



Richfield Girls Basketball Association (RGBA)

P.O. Box 23461

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www.richfieldgirlsbasketball.org

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The Richfield Girls Basketball program welcomes you! This is an exciting time for all of us, and the 2011/2012 season will be rewarding, enlightening, and exciting for all the girls.

This registration packet contains several pieces of information that parents and players will need to review and understand. Several pieces of this packet will need to be signed by both the parent and the player, so please review all the pieces carefully.

Contact Information

Please contact any of the RGBA Board of Directors for information or clarification about the Richfield Girls Basketball program, or visit the RGBA website: www.Richfieldgirlsbasketball.org.

The members of the RGBA Board of Directors are as follows:

President –	Jennifer Lewis 602-373-4028 (cell)
Vice President –	Vacant (contact President if interested)
Secretary –	Jennifer Lewis 602-373-4028 (cell)
Treasurer –	Melanie Krautkramer 612-408-9740
Tournament Director –	Jen Dennis 612-369-0557
Traveling Director –	Joe Dennis 612-369-3991
In-House Director --	Kendra Goelz 952-292-4110

Player Evaluations

All girls between Kindergarten and 8th grade are invited into the program. Every 3-8th Grade player that is interested in playing in the Traveling League must be evaluated. The 3-8th Grade player evaluations will be held on Friday, October 7, 2011 at the Richfield STEM School. The Richfield STEM School is located at intersection of 70th Street and 12th Avenue South.

During the season, if it is determined by the Traveling Director that a player will benefit by advancing from In-House to Traveling League, then the option will be discussed with the Traveling Director and family.

Basketball Attire

Girls participating in the Richfield Girls Basketball program must wear appropriate clothing during practice and games that will allow them flexibility to move and sweat. Certain clothing is worn for practice only, and other clothing will be required for games. Please review the information below to prepare for the entire season.

A. Required Clothing for Basketball Team Practices:

1. Shorts with an elastic waist.
2. Physical Education/Gym Shoes (rubber soles, arch support, and lace-up)—basketball shoes are not required but are recommended. Do not wear flat sole shoes, Converse, Healy, or Vans
3. T-shirt (long sleeve or short sleeve)
4. Hair should be tied back and pulled away from face, if possible

B. Required Clothing for Basketball Games and Tournaments:

1. In-House League -- Uniform jersey (provided by RGBA) and solid black shorts (not supplied by RGBA).
2. Traveling League – Uniform jersey and shorts (provided by RGBA).
3. Physical Education Shoes (rubber soles, arch support, and lace-up)—basketball shoes are recommended. Not allowed: flat sole shoes, Converse, Healy, or Vans
4. Hair should be tied back.

Water & Snacks

Girls participating in the Richfield Girls Basketball program must drink water during practice and games. Water fountains may be available, but it is recommended that each player bring their own refillable water bottles. It is recommended that girls drink plenty of water before they arrive for practice and games to prevent dehydration and muscle cramps. Each team can determine if snacks will be provided after each game on a rotating basis (contact your team coach).

Fundraising and Family Volunteer Work

The RGBA depends upon support from families, businesses, and community members to contribute to the expenses that are required for a successful program. These expenses include team uniforms, rental of gymnasiums for practices and games, insurance, tournament entry fees, equipment, and supplies (paper, toner, postage, envelopes, etc.). The registration fees you pay to RGBA are kept as low as possible so that the program can be affordable for each family. Players participating in the Richfield Girls Basketball program and their family members must participate in fundraising.

During the season, you will receive information about various opportunities. There are some fundraising options listed below, but if you have other ideas please contact any RGBA Board member or email your ideas to richfieldgirlsbasketball@gmail.com. Thank you in advance for your help!!!

Fundraising Assistance Options:

Fall Carnival at RHS October 29, 2011
Lay-up-a-thon
Family Fun Night
Tournament Concession Stand
Tournament Clock
Tournament Book
Tournament Set-up
Tournament Clean-up
Apparel Sales
Website Assistant
Registration Assistant
Assistant Coach

