



STATE CHAMPS

2022



INFORMATION GUIDE

OUR COUGAR
FAMILY



STATE CHAMPIONSHIPS

Basketball Western Australia's State Championships are held over four weekends in November and December each year. The age groups are broken into U11 (2012 & younger), U13 (2010 & 2011), U15 (2008 & 2009), U17 (2006 & 2007) and U19 (2004 & 2005), with each age having three divisions for teams to enter.

This represents the entry point for most athletes' opportunity to be a part of representative basketball, with trials opening in October each year. When teams are selected, they continue to train until their allocated weekend.

Teams play over a Friday-Sunday against teams from all over Western Australia at the State Basketball Centre (Bendat). Division two and three teams play over the first three weekends, with all Championship (division one) teams playing in the fourth weekend labelled 'State Titles'.

Our coaches are selected each year prior to the State Championships and continue through to the next WABL season. All teams are open to new and existing athletes in October for the State Championships.

Teams break over the Christmas and New Year period, with trials occurring in January ready for the WABL grading tournament in late February. The selection process is highlighted in the CBA Player Selection Policy.

WESTERN AUSTRALIA BASKETBALL LEAGUE (WABL)

WABL is Western Australia's elite junior basketball competition, administered by Basketball WA (BWA). It caters for players from as young as 8, through to 19-year-old men and women. The age-groups are broken down into U12 (2012 & younger), U14 (2010 & 2011), U16 (2008 & 2009), U18 (2006 & 2007) and U20 men (2004 & 2005).

The WABL process commences in January with trials, followed by a grading tournament in February and March. The purpose of this tournament is to sort each association's individual teams into the correct WABL division, to maximize the quality of games each season.

The official WABL season commences in mid-April, running until finals in September. Each week games are played at different venues, from as far north as Joondalup, east to Kalamunda and Mundaring, and south to Bunbury. The season contains 18 rounds of regular season games and three weeks of finals over term 2 and 3 of the school year. ***This often includes school holidays.***

Each of the above age groups will have up to four divisions for both boys and girls (except for U20 men) and Cockburn have the ability to put in up to four teams per age group (however, may enter less than four).



OVERVIEW

The following information is an overview of the logistics of the Cougar Family State Championships program run at the Cockburn Basketball Association. It is very extensive, however, covers a large percentage of the questions you will need answered.

It is also important you are aware of the following appendices that are also contained in this document, as they form the basis of *CBA's assumptions of player and parent knowledge*.

- CBA State Championships Player Selection Policy – [CLICK HERE](#)
- 2022/23 Parent and Player Expectation Guide – Appendix to this document.

2022/2023 CALENDAR – SEE COUGARFAMILY.COM/WABL FOR MORE INFO

Monday September 5	2022 State Championships Registrations OPEN
Saturday October 22	2022 State Championships Registrations CLOSE
Sunday October 23	2022 State Championships Trials Commence
Monday October 31	Teams Announced
18/19/20 November	State Champs Week 1: Under 13 & 15 boys (div 2 & 3)
25/26/27 November	State Champs Week 2: Girl's weekend – Under 11, 13, 15, 17, 19 (div 2 & 3)
2/3/4 December	State Champs Week 3: Under 11, 17, 19 boys (div 2 & 3)
9/10/11 December	STATE TITLES WEEK: ALL Championship division teams
Monday 12 December	2023 WABL Trial Registrations OPEN
January – Dates TBA	WABL Trials



TRAINING TIMES:

Given the rapid expansion of our WABL program, arranging adequate training times continues to be a challenge for the CBA. We are facing a challenge with court space due to our expanding team numbers, external court bookings and growth of our competitions.

As such, every endeavour has been made to make training times as simple as possible for everyone.

Athletes who cannot make a specific training session are expected to contact the head coach directly, so they are aware.

Training times vary from age group to age group – with sessions on Tuesday, Thursday, and Saturday each week across three different venues.

2022 STATE CHAMPIONSHIP TRAINING VENUES

Tuesday – CBC Fremantle

Thursday – Wally Hagan Stadium / CBC Fremantle

Sunday – Wally Hagan Stadium / Melville LeisureFit

NOTE: CBC Fremantle

Any teams training at CBC Fremantle are to enter through the front gates on Ellen Street. If the gates are locked, please advise athletes to NOT climb the wall. Coaches will be able to let you in. Entry to the gym is not permitted until coaches have arrived. Parents must also note there is little seating available inside the CBC Fremantle gym.



