



**Special Olympics**  
**South Dakota**  
**Basketball Handbook**  
**Version 1.3 (May 2022)**



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Practice ideas, skill development and basketball rules can be found in the SOI Basketball Quick Start Guide and SOI Bowling Rules at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)



# SOSD Official Basketball Events

## EVENTS OFFERED:

- **Team Basketball**
- **Unified Team Basketball**
- **Individual Basketball Skills Contest**
- **Team Basketball Skills Contest**
- **Cheerleading Competition**

## Eligibility/Determination of Divisions

### Eligibility for state competition:

- Teams/players must complete minimum training hours (8 weeks/15 hrs of practice).
- Participation in area basketball tournament is required.
- Any agency or school that can field a team of 6-15 Special Olympics athletes is eligible to participate in state basketball.
- No limit to the number of teams an agency/school can enter in the tournament.
- Agencies/schools who are unable to field a team due to insufficient numbers may combine with another agency/school; subject to approval from the State Office.

### Determination of Divisions:

- Each team's playing division is determined by the oldest person on the team.
- Age Group divisions:
  - Senior: 22 years and older
  - Schoolers: 16-21 years old
  - Junior: 8-15 years old
  - Male, Female or Coed will compete together.
- **Athletes using wheelchairs/walkers/other assistive devices should register for the skills contests rather than team basketball/team sports.**

### Divisioning Team Sports: (In addition to the age groups above)

- Unified basketball: Coaches complete individual assessment scores for each athlete and add scores to determine team assessment score. Assessment scores are submitted with registration.
  - Divisioning is based on the assessment scores, results from previous competitions, coaches input. **\*\*REFER TO ADDENDUM FOR ASSESSMENT INFORMATION.**
- Traditional basketball: When divisioning for state much more emphasis is put on common opponents, coaches notes, previous game results and competitions.
- Divisioning is done by SOSD staff, coaches feedback/conference call.
- The goal is to create divisions with close games among teams with common skill sets/abilities; however, it is not a perfect science. A great deal of effort is put into attempting to create the best possible experience for all involved.

# Basketball Governing Rules

The Official Special Olympics Sports Rules for Basketball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based on Federation Internationale de Basketball (FIBA) rules for basketball found at [www.fiba.com](http://www.fiba.com). FIBA or National Governing body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Basketball or Article 1. In such cases, the Official Special Olympics Sports Rules for Basketball shall apply. Special Olympics South Dakota adheres to Special Olympics Rules for Basketball except in instances highlighted below.

## Court, Equipment and Uniforms

### The Court

- Regulation basketball court will be used for team competition. No modifications for any division.
- Free throw line for all divisions will be 15 feet. However, 10 feet may be used for Jr division, if needed.
- The rim height for all junior divisions and individual skills competition will be modified to 8' as opposed to 10' for schooler and senior divisions.
- Teams in the junior divisions wishing to compete on 10' rim height must submit a request. This will be granted based on availability and safety.

### Ball requirements

- A regulation ball (29 ½ inches in circumference) will be used for Schooler and Senior division competition.
- An intermediate ball (28 ½ inches in circumference) and between 18-20 ounces in weight will be used for Junior division competition and individuals skills competition.

### Uniform

- Uniform numbers allowed are as follows: 0-5, 10-15, 20-25, 30-35, 40-45, 50-55.
  - ✓ It is preferred that numbers be printed on front and back of the jersey,
- Crest/logo guidelines for jerseys can be found at:  
[https://sosd.org/images/files/1\\_Section\\_12\\_Sub\\_Program\\_Graphic\\_Guidelines.pdf](https://sosd.org/images/files/1_Section_12_Sub_Program_Graphic_Guidelines.pdf)
- Commercial messages/advertising are not allowed on uniforms.
- RECOMMENDATION: Athletes should wear athletic shorts, court shoes and socks. T-shirts worn under the jersey are acceptable and upon discretion of each program. T-shirts worn under the jersey should be of a similar color of the jersey.
- NO JEWELRY, watches or hats during play. Medical alerts allowed but must be taped down.

