

SHEHOOPSLA

Community Guidebook

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Our values



Our mission

Our mission is to foster a community rooted in inclusivity, kindness, and connection through the transformative power of basketball. Founded from a personal journey where basketball became a sanctuary during challenging times, we prioritize safety, fun, and health alongside our core values. We empower women of all backgrounds to thrive through personal development, positive growth, and leadership. By creating a supportive environment that uplifts every member, we aim to unite women through shared passion and collective empowerment. Our values drive us in organizing inclusive events and forming partnerships with like-minded organizations committed to our shared mission.

Community Guidelines

Welcome to our all-women's basketball community! We are thrilled to have you join us. To ensure a positive and inclusive environment for everyone, please adhere to the following guidelines:

EMBRACE INCLUSIVITY

Inclusivity is at the heart of our community. We believe that everyone deserves a space where they feel welcome and valued.

- **Inclusivity in Play:** Ensure everyone gets a chance to participate. Rotate players and make sure everyone feels involved and valued. If you notice a new player who hasn't had a chance to play yet and you have already played, consider sitting out for a game so they can join in and feel welcome.
- **Respectful Coaching:** Refrain from coaching other players or giving feedback unless it is asked for. If you see someone struggling or at risk of injury, offer guidance gently and respectfully, ensuring it is received well.

PRIORITIZE SAFETY AND HEALTH

Safety and health are paramount in our community. While we strive to create a fun and supportive environment, basketball can sometimes lead to minor injuries like accidental scratches or jammed fingers. Here are a few recommendations to keep everyone safe:

- **First Aid Kit:** Bring a first aid kit to games and practices to quickly address minor injuries. Cold packs are useful for managing swelling and pain from minor injuries.
- **Safe Play:** Always prioritize safety. Follow all safety protocols and guidelines provided during games and events.
- **Health First:** If you're feeling unwell or injured, take the necessary time to rest and recover before jumping back into a game.

FOSTER KINDNESS AND CONNECTION

We strive to create an environment where kindness and connection thrive, both on and off the court.

- **Positive Attitude:** Bring a positive and encouraging attitude to every game. Celebrate each other's successes and offer constructive support when needed.
- **Build Relationships:** Take time to connect with your teammates. Building friendships off the court strengthens our community on the court.
- **Kind words only:** SheHoopsLA has a zero tolerance for racist or sexist remarks, trash talking, bullying, and intimidation. Members who engage in such behavior will face appropriate consequences, which may include warnings, suspension, or removal from the community. If you hear or experience any inappropriate remarks or behavior, please report them to community@shehoopsla.com.

PROMOTING OTHER LEAGUES AND TEAMS

While we encourage camaraderie and shared passion for basketball, please respect each player's choice to participate in our community without external solicitations for other leagues or teams. If someone expresses interest in exploring other opportunities, please discuss these matters privately and with mutual respect.

COMMITMENT TO OUR COMMUNITY

Our community thrives because of the dedication and respect shown by each member. By adhering to these guidelines, we ensure that SheHoops remains a welcoming, safe, and vibrant space for all. Your participation and commitment to these values make our community stronger. Thank you for being a part of SheHoops!

First-Time Players Guide

If you're new to basketball, that's totally fine with us. While we don't offer any formal training, this guide will help you understand the basic rules we follow and how we play.

FORMING TEAMS

- **Match by Size:** Start by finding someone close to your height. Introduce yourself and ask if they'd like to play. If so, this person will be who you are guarding for the current run.
- **Rock, Paper, Scissors:** Next, play one round of rock, paper, scissors. The winner joins the "winning" team, and the other joins the "runner up" team (no losers here!).
- **Form Teams:** Each team should have an equal number of players, ideally 5 vs 5. If fewer than 10 people are present, play 4 vs 4, 3 vs 3, etc., ensuring teams are equal in number.

GAME PLAY

- **Choose Offense:** Both teams decide together who will start on offense.
- **Take Positions:** Everyone takes their positions on the court, and the offense checks the ball to begin play.
- **Court Type:** Depending on the number of players and space, decide whether to play half-court or full-court games by majority rule.
 - In half-court games, when you gain possession of the ball after the opposing team misses a shot, you must dribble the ball to the 3-point line to "clear" the court before attempting to score. This ensures a fair reset of play.

SCORING AND WINNING

Points are calculated on a 1's and 2's scale:

- **Field Goal:** 1 point
- **3-Point Shot:** 2 points

Winning the Game: The first team to reach 7 points wins the game, ending the round.

BREAKS AND SUBSTITUTIONS

- **Water Breaks:** Short breaks can be taken after each round. Players are welcome to sit out if they need to take a longer rest before their next game.
- **Substitutions:** If a player is in a running game and needs a break, they should inform their teammates and see if there are any substitutes available. Typically, other players are kind and will volunteer to sub in case of fatigue or injury.

For anyone who is new or hasn't played in awhile and may need a refresher on the basics of basketball, this part is for you. This section will help you understand the essentials of basketball as we play it in our community.

FUNDAMENTALS

Dribbling: Use one hand to bounce the ball continuously while moving across the court. Dribbling is essential for maneuvering past defenders and advancing towards the basket.