Basketball Basics

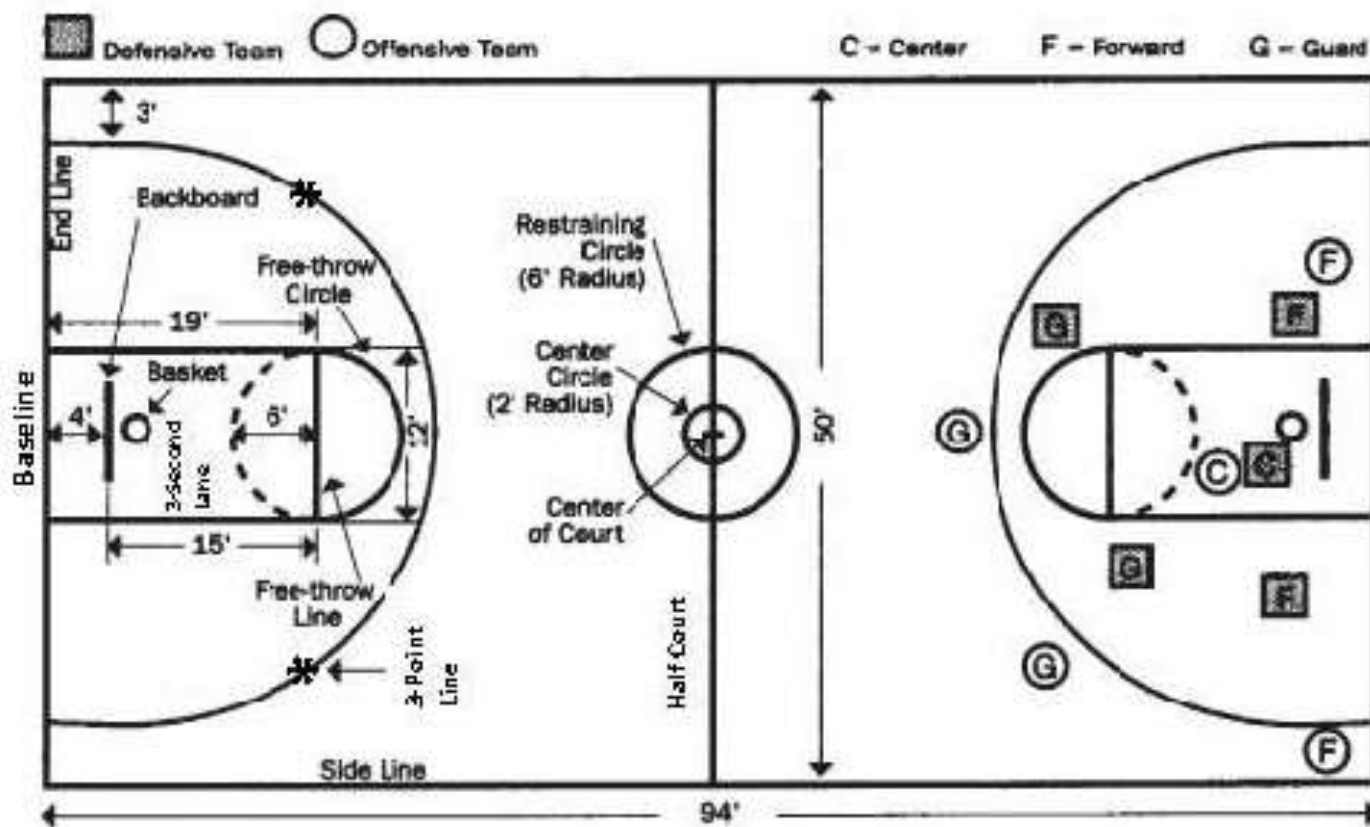
Richfield Girls Basketball is a physical activity. Each girl participating in the program is expected to give their attention to the Coach, and give their best effort in learning the game and practicing the skills they are taught.

The basic information below is a sample of what each player will learn while participating in the Richfield Girls Basketball program.

Court and Teams

The U.S. basketball court is a rectangular area ranging in size from 94 ft by 50 ft (29 m by 15 m). At each end of the court is a vertical backboard, measuring usually 6 ft by 4 ft (2 m by 1 m). Each backboard is 9 ft (2.7 m) above the court. (Backboards originated to keep spectators from interfering with the game.) Each basket is 18 in. (46 cm) in diameter and consists of a horizontal metal hoop or ring, which is also called the rim.

The regulation basketball is an inflated, leather- or nylon-covered sphere that weighs from 20 to 22 oz (567 to 624 g) and has a circumference of 30 in. (76 cm).



A basketball team is made up of two forwards, two guards, and a center. At the beginning of play, called the opening jump, the forwards of one team are stationed in the forecourt. The two guards stand in the backcourt, near the basket their team is defending. The center, usually the tallest player on the team, stands inside a 24-in. (61-cm) circle, midway along a line painted across the center of the court. Games are supervised by referees, umpires, official scorekeepers, and timers.

Play

The game commences when the referee tosses the ball into the air over the center circle, in which the opposing centers stand face to face. The centers then leap into the air and attempt to tap the ball with their hands toward their teammates. The team that gets the ball tries to advance it toward their basket/hoop. A field goal, or basket, is worth two or three points, depending on whether a player shoots from within or behind the three-point line. A player must dribble (bounce) the ball when they are moving across the court. If a player walks or runs with the ball without dribbling it--a violation called traveling--that player's team surrenders possession of the ball. After a basket is scored, the team that did not score puts the ball into play from behind its end line and in turn tries to move the ball up-court to score.

Penalties and free throws

A player subjected to illegal body contact, termed a personal foul, receives one or two free throws, from a foul line 15 ft (4 m) from the backboard. Each successful free throw counts for one point. Typical fouls include pushing, holding, charging, and tripping. A player fouled in the act of shooting, but scoring the basket, receives one free throw. A player who is fouled while shooting from beyond the three-point line, and who misses the basket, receives three free throws. A player who exceeds the maximum number of personal fouls allowed (in amateur play, five; in professional play, six) is eliminated from the game. Interference with certain shots that are near or about to drop through the basket is called goaltending, for which infraction the shot is ruled good.

RGBA games are divided into two halves, each with 20 min of play. If a team does not shoot at the basket within a certain amount of time after putting the ball in play (30 or 35 sec) it surrenders possession of the ball.

Offensive skills

Many of the key skills and techniques of modern basketball are offense maneuvers. The paramount offensive skills are dribbling, ball control, passing, and shooting. RGBA players will learn passes to teammates thrown overhand, underhand, or laterally, and include push passes, behind-the-back passes, jump passes, and bounce passes. A pass that leads directly to a basket being scored is called an assist.

The most important single basketball skill, however, is the ability to shoot accurately. Among the types of shots in the standard vocabulary of modern basketball are the one-handed or two-handed lay-up, made overhand or underhand close to the basket; the one-handed jump shot, in which the shooter leaps into the air before releasing the ball; and the pivot or hook shot, an arched shot made over the head with one arm, generally as the shooter is moving away from the basket. There are also set or stationary shots. Foul shots are made from the foul line, usually overhand.