# Rules of Competition

## FULL COURT BASKETBALL COMPETITION

### Game Play

**Roster:** minimum of 6 players, maximum of 15.

- Unified divisions: Roster must have a proportionate number of athletes to unified partners. Line-ups must consist of 3 athletes and 2 unified partners.
- Athletes using wheelchairs/walkers/other assistive devices are not eligible for Team Basketball. They are eligible for the Individual Skills Contest and the Team Skills Contest.

### **Time Allotments:**

#### **State Competition:**

\*2 halves/14 minutes each

\*5 minute half time

\*3 minute overtime period, 2 minute  
for 2<sup>nd</sup> overtime period, 1 minute for 3<sup>rd</sup>,  
sudden death for 4<sup>th</sup> (1 timeout for each)

\*4 time outs/60 seconds each

#### **Area Competition:**

\*2 halves/10 minutes each

\*3 minute half time

\*2 minute overtime period (with 1 timeout),  
sudden death for 2<sup>nd</sup> overtime period.

\*4 time outs/30 seconds each

### **RUNNING CLOCK:**

The clock will continue to run except for free throws and time outs. The clock will also stop during any break in play during the last minute of the game unless the point differential is greater than 10 pts. Clock starts once a player on the court touches the ball. Clock will stop during last minute of overtime periods.

### **TIME OUTS:**

A team will be entitled to four time out periods (60 seconds each for state competition, 30 seconds each for area competition) during the game. In addition, each team is entitled to one additional time out during each overtime period. Unused time-outs accumulate and may be used at any time during that single game.

### **SUBSTITUTIONS:**

Substitutions may be made any time there is a dead ball. Substitutes will report to the scorer who will notify the referee of substitutions.

### **JUMP BALLS:**

- There will be a center jump at the start of the game and at the beginning of any/each overtime period.
- Subsequent held balls will result in an alternating possession between each team for the remainder of the game.

**SCORING:**

- Scoring will follow NFSHSA rules. If score is tied at the end of the 2<sup>nd</sup> half, play will continue without change of baskets for overtime periods.
- Unified partners will receive the same scoring as athletes.

**FOULS:**

- All shooting fouls result in the fouled player attempting two free throws.
- Any player who receives 5 personal fouls in a single game will “foul out” of that game.
- Seven team fouls will result in the “bonus” (opposing team shooting one and one free throws on all non-shooting fouls for remainder of the half).
- Ten team fouls will result in the “doubles bonus” (opposing team shooting two free throws on all fouls for remainder of the half).
- Team fouls start over from 0 for each half of the game but the number of team fouls at the end of regulation play carry over into overtime periods.
- Technical fouls result in an automatic two free throws (shooter selected by the coach) and possession of the ball after the free throws.

**TECHNICAL FOULS:**

- Any coach receiving more than one technical foul in any one game will be reviewed by the State Office. The coach may not be allowed to coach Special Olympics Basketball in the future.
- An athlete receiving more than one technical foul may be suspended from the remainder of the game and all of the next game. Decision to be made by SOSD staff/games committee.

**IN BOUND PASS:**

- Player passing ball in bound cannot step over the line. Violation will result in turnover/loss of possession.
- Team has 5 seconds to inbound the ball. Five second count starts when player receives ball from official. Violation will result in turnover/loss of possession.
- Defense must be 3 feet away from the out of bounds line.
- All divisions will follow these rules.

**OVER AND BACK, OUT OF BOUNDS:**

- These violations result in a turnover/loss of possession.
- Rules apply for all divisions

**CONDUCT:**

- No foul language. Technical foul may result for use of foul language.
- Warm ups on court should only take place when team is assigned to play during that time.

- Only registered coaches can approach score table or referees. Spectators will be warned and at the discretion of the referees/games committee may be ejected from the competition.
- Teams need to start with a minimum number of required positions to avoid forfeit.
  - Traditional team basketball = 5 players
  - Unified team basketball = 5 players comprised of 3 athletes and 2 unified partners.
- **NOTE:** If an injury occurs during a game, they can drop to one player short and continue the game (EX: teams can finish a game with 4 players. Unified must be 3 athletes/1 unified partner)
- Each team must have a Level 2 or higher certified head coach.
- **PRE GAME MEETING:** It is proper etiquette to meet the opposing coach and officials prior to the game to establish proper and consistent communication.

