

Tumwater Basketball

2024/2025 Competitive League



Team Packet

Registration:

Team fee: \$600

Deadline: Friday, September 27. NO refunds after September 27.

After Sept. 27: Fee increases to \$650; teams accepted on as-needed basis.

Games begin November 9 and run through January 25.



Tumwater Parks & Recreation

555 Israel Road SW

Tumwater, WA 98501

(360) 754-4160

tumwaterparks@ci.tumwater.wa.us

www.ci.tumwater.wa.us/basketball





2024/2025 TUMWATER BASKETBALL COMPETITIVE LEAGUE

Please note that Tumwater School District (TSD) activities have priority use over our league for practice and game dates. The dates listed below are what we currently have secured for game dates. These dates are **subject to change** upon notification from TSD.

Game Week 1 Saturday, November 9

Game Week 2 Saturday, November 16

Game Week 3 Saturday, November 23 (No games Thanksgiving Weekend 11/30)

Game Week 4 Sunday, December 8 (HS Football Championships: 12/7)

Game Week 5 Saturday, December 14

Game Week 6 Saturday, December 21 (Winter Break: 12/23 – 1/3)

Game Week 7 Saturday, January 11

Game Week 8 Saturday, January 18

Game Week 9 Saturday, January 25

Tumwater Basketball – Competitive League Guidelines & Policies



Registration:

Open Tuesday, September 3 through **Friday, September 27**. Fee is \$600 per team. After September 27, team fee increases to \$650 and teams accepted on as-needed basis.

To register, visit: www.ci.tumwater.wa.us/basketball and click the blue “Register Online” button.

Required Forms:

The forms listed below (included in this packet) must be submitted to Tumwater Parks and Recreation. **Tumwater teams need to submit their paperwork prior to your team’s first practice. Non-Tumwater teams need to submit their paperwork prior to your first game. Please note that failure to submit these forms will result in forfeiture of games.**

- Volunteer Application
- Volunteer Release of Liability
- Coach’s Code of Ethics
- Coach’s Concussion Compliance
- Team Roster & Concussion Acknowledgment - **Needs to be complete with all parent & player signatures.**

Team Requirements:

- Teams need to be comprised of players from **one high school service area only**. If you have a mixed team, contact our office prior to registration as exceptions to this rule require approval by the League Coordinator.
- Players may only be listed on one Competitive League roster per division. Any exceptions must be cleared through the League Coordinator.
- Only those players listed on the team roster are eligible to play. Additions to the roster must be cleared through League Coordinator. Player addition waivers are available online and at the gyms on game days

Refunds:

Refunds must be requested through Tumwater Parks & Recreation **on or before September 27**. Refund requests after September 27 **will not be granted**. Tumwater Parks & Recreation has final determination on all refund requests.

Sportsmanship:

Coaches are responsible for their own behavior as well as that of their players and spectators. All participants are required to show good sportsmanship towards the opposing team and the officials. Failure to do so will result in offending team being issued a technical foul(s) and potential removal from the gym.

Safety:

Coaches are responsible for supervising players at all times during practices and games. Do not allow your players to wander off, play on school equipment, or involve themselves in other mischievous or dangerous activities. If a player is involved in an accident or injury, please notify the gym supervisor immediately. Supervisors have access to first aid supplies and incident forms.

Health Requirements:

Tumwater Parks and Recreation follows all state and local health guidance. Participants, parents, and coaches must abide by all Tumwater School District health and safety requirements. Parents are required to monitor their child's health and not allow them to attend if they show symptoms of illness.

Facility:

Educate your players, parents, and fans regarding the facility policies:

- Food and drink (except water) are not allowed in the gyms.
- Only non-marking rubber-soled shoes are allowed on the courts.
- Respect user groups in the gym before the allotted practice time by not entering the gym until they are done or your scheduled practice time has begun. **Please respect the facilities and leave them in great condition.**
- Please notify league coordinator of any existing or newly-occurring facility issues.