SUNDAY 23 OCTOBER - WALLY HAGAN STADIUM - FIRST TRIAL

Time	Court 1	Court 2	Court 3	Court 4
8-10am	U11 GIRLS: ALL ATHLETES		U11 BOYS: NON-WABL ATHLETES	
10-12pm	U13 GIRLS: ALL ATHLETES		U13 BOYS: NON-WABL ATHLETES	
12-2pm	U15 GIRLS - ALL ATHLETES		U15 BOYS - NON-WABL ATHLETES	
2-4pm	U17/19 GIRLS - ALL ATHLETES	U19 BOYS - ALL ATHLETES	U17 BOYS - NON-WABL ATHLETES	

TUESDAY 25 OCTOBER ONWARDS - CBC FREMANTLE

Time	Court 1	Court 2
5-630pm	U19 BOYS	
630-8pm	U17 BOYS	

THURSDAY 27 OCTOBER ONWARDS - WALLY HAGAN STADIUM

Time	Court 1	Court 2	Court 3	Court 4
4-530pm	U11 girls (4-5:15pm)		U11 BOYS	
530-7pm	U/17/2 GIRLS	U13/15 GIRLS		
7-830pm	U/17 U19 GIRLS	U15 BOYS		



THURSDAY 27 OCTOBER ONWARDS - CBC FREMANTLE		
Time	Court 1	Court 2
5-630pm	U13 BOYS GROUP 1 (Boys notified which group on Monday October 24)	
630-8pm	U13 BOYS GROUP 2 (Boys notified which group on Monday October 24)	

SUNDAY 30 OCTOBER ONWARDS - WALLY HAGAN STADIUM				
Time	Court 1	Court 2	Court 3	Court 4
8-930am		U15 GIRLS SECOND TRIAL		
930-11am	COUGAR PRIDE GIRLS (10AM - 11.30AM)	U13 BOYS SECOND TRIAL		
11am-1230pm	U 17/2 GIRLS	U15 BOYS SECOND TRIAL		
1230-2pm		U17/19 BOYS SECOND TRIAL		
2pm-3.30pm		COUGAR PRIDE BOYS 2.00PM- 3.30PM		

SUNDAY 30 OCTOBER ONWARDS - MELVILLE LEISURE FIT CENTRE		
Time	Court 1	Court 3
8-930am	U11 GIRLS SECOND TRIAL	
930-11am	U13 GIRLS SECOND TRIAL	
11-1230pm	U11 BOYS SECOND TRIAL	

State Championships sides will be selected at the completion of the 30 October Trials and communicated to all athletes and families by COB on Monday 31 October. Once selected all athletes will continue to train at the venues and times above.



UNIFORMS

All athletes are required to purchase the following training uniforms using the CBA Merchandise website in time for the first training session.

ITEM		LINK TO PURCHASE
Black Training Shorts	Essential	https://shop.cougarfamily.com/domestic-shorts-unisex-fit/
Reversible Training Singlet	Essential	https://shop.cougarfamily.com/cougars-reversible-training-singlet/
Warm-up top	Optional	https://shop.cougarfamily.com/wabl-warm-up-shirt-with-name-on-back-unisex/
Polo Shirt	Optional	https://shop.cougarfamily.com/2021-supporter-polo-shirt-unisex-turn-around-time-5-weeks/
T-shirts	Optional	https://shop.cougarfamily.com/lifestyle/
Drink Bottle	Optional	https://shop.cougarfamily.com/drink-bottle/
Duffle Bag	Optional	https://shop.cougarfamily.com/duffle-bag-with-initials-on-the-front/
Backpack	Optional	https://shop.cougarfamily.com/backpack-with-initials-on-side/



FEE PAYMENT

- Registration/Trial Fee (\$40) – this fee is payable at point of registration.
- Training/Tournament Fee (\$120) – link to be communicated once selected in a team.

COMMUNICATION

Please note, the primary form of communication between administration and each family is email. This is how we send out almost all our information (so please check your junk box in case it ends up there!).

Also, Facebook is a great communication tool. We will always email you, however, information often simultaneously goes up on our FB page as well.

Enquiry	Who	Contact Information
General WABL Enquiries (Including team managers)	Brent Dawkins Basketball Operations Manager	brent@cougarfamily.com 0417 764 236
Training or Game Day Absences	Head Coach	See Contact List when supplied
Accounts & Fees	Michelle Bradford Finance Manager	accounts@cougarfamily.com 9335 9101

To get on our mailing list and ensure you get up to date WABL information, please email wabl@cougarfamily.com indicating you wish to be on the list.



