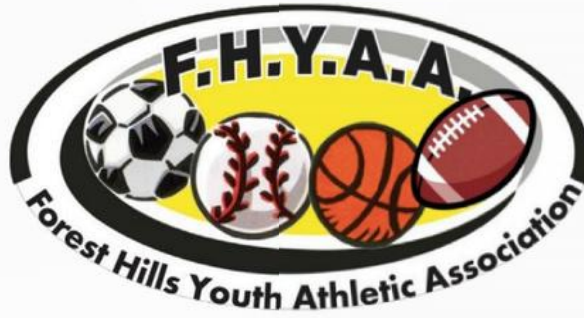
Since we play indoors there are no rain outs but if there's a major snow storm and the City cancels all special activities that are held in City schools then we would have to reschedule. Parents will be notified by the team coach.

Can my child be placed on a team with friends?

We cannot guarantee that friends will be on the same team. Teams are formed based on a number of factors with the goal of establishing fair and balanced teams.

Is there an all "Girls League"?

No, our entire league is co-ed.



After player evaluations are held and the teams are formed a coaches meeting will be held at which time the coaches will get their team rosters so they can contact the players and their parents.

How much does it cost?

Registration fee is \$300 for the season including the practice time, games, the playoffs and uniform.

Does my family have to live in Forest Hills to play?

No, our League is open to everyone regardless of where you live and we typically have children in our league from all 5 boroughs and Long Island.

Does my child get to play in every game?

Yes - Our League guarantees that every player will play in every game for half the playing time for each of the first 3 quarters.

What size ball is used?

For the younger players we use a 27.5" or 28.5" basketball (depending on age) and for the older players we use a 29.5" ball. For 5 & 6 yr old players we also have height adjustable hoops.

I want to coach my child's team, how do I sign up for that?

You can sign up online through Teamsnap on our website or in-person at the player evaluations. The league always needs volunteers to coach our teams.

My child never played basketball before, can he/she still join your league?

Yes, there are no 'tryouts' for our league. Every child is accepted regardless of skill level.

I want to sponsor my child's team, what's involved?

Thank you, we need sponsors for all teams. A sponsorship costs \$350 and places your business name (or any team name you prefer that does not require obtaining licensing permission) on the back of the team jerseys. To sponsor a team you can fill out the necessary information through our website or in-person at the player evaluations.



Is it okay if my child plays in another league at the same time?

If your child is going to miss practices and/or games we request that you do not sign up with our League since that would be unfair to the rest of the team and coach.

Is it mandatory that my child attend the player evaluation?

Yes - Any child who misses player evaluation will not be accepted into the league regardless of the reason. This includes the children of coaches. The schedule will be posted on our website.

When will I know my child's game schedule?

The coach will get his/her season schedule at the coaches meeting and will share it with all the team parents.

What should I do if my child is going to miss a game? Is there such a thing as a makeup game?

If your child is going to miss a game please be sure to inform the coach so he/she knows how many players will be at that game. The only time there is a make-up game is if the league has to cancel a game.