## Rules Modifications/Classifications

### TRAVELING AND DOUBLE DRIBBLING

**Class 1:** No traveling or double dribble will be allowed.

**Class 2:** Traveling over 5 ft (2-3 steps) is called.

### LANE VIOLATION

**Class 1:** You can be in the lane for up to 3 seconds (Regulation 3 second rule will be enforced).

**Class 2:** You can be in the lane for up to 5 seconds before a lane violation will be called.

### FULL COURT PRESS

**Class 1:** Allowed at all times

**Class 2:** Not allowed. Half court pressing only

### FOULS

**Class 1:** Regulation rules in regard to fouls.

**Class 2:** Major obvious fouls and body fouls that interrupt the flow of play. In these divisions, unintentional fouls may cause the stop of play and the same team regaining possession.

**\*\*\*NOTE: The main objective in calling fouls will be to protect athletes and to keep the game under control.**

**NOTE:** Offensive team in all divisions has 10 seconds to cross half court. NO SANDBAGGING/CHERRY PICKING ALLOWED AT ANY TIME (station one player at the offensive end of court/basket when on defense)

### CLASSIFICATIONS CRITERIA

- All Junior Unified Divisions will play Class 2 rules.
- All Schooler Unified Divisions will play Class 2 rules.
- Senior Unified Divisions can play either Class 1 or Class 2 rules.

# Unified Basketball

## Unified Models and Team Composition

Teams are assembled based on ability and assigned to one of the three models: Competitive, Player Development and Recreational – as outlined in the Special Olympics Unified Basketball Coaches Manual. SOSD encourages appropriate assignment to ensure competitive, enjoyable play for all our athletes and unified partners.

- **Competitive Model**
  - This is not an indicator of the talent of the team but an indicator of similar age and similar ability of all team members: athletes and unified partners.
  - Players should have the necessary sport skills and knowledge to compete with minimal to no modifications of the Special Olympics Sports Basketball Rules.
  - All team members participate equally.
- **Player Development Model**
  - Team members are all of similar age but the unified partners are significantly more skilled.
  - Teammates of higher abilities serve as mentors assisting teammates of lower ability in developing sport specific skills and tactics.
  - Rules modifications are allowed to ensure meaningful involvement.
- **Recreational Model**
  - Team members are of similar age with varying ability levels.
  - Basic basketball knowledge and skills are limited.
  - Unified partners serve as guides and assist.
  - For players with less experience and those who prefer a less competitive game.
  - Focus is on having fun together on an inclusive sports team.

For all models, meaningful involvement must be the focus of team composition and game play.

## Principle of Meaningful Involvement

The most important criteria of the success of a Unified Sports Program is the principle of meaningful involvement.

- Ensures that every player is given the opportunity to contribute to the success of his or her team through their unique skills and qualities.
- Every teammate:
  - Demonstrates sufficient sport specific skills and game understanding.



- Plays a valued role on the team that emphasizes his/her personal talents.
- Has an opportunity to play without a heightened risk of injury.
- Assessment: Important that both athletes and unified partners are assessed as to their abilities and game play.
  - Coaches will complete individual/team assessment to assist with determining appropriate unified model.
  - Coach should observe for overall performance to determine if they have the requisite skills and understanding to safely participate.
  - Should be a quality of social interaction and communication among teammates to promote full participation and enjoyment.
- **Indicators of Meaningful Involvement**
  - Teammates compete without causing undue risk of injury to themselves or others.
  - Teammates participate according to the rules of competition.
  - Teammates have the ability and opportunity to contribute to the performance of the team.
  - Teammates adjust their skills according to those of other players, resulting in improved performance by team members with lesser ability.
- **Meaningful involvement is not achieved when certain team members. . .**
  - Display superior sports skills without involving their teammates.
  - Serve predominantly as on-field coaches rather than teammates/mentors.
  - Control most aspects of the game, especially during the most critical periods.
  - Do not train or practice regularly and only show up on the day of competition.
  - Lower their level of ability dramatically so that they do not hurt others or control the entire game.