Equipment:

Competitive league teams are responsible for providing the following equipment:

- Numbered uniform jerseys, similar in color, with numbers preferably on front and back
- Practice and game balls

Practice:

- Coaches need to schedule and attend all of their team practices.
- Should a coach need to cancel a practice, it is the coach's responsibility or his/her appointed contact person to notify all of the players/parents of the cancellation.
- Practice space will only be allocated to Tumwater school teams. All other teams should contact schools, Parks & Recreation agencies, or coaches in their own districts for gym space.

Game Schedule:

- Games take place on Saturdays and some Sundays from November through January (No games during Winter Break).
- Teams play a 10-game season and will occasionally play doubleheaders. Out-of-town teams are typically scheduled for doubleheaders unless requested otherwise. Games cancelled due to weather or facilities closures will be rescheduled at the conclusion of the season or as times are available, but are not guaranteed.
- Game schedule requests must be submitted to Tumwater Parks and Recreation by **Friday, October 18** in order to be considered. Please be sure to plan ahead for other tournaments later in the season and other possible team conflicts. **Due to the large number of teams in this league and the limited gym space, it is very difficult to reschedule games after the initial schedule release.**
- We contract with Team Sideline www.teamsideline.com/Tumwater, a company that provides a scheduling format for all divisions of play. This site makes schedule notifications and changes more easily readable and accessible. Game schedules will be posted the week prior to games.

Tumwater Basketball – Competitive League

Rules



Teams: See Team Requirements on League Guidelines & Policies page.

The Ball:

- 5th & 6th grade boys' teams use an intermediate size basketball: 28.5". **Exception:** If both teams agree to use a regulation size ball prior to the game.
- 7th & 8th grade boys' teams use a regulation size basketball 29.5".
- All girls' teams use an intermediate/women's size basketball: 28.5".

Scorekeepers: Each team is responsible for providing one volunteer to run the clock and/or keep the official scorebook for every game. **Reminder: Volunteers are an extension of the officials and are to remain neutral and not coach or discuss fouls from the scorer's table.**

The Clock: Games consist of two 20-minute halves with a running clock. Each team is awarded three time-outs per game. The clock stops during time-outs, injuries, and the final minute of the first half and final two minutes of the game on every dead ball; unless one team has a lead of 15 points or more. Half-time is five minutes in length.

Defense: All defenses are allowed anywhere on the court at any time. **Exception:** Full court pressure is not allowed when a team is leading by 15 points or more. **Violation:** Technical foul on the coach.

Free Throws/Fouls:

- Free throws will not be shot during running clock time.
- Free throws will be shot as in regular basketball during the stopped clock portion of a game unless a team is leading by 15 or more points, and in any overtime.
- If shooting fouls are committed after the sixth team foul for each half, the fouled team is awarded one point and receives the ball out of bounds.
- If fouls are committed when a basket is made, the fouled team is awarded the two or three points and receives the ball out of bounds.
- If technical fouls and 2-shot intentional fouls are committed, the fouled team is awarded two points and receives the ball out of bounds.

Ties: Jump ball will begin all overtime periods. First overtime period will be two minutes in length with stop clock on all dead balls. Free throws will be attempted on all fouls that warrant free throws. Second overtime period will be sudden death, first team to score wins.

Alternating Possession: The alternating possession rule will be in effect except at the beginning of all games and overtime periods which begin with a jump ball.

Conduct:

- A player or coach will be ejected on the second technical foul assessed during a game.
- An ejected player or coach will be suspended for the remainder of that day's games and the next scheduled game.
- A player or coach ejected a second time will be suspended for the remainder of the season. The League Coordinator will determine future participation.
- The coach is responsible for the conduct of his/her players and spectators.

Other Rules: All other high school WIAA basketball rules apply.

Awards: Team finishing with the best overall win/loss record for the season, in each division, will receive 12 championship T-shirts. Playoff games will count toward each team's season record. Ties will be broken based on head-to-head record. If still tied, a joint championship may be determined.

Tumwater Basketball – Competitive League Volunteer Application



Coach's Contact Information:

Name: _____

Address: _____ City: _____ State: WA Zip: _____

Cell: _____ Home: _____ Work: _____

E-mail Address: _____

Please note: Upon submission of this application, you will receive an email from Tumwater Parks & Recreation with a link to the NCSI National Background Check. Please follow the instructions to complete the required information.

