



AAU BASKETBALL

A Spokane Hoopfest Program

Shootout Spring Classic is an AAU-sanctioned event



REMEMBER!
NO GATE FEE FOR SPECTATORS
Bring your fans!

Shootout Spring Classic *presented by Red Robin*

February 20 & 21, 2010

Boys and Girls Grade Levels 4-8

TEAM ENTRY FORM *(please note that there may be no more than three coaches per team on the bench during tournament games)*

Team Name: _____ Grade Level: _____ Gender: _____

Head Coach: _____ Coach AAU Card #: _____

Asst. Coach: _____ Coach AAU Card #: _____

Asst. Coach: _____ Coach AAU Card #: _____

All information, including game schedules, will be sent to the Team Contact (PLEASE PRINT LEGIBLY)

Team Contact: _____

Cell/Weekend Phone (number you can be reached at during the tournament): _____

Day Phone: _____ Eve. Phone: _____ Fax: _____

Address: _____
City State Zip Code

Email address: _____

Player's Name (maximum 15)	AAU Card #	Grade	Date of Birth	School	Jersey #
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____	_____
11. _____	_____	_____	_____	_____	_____
12. _____	_____	_____	_____	_____	_____
13. _____	_____	_____	_____	_____	_____
14. _____	_____	_____	_____	_____	_____
15. _____	_____	_____	_____	_____	_____

Payment: Check _____ Credit Card (VISA or M/C) _____ Cash _____

Card #: _____ Exp. Date: _____ / _____

Name on card (please print): _____ Signature: _____

Completed Entry Forms, including \$295 registration fee (one check per team made payable to Spokane AAU Basketball), must be received by the League Office **no later than January 22, 2010** to be guaranteed a spot in the tournament. Late entries will be placed on a waiting list and will be accepted on a **space-available basis** only.

Please note that there is no gate fee for spectators at this event!

SEND COMPLETED REGISTRATION AND PAYMENT TO:
Spokane AAU Basketball / PO Box 598 / Spokane, WA 99210-0598
Phone (509) 624-2414 / Fax (509) 624-0868





**AAU
BASKETBALL**

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Participants: This tournament is a sanctioned AAU event and is open to all boys and girls teams grades four through eight (no co-ed teams can participate). All athletes that participate in any AAU sanctioned event must have a 2009-2010 AAU Card. An athlete's membership Card costs \$12.00. The Card is valid for all sanctioned AAU events during the 2009-2010 year. The membership Card provides supplemental accident insurance for each athlete during official practices and sanctioned competitions. Each coach sitting on the bench must also have a 2009-2010 AAU Coach's Card, cost \$14.00. The AAU Cards **must** be purchased online at www.aausports.org. The Cards must be on hand with all participants (players and coaches) throughout tournament play. Only the players listed on the submitted team entry form are eligible to participate in this tournament. Game and/or tournament suspensions may be given to any team utilizing a player not properly registered. Roster changes will be accepted through February 12, 2010. Contact the League Office for further information regarding roster changes.

Spokane AAU Basketball has a grade level policy that is not subject to age-level exceptions. A player may play up a grade level, however cannot play down. **Tournament teams not in our league will be required to submit grade level verification for the team roster.**

Concussion Legal Requirements: Pursuant to Washington State Law HB1824, The Lysted Law, all AAU Member Clubs must adhere to the new reporting requirements. Each team must remit the following completed forms along with the team tournament entry form: the AAU Member Club Compliance Form, the Coach's Fact Sheet and the Athlete/Parent-Guardian Fact Sheet for each of the rostered players. The teams that are part of the Spokane AAU League for the current year only will need to submit the AAU Member Club Compliance form, as we have the other forms on file.

Registration Deadline: To register, please complete the attached team entry form. Complete entry forms must be in the League office by **January 22, 2010** in order to guarantee your team a place in the tournament. Late entries (entries arriving in the office after January 22) will be placed on a waiting list and will be accepted on a space-available basis only. Incomplete entries will not be processed and will be returned to the team contact for completion.

Tournament Fee: \$295.00 (not including any AAU membership cards). Tournament fee is separate from your 2009-2010 Spokane AAU Basketball league fee. Make check (only one check per team) payable to: Spokane AAU Basketball. Teams may also pay with a credit card (VISA or M/C) by providing the information on the front of this registration. Each team will receive no fewer than four scheduled games. **All games are eight minute quarters (with stopping clock).**

Why \$295.00? The answer is simple. We will not charge a gate fee. That means the players, coaches, scorekeepers, and all spectators will be able to watch any game at any facility at no charge for the entire tournament. A code of conduct will be enforced.

Sportsmanship: Give Respect - Get Respect! Coaches, players, and spectators must exhibit good sportsmanship during the tournament by showing respect for teammates, coaches, opponents, officials, and support staff. Good sportsmanship supports the values of the game and our goal is to promote healthy competition in a positive and safe environment. Coaches are ultimately responsible for the behavior of their players and spectators. However, we reserve the right to have a team forfeit a game or to have a team suspended from the tournament if coaches, players, or spectators become unruly and/or unmanageable.