**NOTE:** It is important that all coaches and program leaders understand the Principle of Meaningful Involvement prior to the selection of team members.

## **Unified Basketball General Rules**

- Coaches are not allowed to be a unified partner. Individuals must choose one role or the other.
- The unified roster shall contain a proportionate number of athletes and unified partners.
- During competition, the line-up shall always consist of 3 athletes and 2 unified partners.
- In the event of player injury/illness, teams may finish game with no less than 4 players consisting of 3 athletes/1 unified partner. No other combination is allowed.
- Scoring: Unified Partners shall receive the same standard basketball scoring as the athletes.

- When registering, teams must be identified as either **Competitive, Player Development** or **Recreational**.
- Unified Coaches must have completed the online **Coaching Unified Sports** course. Contact Haley Zerr for link and information for this course.
- Game play rules are the same full court basketball competition rules used in traditional basketball.

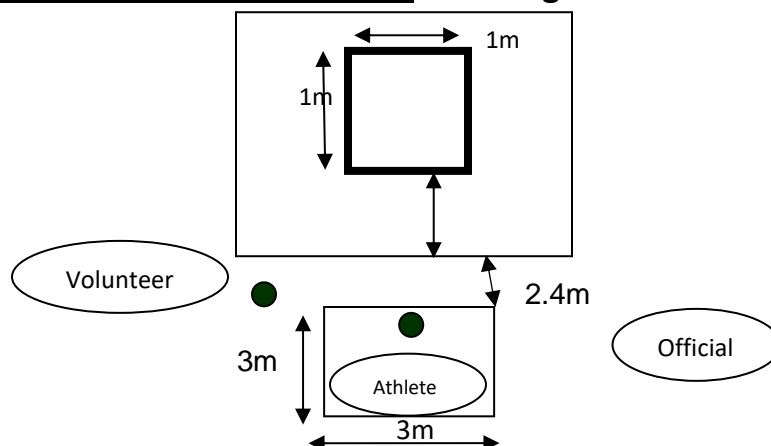
## Individual Basketball Skills Contest

- This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
- Athletes participating in Team Basketball are not eligible to participate in Basketball Skills and vice versa. Athletes participating in Basketball Skills Competition are not eligible to participate in Team Basketball.
- Skills athletes are eligible to participate in both the individual and team basketball skills contests. NOTE: 5 athletes minimum are needed to participate in team basketball skills.
- An intermediate size basketball is used for skills competition (28 1/2 in. circumference, 18-20 oz. weight).
- NOTE: Rim height/goal for skills competition (spot shot) is 8 feet modified from the standard 10 feet rim height/goal.

### EVENTS IN THE BASKETBALL SKILLS CONTEST:

- Three events comprise the Individual Skills Contest: Target Pass, Ten-meter Dribble and the Spot Shot.
- The athlete's final score is determined by adding together the scores achieved in each of these 3 events.

