

The way it WORKS

RULES

Teams: May have up to 5 players available at any one time. Each member of a team, regardless of the number, must be registered to play for that team. Division determined by highest grade of individual team players. Mixed gender teams play boys.

Substitutions: Substitution is allowed during the game. Enter during dead ball.

Format: Double-elimination. A team continues playing until they have lost two games or win the championship.

Scoring: Each made basket is worth one point. Shots beyond 3-point line count one point.

Time: Each game is 15 minutes, running clock. Mercy rule: >7 pts at 12 minutes ends game.

Change of Possession: The ball must go outside the free throw line with EVERY change of possession before a shot can be taken. A basket made in violation of this rule will not be counted and the opposing team will gain possession.

Dead Ball: When the ball has gone out of bounds and/or when there is a change of possession following a made basket, the ball is dead and action stops.

Live Ball: The team on defense initiates live ball action by passing the ball to the offense at the top of the key. Defense must give 2 steps (6 feet) space for inbounding the ball. The ball is live when it is in the hands of the offensive team following this check-in. Offensive play is started when the ball is passed from one offensive player to another. The offense cannot dribble or shoot until the ball has been passed one time.

Out-of-bounds: This rule will be defined prior to play, as part of the court ground rules.

Delay of Game: The team on offense cannot stall. If the team with the ball does not continue active pursuit of a field-goal, then it will lose possession. Monitor's judgement call.

Fouls: Offense calls fouls within the spirit of fair play and good sportsmanship. In case of unresolvable disagreements, the monitor will decide.

Tie Game: 1 minute break, 2 minute OT game; possession maintained by last team.

Coaching: No coaching is allowed during game time.

FREE PIZZA!

KINGSTON'S PIZZA FACTORY
WILL PROVIDE A FREE PIZZA for
EACH TEAM ENTERED!
Dine in Restaurant only!



"We Toss'em,
They're Awesome!"
PIZZA FACTORY®

Hip Hop Shooting Contests

From 9:30 am until 11:30 am, there will be **BUMP, FREE-THROW and HOT SPOT** competitions with the following boys and girls divisions: 3-4th; 5-6th; 7-8th grades. Cost is \$3.25 per person to compete.

TROPHIES awarded to each INDIVIDUAL EVENT CHAMP.
(ONE AWARD ONLY PER SPECIAL EVENT!)

Separate registration REQUIRED by 9:30 am, 2/4/17. Purchase registration at the door for \$3.25 (Cash/check only!)

GAME SETUP AND PLAY

Each division will require a minimum of 4 teams. Straight double elimination tourney. Games will start promptly at noon. If a team fails to show within 5 minutes of scheduled start, they forfeit the game and it counts as a loss. **Start times:** 3-6th grades start noon-2PM; 7th grade start 1-4PM; 8th grade starts after 2 PM. All start times are approximate and can vary on number of teams registered per age bracket.

KINGSTON'S 3 ON 3 BASKETBALL

HIP HOP HOOP SHOOT

Feb 4th, 2017

REGISTRATION FORM INSIDE

SATURDAY!

RULES AND GUIDELINES ON THE BACK

The 25th annual

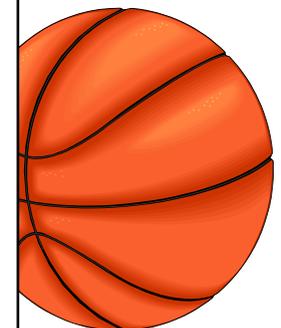
PREMIER 3 on 3

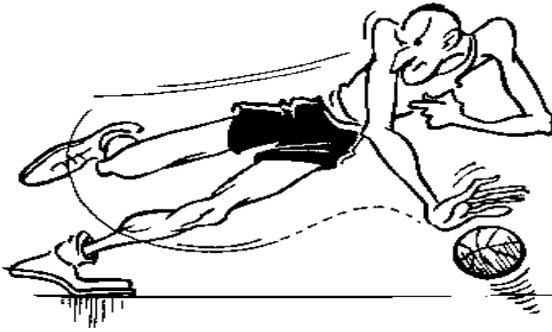
Basketball Event!

Boys and Girls

Grades 2-8

DIVISION WINNERS RECEIVE **CHAMP SHOOTER SHIRTS!**
2nd Place Division Medals!
SPECIAL GAMES TO TEST YOUR SHOOTING SKILLS!





SATURDAY, Feb 4th, 2017
SCHEDULE OF EVENTS
Kingston Middle School opens
8 AM for 3 on 3 and shooting
contest registrations.
SIGN UP CUTOFF: Feb 4th, 10 AM !!
Shooting contest! 9:30 am to 11:30 am!
3-on-3 GAMES start at NOON!

SHOOTING
CONTEST
SIGNUPS
TAKEN AT
THE DOOR!
\$3.25 PER
ATHLETE!
CASH/CHECK
ONLY!

HIP HOP
HOOP
SHOOT
Feb 4th!