APPENDIX 1 – PLAYER AND PARENT EXPECTATION GUIDE

PLAYER EXPECTATIONS

Welcome to the Cockburn Cougar Family. We are excited to be a part of the basketball journey each athlete is about to undertake.

Basketball is an amazing sport, but it is important to make sure the life of an athlete is balanced. Academically, personally and on the court.

Cockburn Cougars are leaders in on and off court behaviour, so it is important that all athletes play hard, smart, decisive, and fair. Cougars show respect and play with humility.

Cougars play for the Cougar Family before all else. Playing for the team comes next. Then finally, each individual. Some of the best players in the world make personal sacrifices; our family is no different.

At Cockburn we are a family, something we are all proud of. Something we should stay proud of.

As a Cougar athlete, communication is key. Any issues that arise, it is important to make an attempt to resolve them. The process of conflict resolution is indicated further on in this document.

It is expected Cougar athletes:

- Conduct themselves in a manner reflective of the club's mission at all times. This includes embracing the Cougar Values and abiding by the Code of Conduct.
- Are financial with both their domestic and WABL team, in order to be available for selection. The CBA Chief Executive Officer will consider financial issues on a case-by-case basis.
- Arrive at the designated venue in a timely manner as directed by each coach.
- Inform the coach directly, at the earliest possibility, if they cannot attend training or will be late. It is unacceptable to inform the coach on the day of unavailability unless it is a case of sudden illness.
- Inform the coach of any pre-existing injuries. In the case of an injury, attendance at training and games is still expected, provided the injury does not stop this.
- Do not attend training and games if illness can be passed onto others.
- Do not miss training to study unless there is an examination the next day. If this is the case, it is important the coach is aware well in advance. If you need help with time management, consult the CBA Talent Development Co-ordinators.
- Respect all training and game venues, leaving them damage free, clean and tidy.
- Wear the Cockburn Cougars training singlet, CBA black shorts, bring a basketball and drink bottle to all training sessions.
- Respect all equipment.
- re leaders with their on court and bench behaviour at all times, supporting team mates on and off the court.



PLAYING TIME

- Cougar athletes are entitled to a MINIMUM number of 'playing opportunities' per game, per age group. A playing opportunity is defined as the ***athlete starting a quarter or being substituted into the game.***
- U12 athletes will be guaranteed a MINIMUM of 3 playing opportunities, U14 athletes will be two, U16 athletes will be two and U18 athletes will be one.
- The length of opportunity is at the discretion of the head coach, and subject to their individual assessment. Coaches are instructed to be explicit with their instructions to athletes, so it is clear what is expected of them. This process is not designed to punish simple skill errors, but to hold athletes accountable to instructions from their coach. It also ensures athletes are not sat off the court for an entire game.
- NOTE: Athletes who play more than 15% of total game time are deemed to have used their total minimum playing opportunities, and their remaining playing time is at the sole discretion of the head coach.
- The above is also dependent on meeting the club and team expectations throughout the season, this includes:
 - Attendance and punctuality
 - Behavior and appearance
 - Attitude towards their team, teammates, coaches, officials, and opposition

WABL PLAYERS DOMESTIC BASKETBALL RESPONSIBILITIES

The Domestic Competition is an important element of the Cockburn Basketball Association. It is the lifeblood of the Cougar Family.

The objective of the competition is to involve athletes in a competition that players want to be a part of, and can develop in, without the cost and travel associated with WABL.

Games are currently spread throughout the week depending on age group and it is an expectation that all WABL athletes are involved in the Cockburn Domestic Competition in all terms of the school year.



To be eligible for State Championships team selection, players must:

- Be registered and active participants in a current CBA domestic team. Parents can contact competitions@cougarfamily.com if they would like to find a team.
- Be fully financial with their domestic club (or individual team) by the due date specified by the domestic club. **Athletes with financial issues must make their situation known to the junior domestic club who may contact the CBA Chief Executive Officer.**
- Athletes who are not involved in a Cockburn domestic program or WABL team may be allowed to train with a team if granted by the CBA Chief Executive officer.

State Championships players who regularly do not turn up to domestic games without notification to their domestic team coach/manager will not, unless a reasonable excuse can be given, may not be able to play in the designated State Championships weekend if deemed appropriate by the CBA Chief Executive Officer.

The above also applies to State Championships. Only active and financial players will be selected to compete in these Championships.

Players with a **long-term injury** must notify their domestic club and the CBA Chief Executive Officer to give updates on their situation, which includes clearance from a medical professional. This must be satisfactory to the CBA and may require further engagement with the CBA's strength and conditioning partners if appropriate.