### Individual Basketball Skills Contest Event #1: Target Pass



**PURPOSE:** To measure an athlete's skill in passing a basketball.

**EQUIPMENT:** 2 basketballs, flat wall, chalk or floor tape, and measuring tape.

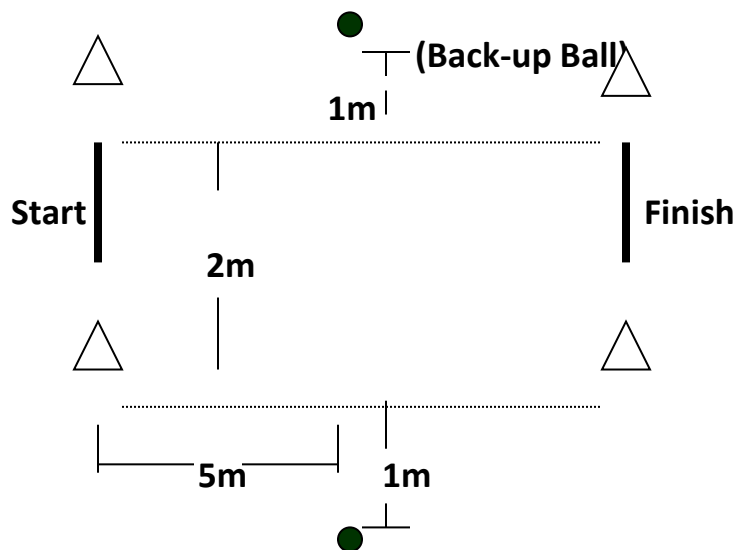
**DESCRIPTION:**

- A 1 meter (3' 3 1/2") square is marked on a wall using chalk or tape.
- The bottom line of the square shall be 1 meter (3' 3 1/2") from the floor.
- A 3 meter (9'9") square will be marked on the floor and a 2.4 meter (7') from the wall.
- The athlete must stand within the square.
- The leading wheel axle of an athlete's wheelchair may not pass over the line.
- The athlete is given 5 passes.

**SCORING:**

- The athlete receives 3 points for hitting the wall inside the square.
- The athlete receives 2 points for hitting the lines of the square.
- The athlete receives 1 point for hitting the wall but not in or on any part of the square.
- The athlete receives 1 point for catching the ball in the air or after one more bounces.
- The athlete receives 0 points if the ball bounces before hitting the wall.
- The athlete's score will be the sum of the points from all five passes.

**Individual Basketball Skills Contest Event #2: Ten-Meter Dribble**



Seconds	Points
0-2	30
2.1-3	28
3.1-4	26
4.1-5	24
5.1-6	22
6.1-7	20
7.1-8	18
8.1-9	16
9.1-10	14
10.1-12	12
12.1-14	10
14.1-16	8
16.1-18	6
18.1-20	4

**PURPOSE:** To measure an athlete's speed and skill in dribbling a basketball.

**EQUIPMENT:** 3 basketballs, 4 traffic cones, floor tape or chalk, measuring tape and stopwatch.

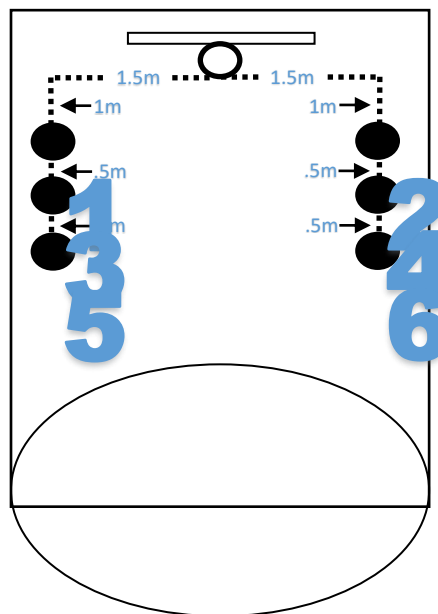
**DESCRIPTION:**

- The athlete begins from behind the start line and between the cones.
- The athlete starts dribbling and moving when the Official signals "Go".
- The athlete dribbles the ball with one hand for the entire 10 meters (32' 9 3/4").
- An athlete in a wheelchair must alternate between taking 2 pushes followed by 2 dribbles for legal dribbling.
- The athletes must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 2 meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

**SCORING:**

- The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones AND picks up the basketball to stop the dribble.
- A 1-second penalty will be added every time the athlete illegally dribbles (EX: two hand dribble, carries the ball, etc).
- The athlete will receive two trials.
- Each trial is scored by adding the penalty points to the time elapsed and converting the total to points based on the Conversion Chart.
- The athlete's score for the event is his/her best of the two trials converted into points. (In case of a tie, the actual time will be used to differentiate place).

**Individual Basketball Skills Contest Event #3: Spot Shot**



**PURPOSE:** To measure an athlete's skill in shooting a basketball.

**EQUIPMENT:** 2 basketballs, floor tape/chalk or markers for spots, measuring tape and 8' goal with backboard (modified from the standard 10' goal).