Coaching Details/Requests:

Your position: Head Coach Assistant Coach

If you are the head coach, please provide:

- Assistant Coach's Name/s: _____
- Assistant Coach's Email Address/es: _____

Team Grade Level: _____ Team Gender: _____

Team's High School Service Area: _____

Please note: Teams need to be comprised of players from one high school service area only. Players may currently attend different elementary or middle schools as long as schools feed the same high school. Exceptions to this rule must first be approved by the League Coordinator.

Scheduling Requests/ Dates Unavailable (**Must be received by Friday, October 21**): _____

Coaching History:

- | | | |
|---|------------------------------|-----------------------------|
| 1) Have you previously coached in our league? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2) Have you received a technical foul while coaching in our league? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3) Have you been ejected from a game while coaching in our league? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4) Have you been ejected or suspended from coaching any youth team? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered "Yes" to questions 2-4 above, please explain the circumstances: _____

TUMWATER TEAMS ONLY:

List your top two preferred days for your single weeknight practice. *Additional weeknight practice will be made available for purchase to teams following Recreational League practice assignments.*

1. _____

2. _____

References: We ask that all volunteer coaches provide two character references of support.

Name: _____

Name: _____

Phone Number: _____

Phone Number: _____

Email: _____

Email: _____

Questions?

Please contact Tumwater Parks & Recreation:
tumwaterparks@ci.tumwater.wa.us or (360) 754-4160

Tumwater Basketball – Competitive League

Volunteer Release of Liability



As a volunteer for Tumwater Parks and Recreation, I will support the work of City staff and uphold all the guidelines, policies, and standards set by the City of Tumwater Parks and Recreation Department. I have been provided with a copy of these guidelines, policies and standards. As a volunteer for Tumwater Parks and Recreation, I understand that I am viewed as a representative of the city, the department, and the program with which I am involved. I will put forth every effort to exhibit a friendly, positive attitude and work to assist in the program's success.

I understand that the City of Tumwater will provide instructions to cover the areas for which I may be responsible, and the activities/duties in which I will take an active role. I also understand that additional training may be required to increase my knowledge and abilities to perform as a successful volunteer.

I agree to hold harmless the City of Tumwater, its officials, employees, and agents for any damage claim or lawsuit for injury, illness or damage or loss of any kind to me arising out of my connection with or from my participation as a volunteer in activities with the City of Tumwater's Parks and Recreation Department.

I consent to the City performing a background check into my history in accordance with RCW 43.43.830–839 and waive any right of privacy I may have in such information for the limited purpose of the City considering it for determining my suitability as a volunteer.

I give permission to have my photo taken and used for publicity purposes by the Parks and Recreation Department. I authorize the City and its employees or agents to provide me with emergency medical treatment if it is deemed necessary. To the best of my knowledge, I have no physical or other condition, which would interfere with my participation as a volunteer for Tumwater Parks and Recreation.

Coach's Printed Name: _____ Phone: _____

Coach's Signature: _____ Date: _____

Signature of Parent or Guardian: _____

(Required for participants under 18 years of age)

Assistant Coaches only, please list Head Coach's name: _____

Tumwater Basketball – Competitive League

Coach’s Code of Ethics



- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the age group.
- I will do my best to provide a safe playing situation for all of my players.
- I will do my best to organize practices that are fun and challenging for all of my players.
- I will lead by example in demonstrating fair play, sportsmanship, and will conduct myself in a professional manner consistent to the objectives of this league.
- I will treat all referees and opponents with respect, and set a good example for my players and our fans. Any disputes or issues will be handled at an appropriate time and in an appropriate manner and not detract from the game.
- I will provide a sports environment for my team that is free of drugs, alcohol, and tobacco, and refrain from their use at all Tumwater Basketball events.
- I will be knowledgeable in the rules of Tumwater Basketball and teach these rules to my players.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I understand that this is a volunteer position and my involvement can be terminated due to violation of this code of conduct and/or unacceptable behavior or actions.