Players wishing to be excluded from playing in the junior CBA competition must apply for an exemption via the CBA Chief Executive Officer, who will approve or deny the request.

Reasonable exemptions include (but are not limited to):

- Holding a CBA NBL1 Contract for the current calendar year
- State Level Commitments in basketball or similar sport that would be directly impacted by the domestic competition. This may include a direct clash or workload that is deemed excessive.
- An inability to safely travel to and from games as a minor
- Other exemptions MAY be considered on a case-by-case basis.



PARENTS AND SUPPORTERS

We are thankful to be able to work with all athletes through our WABL and State Championships program and appreciate the sacrifices made to enable each child to be involved in this worthwhile opportunity.

Our club's success would not be possible without this support.

Cougar coaches make sacrifices that often go unnoticed. The personal and financial sacrifices they make are balanced by the rewards of success, friendships, and the opportunity to work with great young athletes.

Please be supportive of them. They make decisions everyday affecting the welfare of the club, team, and players. This is not easy, and we appreciate not everyone will always agree. Effective communication is required between parents and coaches.

Positive feedback is always encouraged; please provide this at any time.

If there are any issues that need to be resolved, please follow this process:

- 1. Hold off at least 24 hours post-game or training before speaking to the coach. Coaches are instructed by CBA management to not engage in negative feedback immediately following a game.**
- 2. If after talking to the coach, the issue has not been resolved, speak to one of the two talent development co-ordinators.**
- 3. Beyond this, please discuss directly with the CBA Chief Executive Officer.**

It is an expectation that the above process is followed. Coaches, officials, and team managers are instructed not to engage in conversations that do not follow the above procedure.

During games and training, please support the whole team. Coaching from the sidelines, no matter the knowledge base, is not appropriate. The coaches are the sole suppliers of technical feedback and instructions.

We encourage parents to be passionate and vocal by giving encouragement to all Cockburn players and praise good play by our opponents. Refrain from negative feedback to referees as they too are developing and without them, we have no game.



We require assistance from parents in the form of team manager duties, scoring and fundraising. Please be supportive of every athlete, the wider team and the club in helping out when you can.

Finally, the club, its management and coaches make decisions for the benefit of the Cockburn Basketball Association and Cockburn Cougars. Whilst not everyone always agrees, please accept and educate each athlete on how to handle success as well as difficulties or hurdles they may come across. Please take both on board with equal acceptance and educate athletes on how success is important, but negative hurdles are an important learning opportunity.

Dealing with success AND failure is an important skill we can instil in our Cougar athletes and it starts with parents. It makes athletes more resilient and capable to overcome future challenges.

SOCIAL MEDIA

Please remember that anything published on social media can have an impact on others. Any posts related to the club, team, players, parents, officials, supporters, or opposition should only be positive in nature.

What others post online can impact club culture, team harmony and individual's feelings. Any issues brought to the attention of the CBA on social media regarding the club, coach, players, parents, officials, supports or opposition will be swiftly dealt with by the CBA General Manager.

BASKETBALL WA CODES OF CONDUCT

Players Code of Conduct

1. Understand and play by the rules.

Understanding and playing by the rules is your responsibility. The rules exist for the safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of your lives. Do not ignore or deliberately break any rules. Even if you think that a deliberate foul may give your team an advantage, you should not commit the deliberate foul in the interests of fair play. If you do consistently commit deliberate fouls or break the rules you must accept that there will be consequences for you and your team. Do not let yourself or your team down.



2. Respect referees and other officials.

Referees and officials have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, have your coach, captain or manager approach the referee during a break or after the game, in an appropriate manner.

3. Control your temper.

Verbal abuse of officials is a serious offence against the rules of basketball. Verbally abusing other players or deliberately distracting or provoking an opponent are also not acceptable or permitted in basketball. Loss of temper is not only unpleasant for other participants in the game, it can also distract you and have an adverse effect on your concentration and effectiveness on the court.

4. Work equally hard for yourself and for your team.

You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit - so will you. If you are half-hearted about your involvement in the sport, you will become dissatisfied and lose out on the much of the enjoyment and satisfaction you can derive from giving it your best.

5. Be a good sport.

Acknowledge all good plays whether they be by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the achievements of your opponents, it is likely they will follow suit. Part of participation in sport is respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on court, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.



6. Treat all players as you would like to be treated.

Do not interfere with, bully or take unfair advantage of another player. Just because one of your team cannot perform as well as you do does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.