Rules: High School Federation Rules will be in effect, with exception of the following rules:

1. **Three-point shot** - A three-point shot will be counted where the 3-point arc is present.
2. **Technical Foul** - With any Technical Foul, the award will be an automatic two (2) points for the opposing team and they will receive the ball out of bounds. A Technical Foul also counts as a Personal Foul.
3. **No Press** - When a team is 15 points ahead, the leading team cannot full court press. They may pick up the opposing team after they have crossed the half-court line. One warning will be given to the bench prior to a Technical Foul being assessed.
4. **Overtime Timeouts** - There will be only one 60 second timeout per overtime period (no carryovers)
5. **Forfeit of a Game** - Forfeit of a game will be ten minutes after the scheduled game time (final score of the game will be 15 - 0).
6. **Forfeits and Seeding** - If a team with a forfeit has the same record as another team, the team with the forfeit will be seeded below the team with the same record.
7. **Boys and Girls - grades 7 & 8** - will use a shot clock. Girls will have 30 seconds. Boys will have 35 seconds.
8. **Boys and Girls - grade 4** - will have **NO** full court presses, **NO** zone defenses, and **NO** half-court high traps. It is the responsibility of each coach to follow these rules. The officials will receive training on these new policies and will implement the appropriate call if violations occur.

Awards: Awards will be presented to the first and second place teams in each grade level.

Locations: All Tournament games will be played in and around the Spokane area. The game locations will be posted on the schedule mailed to the team coach or contact.

The Fine Print: Spokane AAU Basketball reserves the right to cancel play in a specific division, should a minimum number of teams fail to register for that division. In that unique situation, a team's entry fee will be refunded. Refunds will not be issued under any other circumstances.

AAU Member Club Compliance Form

CONCUSSION LAW REQUIREMENTS

Required by AAU Event Operators to participate in AAU sanction events

HB1824, otherwise known as the Zachery Lystedt Law, was signed into law on May 14, 2009. It requires, as of July 26, 2009, that additional steps be taken regarding concussions in private nonprofit youth athletic programs using school district facilities.

This bill requires training and documentation which AAU Member Clubs must adhere to. AAU players and their parents/guardians must meet these minimum requirements and submit the required documents along with the tournament entry form:

1. All AAU member coaches will have to take training on the nature and risk of concussions and head injury including continuing to play after a concussion or head injury. Coaches must sign and return the Concussion Fact Sheet prior to initiating team practice or competition.
2. On a yearly basis, a concussion and head injury fact sheet shall be signed and returned by the youth athlete and athlete's parents/guardian prior to the youth athlete's initiating practice or competition.
3. All athletes suspected of suffering a concussion or brain injury will be removed from practice or competition and not returned to play until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions (Medical Doctors, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physicians Assistants, and *Certified* Athletic Trainers).

Spokane AAU Basketball

(a Spokane Hoopfest program)

Compliance Statement for HB1824

Youth Sports-Head Injury Policies

This page must accompany each Tournament Entry form. Participation in AAU Sanctioned Events will not be granted until this page is returned and requirements of this application are complete and approved by Spokane AAU Basketball.

Team: _____ Grade Level/Gender: _____

Club Name: _____ Club Number: _____

As the AAU Club contact I verify all coaches, athletes and their parent/guardian have complied with mandated policies for the management of concussions and head injuries as prescribed by HB 1824, section 2.

Signed:

AAU Club Contact

Position with AAU Club

Date signed

CONCUSSION IN YOUTH SPORTS

A Fact Sheet for AAU Member Coaches

(Requirement to Read and Signed by Coaches) Return this form to AAU Club contact.

WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out. You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Coaches

What are the signs and symptoms of a concussion observed by Coaches:

If your athlete has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to being hit or falling
- Can't recall events after being hit or falling

How can a coach help their athlete prevent a concussion?

Every sport is different, but there are steps your athletes can take to protect themselves from concussion.

- Ensure that they follow your rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

What should a Coach do if they think their athlete has a concussion?

1. Talk with the parents and have them seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for their child to return to sports. Listen to the parents and their concerns about concussion or head injuries.
2. Keep your athlete out of play. Concussions take time to heal. Don't let your athlete return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Keep informed about any recent concussion in ANY sport or activity. You may not know about a concussion your athlete received in another sport or activity unless you are told by the parents.

I have viewed the video provided on the www.wiaa.com web site about head injuries and concussions? YES NO

Coaches Signature: _____

Date: _____

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

For more detailed information on concussion and traumatic brain injury, visit:
<http://www.cdc.gov/injury> or www.cdc.gov/ConcussionInYouthSports

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for AAU Member Parents and AAU Member Athletes

(Requirement to Read and Signed by parents and athletes) Return this form to AAU member team coach.

WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out. You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

PARENTS AND GUARDIANS

What are the signs and symptoms of a concussion observed by Parents/Guardians:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to being hit or falling
- Can't recall events after being hit or falling

How can a Parent/Guardian help their child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

What should a Parent/Guardian do if they think their child has a concussion?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. Notify your child's coach if you think your child has a concussion.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion in ANY sport or activity. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

ATHLETES

What are the symptoms of a concussion?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

What should an athlete do if they think they have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
- **It is better to miss one game than the whole season.**

How can athletes prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play
 - Repaired and maintained

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/injury> or www.cdc.gov/ConcussionInYouthSports