Passing Techniques:

- **Chest Pass:** A straight pass from your chest to a teammate's chest.
- **Bounce Pass:** A pass that bounces on the ground towards your teammate.
- **Overhead Pass:** A pass thrown over your head to a teammate.

Shooting Techniques:

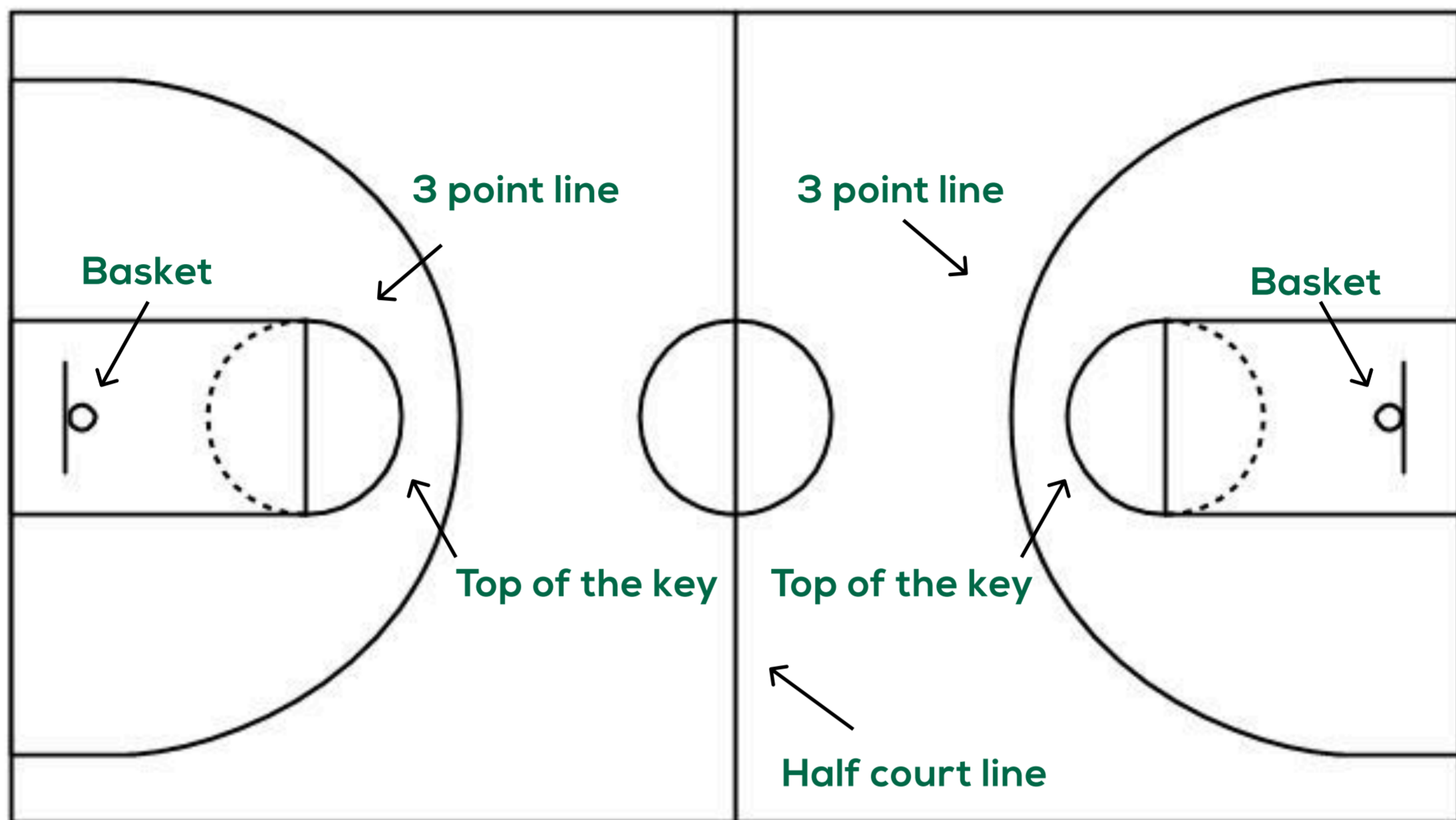
- **Layup:** A close-range shot taken while driving towards the basket, usually using the backboard.
- **Jump Shot:** A shot taken in mid-air, typically from outside the key area.
- **Free Throw:** A shot taken from the free-throw line after a foul, though we do not typically stop for fouls in our games.

Defense:

- **Guarding:** When you actively defend against an opponent with the ball.
- **Blocking:** Attempting to prevent a shot or pass by getting in the way of the ball or the shooter.

COURT BASICS

Here's a basic map of the basketball court to help you familiarize yourself:



APPROACH TO FOULS

In our community, we emphasize a friendly and fair approach to fouls. While we don't typically stop play for every foul, anyone involved in the game is encouraged to politely call fouls if they notice excessive physical contact or unsportsmanlike behavior.

HAVE FUN!

Basketball in our community is all about enjoying the game together. Whether you're here to learn, unwind, or connect with others, we prioritize fun and connection over competition. Let's hit the court, have a great time, and make some lasting memories.