**DESCRIPTION:**

- Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows: (reference diagram above for clarity)
  - ✓ Spots #1 and #2 = 1.5 meters (4'11") to the left and right of rim and 1 meter (3' 3 ½") perpendicular to the 1.5 meter line (along the free throw lane area).
  - ✓ Spots #3 and #4 = 1.5 meters (4'11") to the left and right of the rim and 1.5 meters perpendicular to the original line (or .5 meters farther than spots #1 and #2 on free throw lane area).
  - ✓ Spots #5 and #6 = 1.5 meters (4'11") to the left and right of the rim and 2 meters (6' 6 ¾") from the original line (or .5 meters farther than spots #3 and #4 along free throw lane area).
- The athlete attempts two field goals from each of the six spots. The attempts are taken at spots #2, #4, #6 and then at spots #1, #3, #5.

**SCORING:**

- For every field goal made at spots #1 and #2, two points are awarded.
- For every field goal made at spots #3 and #4, three points are awarded.
- For every field goal made at spots #5 and #6, four points are awarded.
- For any field goal attempt that does not pass through the basket BUT does hit either the backboard and/or the rim, one point is awarded.
- The athlete's score will be the sum of the points from all 12 shots.

**FINAL SCORING FOR INDIVIDUAL BASKETBALL SKILLS CONTEST AND PLACING:**

- The athlete's final score for the Individual Basketball Skills is determined by adding together the scores achieved in each of the 3 events.
- Refer to score sheet on next page.

**SPECIAL OLYMPICS SOUTH DAKOTA  
INDIVIDUAL BASKETBALL SKILLS CONTEST**

Name: \_\_\_\_\_

School/Agency: \_\_\_\_\_

**EVENT #1: TARGET PASS:**

		<u>Pass Score</u>			<u>Catch Score</u>	
<b>Pass #</b>	<b>1</b>	3	2	1	1	_____
	<b>2</b>	3	2	1	1	_____
	<b>3</b>	3	2	1	1	_____
	<b>4</b>	3	2	1	1	_____
	<b>5</b>	3	2	1	1	_____

**Event Total** \_\_\_\_\_

**EVENT #2: TEN-METER DRIBBLE:**

Trial:	<u>#1</u>	<u>#2</u>
Time:	_____	_____
Penalty Seconds:	_____	_____
Total Time:	_____	_____
Point Conversion:	_____	_____

**Event Score** \_\_\_\_\_  
(best of the two)

Conversion Chart	
Seconds	Points
0-2	30
2.1-3	28
3.1-4	26
4.1-5	24
5.1-6	22
6.1-7	20
7.1-8	18
8.1-9	16
9.1-10	14
10.1-12	12
12.1-14	10
14.1-16	8
16.1-18	6
18.1-20	4
20.1-22	2
22.1 and over	1

**EVENT #3: SPOT SHOT:**

Position	Circle if made Shot #1	Circle if missed shot hits rim and/or backboard		Position	Circle if made Shot #2	Circle if missed shot hits rim and/or backboard
2	2	1		2	2	1
4	3	1		4	3	1
6	4	1		6	4	1
1	2	1		1	2	1
3	3	1		3	3	1
5	4	1		5	4	1

**Event Total** \_\_\_\_\_  
**Total Skills Contest Score** \_\_\_\_\_

# Team Skills Basketball Contest

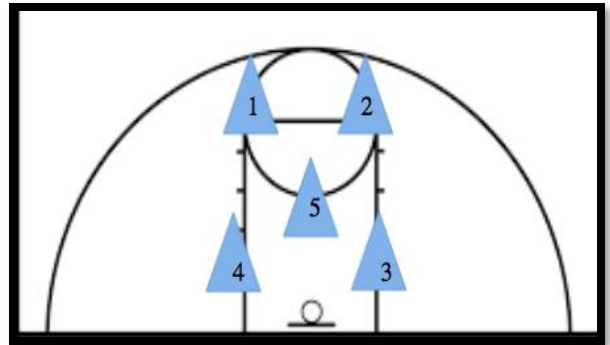
**PURPOSE:** To provide meaningful team competition for athletes with lower ability levels who may not be ready for Traditional Team Play. Athletes can participate in BOTH individual basketball skills competition and the team skills basketball contest.