With support from:

Swift
PLUMBING & HEATING, INC.
 Service Remodel New Construction

*City of Poulsbo
 Parks & Recreation*

Waiver
Parents or guardians must sign for minors. WAIVER OF LIABILITY: ALL participants or guardians are requested to sign the following release. I/We assume all risks and hazards incidental to such participation including transportation to & from the activities and do hereby waive, release, absolve, indemnify and agree to hold harmless the City of Poulsbo Parks and Recreation Department, park supervisors, instructors and persons transporting myself or my/our child for any claim arising out of any injury to myself or my/our child. PHOTO/VIDEO RELEASE: I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program promotion of the Poulsbo Parks and Recreation. STANDARDS OF BEHAVIOR: The City will not tolerate harassment of any kind that is made by employees or patrons towards employees or patrons. Harassment is defined as verbal or physical conduct that demeans or shows hostility or aversion toward another person. If a participant does not agree with the decision, an appeal to the Mayor is the final option.

Sportsmanship
 Behavior which in any way threatens the positive atmosphere of the event, event volunteers and/or any of its participants will be considered unsportsmanlike. The offender will forfeit all rights to participate in the tournament as a player or spectator and will be asked to leave the area. **Profanity:** A player will be warned twice. Three strikes and the player is out of the game and the tournament.
BRING YOUR BEST! PLAY THE GAME!
RESPECT THE COMPETITION!

Mail your registration to: Hip Hop Hoop Shoot
 200 NE Moe Str.
 Poulsbo, WA 98370

Cost (includes sales tax)
 \$75 per TEAM, max 5 players per team

If all members of the team are registered with Poulsbo P&R Winter Rec BB, the team fee is \$55.

Contact person: Joe Schiel
 Phone: 360-779-9898
 Fax: 360-779-5917
 Email: jschiel@cityofpoulsbo.com

“SHOOTING CONTEST” at 9:30 AM! To enter, pay \$3.25 at the door. SPECIAL GAMES 9:30am-11:30am!

TEAM NAME: _____ Boy/Girl
 Captain/contact phone number: _____

Captain/Player: _____ Grade ___

PARENT SIGNATURE:
 Signature acknowledges waiver and concussion info.

PLAYER/phone #: _____ Grade ___

PARENT SIGNATURE:
 Signature acknowledges waiver and concussion info.

PLAYER/phone #: _____ Grade ___

PARENT SIGNATURE:
 Signature acknowledges waiver and concussion info.

PLAYER/phone #: _____ Grade ___

PARENT SIGNATURE:
 Signature acknowledges waiver and concussion info.

PLAYER/phone #: _____ Grade ___

PARENT SIGNATURE:
 Signature acknowledges waiver and concussion info.

TOTAL MEMBERS ON TEAM: _____

Notes: _____



North Kitsap School District Concussion Fact Sheet

for High School Sports
Fact sheet for **STUDENT-ATHLETES**



What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Can occur during practices or games in any sport.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or had your "bell rung."

How can I prevent a concussion?

It's different for every sport. But there are steps you can take to protect yourself from concussion.

- 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). In order for equipment to protect you, it must be:
 - Appropriate for the game, position, and activity
 - Well maintained
 - Properly fitted
 - Used every time you play

What are the symptoms of a concussion?

- Nausea (feeling that you might vomit)
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion



What should I do if I think I have a concussion?

- **Tell your athletic trainer, coaches and your parents.** Never ignore a bump, blow, or jolt to the head. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A licensed health care professional can tell you if you have had a concussion and when you are OK to return to play.
- **Give yourself time to recover.** 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 permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life.

How do I know if I've had a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It's best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your ability to do schoolwork and other everyday activities. It also raises your risk for additional, serious injury.

It's better to miss one game than the whole season.

Information from:

Department of Health and Human Services- Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm





North Kitsap School District Concussion Fact Sheet

for High School Sports Fact Sheet for **Parents**

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a “ding” or a bump on the head can be serious.



What are the signs and symptoms of concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs observed by athletic trainer, coaches, parents or guardian	Symptom reported by athlete
<ul style="list-style-type: none"> ◆ Appearing dazed or stunned ◆ Is confused about assignment ◆ Forgets plays ◆ Is unsure of game, score, or opponent ◆ Moves clumsily ◆ Answers questions slowly ◆ Loses consciousness ◆ Shows behavior or personality changes ◆ Can't recall events prior to hit ◆ Can't recall events after hit 	<ul style="list-style-type: none"> ◆ Headache ◆ Nausea ◆ Balance problems or dizziness ◆ Double or fuzzy vision ◆ Sensitivity to light or noise ◆ Feeling sluggish ◆ Feeling foggy or groggy ◆ Concentration or memory problems ◆ Confusion



What should you do if you think your teenage athlete has a concussion?

- 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 teen to return to sports.
- Keep your teen out of play. Concussions take time to heal. Don't let your teen return to play until a health care professional says it's OK. Athletes 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 teen for a lifetime.
- Tell your teen's athletic trainer and coaches about any recent concussion. Athletic Trainers and coaches should know if your teen had a recent concussion in ANY sport. Your teen's athletic trainer and coaches may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will allow the athletic trainer and coach to keep your teen from activities that could result in another concussion.
- Remind your teen: It's better to miss one game than the whole season.

It's better to miss one game than the whole season.

Information from:
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Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**