7. Play for the “enjoyment of it” and not just to please parents and coaches.

Playing sport, including basketball, should be fun. This doesn't mean that you shouldn't take it seriously, just that at the same time you should enjoy it. If you enjoy an activity you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. Whilst this can be a positive and their way of showing you support in your activities, you should resist it where it no longer is enjoyable.

8. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

9. Be prepared to lose sometimes.

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals.

10. Listen to the advice of your coach and try to apply it at practice and in games.

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing basketball. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in basketball.



11. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Do not engage in dangerous practices such as hanging off hoops or “slam dunking”. Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

Parents Code of Conduct

1. Encourage children to participate for their own interest and enjoyment, not yours.

Support your children in their participation in basketball but do not force them to play if they don't want to. Sport is played by children for enjoyment and fitness. It is good for their bodies but should also be good for their minds. If they feel too much pressure from you it may make them rebellious or even depressed. It is very tempting for parents who are involved in a sport, or who have children with abilities they wish they had themselves to try and force the children to participate or to participate at a level to which they do not aspire. Resist the temptation.

2. Encourage children to always play by the rules.

Just as responsible parents teach their children to obey the law of the land, so should those same parents encourage their children to play sport by the rules. If your children show no respect for the rules of the game of basketball, they can also come to believe that breaking the law is acceptable too. If you see your children constantly breaching rules you should be prepared to speak to them at an appropriate time.

3. Teach children that an honest effort is always as important as a victory.

Your children will suffer many disappointments in their lives. You should teach them from an early age that whilst a win in basketball will bring them much pleasure, it is not the most important thing. Participating to the best of their abilities is far more important than winning. You can help them learn this, so that the result of each game is accepted without undue disappointment.

4. Focus on developing skills and playing the game. Reduce the emphasis on winning.

If children see that effort is rewarded by an increase in skills, they will derive considerable pleasure and see the importance of striving to improve over the necessity to win every game. Primary responsibility for skills training rests with the children and their coaches but you can assist with their enthusiasm by attending games, encouraging them to practise away from formal training and games and even joining in with this practice.



5. A child learns best by example. Applaud good play by all teams.

Acknowledge all good plays whether they be by your children's team or the other team. Good manners and respect can be infectious. If you acknowledge the achievements of your children's opponents it is likely your children will follow suit. This can assist to create a positive and supportive climate for all children involved in the game.

6. Do not criticise your or others' children in front of others.

Reserve constructive criticism of your own children for more private moments. Children can be very sensitive and feel strong humiliation if they are criticised in front of their peers. When you do feel the necessity to speak to your child about something that displeases you, make the effort to explain what the problem is and why you are concerned about it. If you can see some way of avoiding the problem in the future, also explain this to the children. Give your children an opportunity to offer you an explanation. You are not communicating with your children effectively if all the communication is one way.

7. Accept decisions of all referees as being fair and called to the best of their ability.

Referees and officials have a difficult task to perform and your children could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, discuss it with your children in a constructive manner.

8. Set a good example by your own conduct, behaviour and appearance.

Children often learn by example. You are the prime role models for them. Make your parenting rewarding and beyond criticism by leading by example. Do not criticise opposing team members or supporters by word or gesture. Accept loss graciously and applaud the efforts of all playing the game. Do not be one of the "ugly" parents occasionally seen at sporting events.

9. Support all efforts to remove verbal and physical abuse from sporting activities.

Parents have considerable influence in how sports are conducted. Often they are called on to perform volunteer work to help organise their and others' children's activities. Use this rewarding experience, not just to assist in getting the necessary work performed, but also to influence the atmosphere in which your children play the sport. Children not as fortunate as yours whose parents are not willing or able to be involved may need some guidance on what is or isn't acceptable behaviour.



10. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution. Your children will most likely follow your lead in matters of discrimination and vilification.

11. Show appreciation for volunteer coaches, officials and administrators.

Volunteers are necessary for the functioning of sporting activities. Without them, your child could not participate. Whilst many are parents of people involved in the sport, many are also people dedicated to the sport and its development. Show them the respect and appreciation that they deserve.

12. Keep children in your care under control.

Basketball encourages you to bring your children to games. However, there can be dangers to them in a basketball stadium. They can also constitute a danger to players. You should ensure that children with you at a basketball game are well behaved and do not wander onto or too near to courts. They can easily be knocked down by a player or a player can trip over a child when concentrating on the play and not expecting a small child to be in the way.

13. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Discourage your children from engaging in dangerous practices such as hanging off hoops or "slam dunking". Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.