Coach’s Printed Name: _____

Coach’s Signature: _____ Date: _____

Assistant Coaches only, please list Head Coach’s name: _____

Tumwater Basketball – Competitive League

Coach’s Concussion Law Compliance



Chapter 475, Laws of 2009 (HB 1824), requires the adoption of policies for the management of concussions and head injuries in youth sports. In order for Tumwater Parks and Recreation youth sports leagues to be in compliance, all coaches are required to:

- Be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury and is available at no charge to coaches at www.wiaa.com
- Educate their athletes on the signs and symptoms of a concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- Not allow an athlete who has been removed from play because of a suspected concussion/brain injury, to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

Coaching Requirement:

- Review the WIAA Concussion Management Guidelines
- View the WIAA Concussion Training Video & Sideline Assessment for Suspected Concussion Video

The guidelines and videos are available at www.wiaa.com/health-wellness-welcome/

By signing below, I certify that I have reviewed the Concussion Management Guidelines and viewed the Concussion Training video & Sideline Assessment for Suspected Concussion video.

Coach’s Printed Name: _____

Coach’s Signature: _____ Date: _____

Assistant Coaches only, please list Head Coach’s name: _____

Team Roster & Concussion Acknowledgment

Tumwater Basketball - Competitive League



I am fully aware of the risk inherent in this activity, including physical injury, damage to my property, or other consequences that may arise or result directly or indirectly from the activity. Being fully informed as to these risks and in consideration of the privilege of participating in this activity, I assume all risk of injury, damage and liability. I agree to defend, indemnify and hold harmless the City of Tumwater and its officials, employees and agents from any claim or lawsuit for injury, illness, damage or other loss incurred during the period covered by this activity.

I consent to my child's participation in the activity/program of the Parks & Recreation Department and authorize the City of Tumwater and its employees or agents to provide emergency medical treatment for my child on my behalf. To the best of my knowledge, my child has no physical or other condition that would interfere with her/her participation.

I give my permission to have my photo, or photo of my child or children taken during the classes and activities to be used for publicity purposes by the Parks and Recreation Department.

I acknowledge that I have received the attached Concussion Information provided by Tumwater Parks & Recreation and understand the information contained therein.

Team Name: _____ **Head Coach's Name:** _____

Team Gender: Boys Girls **Grade:** 5th 6th 7th 8th

	Player's Name	Jersey #	Middle School Attending/ Will Attend	Grade	Phone	Parent's Name	Parent's Signature	Player's Signature
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

I certify that the above information is true and accurate to the best of my knowledge. I fully understand that any falsification of any information may be grounds for suspension from participation. I understand, and agree to abide by, league rules. I further understand and agree that the City of Tumwater provides no medical or dental insurance of any kind or type regarding injuries received by participating in this Tumwater Parks & Recreation sports league.

Coach's Signature: _____ **Date:** _____



Tumwater Parks & Recreation Concussion Information

Chapter 475, Laws of 2009 (HB 1824) requires the adoption of policies for managing concussion and head injuries in youth sports. **This Bill requires all players and parents to sign indicating they have read and understand the information.**

A concussion is a brain injury caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with force transmitted to the head. Concussions range from mild to severe and can disrupt the way the brain normally works. Though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** Signs and symptoms of concussion may show up right after the injury or take hours or days to fully appear. You can't see a concussion and most sports concussions occur without loss of consciousness. If your child reports any symptoms of concussion, or if you notice any of these symptoms or signs yourself, seek medical attention immediately.

Symptoms may include one or more of the following:

- Headaches or "Pressure in head"
- Nausea or vomiting, "Not feeling right"
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness or change in sleep patterns
- Amnesia, general confusion
- Fatigue, low energy, or sadness
- Nervousness, anxiety, or irritability
- More emotional
- Concentration / memory problems
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed, has vacant facial expression
- Confused about assignment, forgets plays
- Unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Speech is slurred
- Behavior or personality changes
- Can't recall events prior to or after hit
- Experiences seizures or convulsions
- Loses consciousness

If a child keeps playing with a concussion or returns too soon: Continuing to play with a concussion leaves the young athlete vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after it occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Adolescent and teenage athletes often under-report symptoms of injuries, and concussions are no different. As a result, the education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion: He/she should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion without medical clearance, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. It's better to miss one game than miss the whole season; when in doubt, the athlete sits out. For current information on concussions, go to: www.cdc.gov/ConcussionInYouthSports/