## EQUIPMENT:

- Two basketballs (28 ½ in. circumference, 18-20 oz. in weight)
- Metric tape measure
- Floor tape or chalk
- Regulation 10' basketball goal (an 8' goal may be used for junior competition)
- Score sheets
- Scoreboard

## SET UP:

- Mark 5 spots around the floor, similar to a 2-1-2 zone defense with players positioned 4 meters apart (13 ft 1 ½ in) apart from each other (see diagram)
- Mark position #5 two meters (6 ft 6 ¾ in) from a spot under the front of the goal's ring.
- Teams should submit a roster prior to the start of the game.
- Must have minimum of 5 athletes to participate.
- Teams should wear numbered uniforms or shirts.



**NOTE:** A standard free throw lane is 12 ft wide so positions 3 and 4 as well as positions 1 and 2 respectively will be slightly farther apart than the low blocks and elbows on top of FT lane.

## RULES:

- The Event Director shall determine how many games should be played. Two five-member teams are positioned on opposite ends of the playing court. Only one team shall conduct a round at a time.
- The game is made up of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- Each player on the first five-member team attempts to catch the ball and then throw it accurately to the player stationed at the next position.
- The official shall hand the ball to the player in position #1 to begin each round.
- The player in position #1 throws the ball to the player at position #2. The player at position #2 throws the ball to the player at position #3. This sequential throwing rotation continues until the ball reaches the player in position #5.
- Athletes may pass the ball in any manner, but each player must pass in numerical sequence. A bounce pass is allowed provided that there is only one bounce.

- If the ball is thrown past an athlete, the athlete or official may retrieve the ball. However, the athlete must return to his/her position before throwing the ball to the next player. A correct pass is defined as a ball that is thrown within the reach of the receiving player.
- When the ball reaches the player in position #5, he/she then attempts a field goal.
- Slam dunks are not permitted. The athlete shall not receive any points if a slam dunk is taken.
- Athletes stationed in position #5 shall only be given one attempt at scoring.
- After the field goal attempt by the player in position #5, the round ends.
- Following the completion of the round by the first team, the second team will conduct their initial round.
- Players shall rotate in numerical sequence to the next position after each round.
- Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends.
- A five-minute halftime intermission follows.
- Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal for the second half.
- Substitutes are allowed into the game only after a round has been completed.
- Coaches shall remain on the sideline which is at least 4 meters (13 ft 1 ½ in) to the side of position #2 and #4. Coaches may give verbal and signed instructions to players. Deaf athletes may receive assistance in positioning.

#### **SCORING:**

- Team receives one point for each correct pass.
- Team receives one point for each successful catch.
- Team receives two points for each successful field goal.
- A bonus one point is awarded for each complete successful round of passing, catching and made field goal.
- The maximum number of points that can be accumulated by a single team during one half is 55.
- The final team score is determined by adding the scores from each of the 10 rounds.
- The team with the highest score is the winner.
- If the teams are tied at the end of regulation play, additional rounds are conducted. The first team to score more points in a round than its opponent is the winner.

## **Awards Criteria**

- Individual medals will be awarded to teams the first three places in each division. Teams placing 4<sup>th</sup> to 8<sup>th</sup> will receive place ribbons.
- Individual skills and team skills athletes will receive medals for the first three places in each division. Individuals/teams playing 4<sup>th</sup>-8<sup>th</sup> will receive ribbons.
- All participants will receive team photos.
- TIE BREAKER RULES: (to determine places in divisions):
  - 1) Head to head competition
  - 2) Point differential (between the teams in a tie)
  - 3) Point differential (all teams played)



- **Spirit and Sportsmanship Award.**
  - Award given to recognize those athletes who epitomize sportsmanship. Good sportsmanship is the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, treating opponents with respect, fairness, generosity and courtesy. **“Winning is for a day. Sportsmanship is for a lifetime.”**
  - Coaches will submit one player from each of their teams to be on the Spirit and Sportsmanship Team. From these nominees, one player per division will be chosen to receive the Spirit and Sportsmanship Award. These players will be presented a plaque during team awards.

## SPORTSMANSHIP

Good sportsmanship is both the coaches’ and athletes’ commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a game/event. Never quit.

### **Fair play at all times**

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.