



WHY BASKETBALL

What are the benefits of playing my sport?

Basketball is fun and exciting to play. It enhances physical, mental and social development and promotes co-ordination, control, teamwork and leadership.

TOP Tip!

Leicestershire Disability Programme

Leicestershire has introduced a Learning Disability Basketball Competition within its School Games finals programme. Its inclusion helps to provide the valuable step needed from school participation to out of school community sports participation. Basketball being delivered in schools in the lead up to the School Games increases students' interest and the competition helps to further that interest. The presence of the learning disability basketball competition at the School Games means there are now active players with the community clubs who had their first experience in schools. Without the programme they would not have taken part and would not be on the first steps of their journey to a lifelong participation in sport.



BASKETBALL

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Working as hard on defending as well as attacking and scoring.



Shaking hands after the game, being gracious in victory or defeat.



Calling out of bounds plays that referees haven't seen.



Believing in your own decision-making i.e. when to shoot, when to pass.



Praising and encouraging team-mates to raise effort levels.



If your team is behind at a time-out, work out why and then use your new game plan to try to take the lead yourselves.

Priority competitions:

- **Name of the competition:** 5v5 Basketball
- **Age group:** Adaptable and flexible to be played at any age group in male, female or mixed teams.
- **Intra/Inter Competition?**
Suitable for the beginner or regular participant/indoors or outdoors to meet facility demands.
- **Who runs it (e.g. SGO, development officer, young leader support etc)**
SGO, local club, teacher, parent, volunteer or senior pupil.
- **How to enter (e.g. via SGO)**
Enter via your local SGO.
- **When (e.g. preferred time of year to run)**
Basketball can be played all year round to suit local needs.
- **Next step in the competition:**
Progression to County Final - Inter School Competition (Level 3) competitions and alignment with Basketball England's Dynamik National Schools Competition framework.

Where do young people go next (from school to club/community)?

Satellite Clubs are a fantastic way to be involved with basketball outside of school, but not have that big commitment of joining a club. They are based in schools, colleges and leisure centres, but are for everyone who wants to have a go. Please visit the club finder page of our website to find your nearest club.

Young Leader/Officials courses/qualifications available:

- Basketball Activators Award
- Level 1 Referee Award
- Level 1 Table Official Award

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

Please visit the schools section of our website, www.basketballengland.co.uk for further help, support and guidance.

Signposted competitions:

- Name of the competition:
Dynamik National Schools Competitions
- Age group:
U12, U14, U16, U17, U18 & U19 competitions for male and female teams.
- Intra/Inter Competition:
Local, regional and national competitions are available.
- Who runs it:
Basketball England supported by clubs and local basketball associations.
- How to enter:
www.basketballengland.co.uk/playcompete/education/national-schools-competition
- When:
Competitions run all year round to suit local needs.



BASKETBALL

Competition Card 1

Primary or Secondary:

Primary and Secondary

Name of competition:

5v5 Basketball

Age group:

Adaptable and flexible to be played at any age group

How to enter:

Via your local SGO

Tournament format:

Can be played as Home and Away or Central Venue League format

Relevant web links:

Please visit the schools section of our website, www.basketballengland.co.uk for further help, support and guidance.



Simple rules:

- Game duration time can be adjusted to suit the number of games/facility availability. For example, play two periods of 20 minutes with a one minute half time. First possession is decided by a jump ball.
- Either team may substitute a player whenever the ball is out of play.
- Each team is permitted up to two time-outs of one minute during each half.
- At a change of possession e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc if playing half court.
- Any player persistently fouling may be removed from the game by the referee. In the event of a foul the opposing team will receive the ball on the nearest side/end line. If the player is fouled in the act of shooting one/two free throws are awarded; one if the basket is scored and two if the shot is missed. Each free throw is worth one point.
- In the event of a tie a free throw 'shootout' will decide the result of the game.
- Scoring: baskets scored from outside the arc (if available) = 3 points, baskets scored from inside the arc = 2 points. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court.
- Swearing/abuse to other players/referees/coaches will result in the player being sent from the court and ruled ineligible to participate for the rest of the competition.
- Each game will have a referee (teacher/pupil/parent) who will also keep score by completing the score sheet. In the absence of a referee players are responsible for calling their own fouls and keeping score.

Think inclusively!

- Make the playing area larger or smaller.
- Allow players with mobility impairments to remain in court positions without restrictions.
- Enable some players to carry the ball short distances without dribbling.
- Give some players a special shooting role by including a tripod basket especially for them.
- Wheelchair players use 'two pushes, one bounce' rule.
- Vary ball size.
- Taller cones or posts will be seen more easily by manual or powerchair users.
- Enable some players to dribble the ball with two hands until they develop one-handed dribbling skills.
- Think carefully about the numbers in games. Could some players be included more effectively if they played 5v4 or even 5v3?
- A caller beneath the hoop can provide verbal guidance for visually impaired players.

Roles for young people:

Young people can undertake several roles including officiating, competition organising or reporting on games.

Our Basketball Activators and officiating courses are specifically designed to assist young people in these roles: www.basketballengland.co.uk/learnimprove/improve-as-a-coach

How can depth in competition through extra teams be achieved?

Basketball leagues can be created to provide opportunities for a wide range of ability levels, single gender or mixed gender competitions. Formats and rules are flexible, for example a 'walking only' rule can be adopted to engage young people who are not traditional sports enthusiasts.

The route from here to County Final – Inter School Competition (Level 3)

5v5 Basketball is a mechanism to get more young people involved in basketball. The natural progression from this is to play in the Basketball England Dynamik National Schools Competitions. A wide range of age groups from 12–19 are catered for including premier and conference competitions.

How can regularity be achieved?

Basketball resources including sign-up/promotional posters where students express their interest to play are available from Basketball England. Players can be placed into teams and a league format initiated to create a regular basketball habit in the school.