

Northern Valley Athletic Association

Basketball Coach Exam

The purpose of this exam is to test the knowledge of volunteer coaches of the philosophies and standards for which the Northern Valley Athletic Association will operate. Please mark "X" in each answer slot or fill in the blank to answer each question accordingly. Please contact your league coordinator for additional information.

1. True ___ or False ___: The mission of the Northern Valley Athletic Association (NVAA) is to provide youth boys and girls the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.
2. True ___ or False ___: The NVAA is governed by representatives from nine local chapters: Eaton, Kersey, Evans, LaSalle, Platteville, Fort Lupton, Rebel Youth Athletics, Estes Valley and Wiggins. Representatives from these chapters meet the second Wednesday of every month to discuss current issues affecting the league.
3. True ___ or False ___: One of the objectives of the NVAA is to allow recreational based teams the opportunity to compete with other recreational teams.
4. True ___ or False ___: The NVAA is primarily concerned with the well-being of our children. In order to promote positive growth in children's lives the NVAA will always put children first.
5. True ___ or False ___: Players may be listed on more than one team's roster per sport during season, as long as playing in an alternate league does not affect the NVAA.
6. True ___ or False ___: Competition is part of the game. The will to win is a natural desire of any athlete. The NVAA has the responsibility to offer athletic programs that encourage the athlete's development within a format of fun and friendship.
7. True ___ or False ___: It is important that all participants, coaches, spectators, and program directors teach and practice good sportsmanship.
8. True ___ or False ___: As a coach, referee, or parent, you have the special opportunity to teach children how to enjoy competition in athletics while developing a player's skills and knowledge.
9. True ___ or False ___: Youth sports are for kids, for their recreational enjoyment and should be FUN. Winning is not important, playing is.
10. True ___ or False ___: Every child should play at least one half of the game.
11. True ___ or False ___: Each coach is required to keep control of his/her parents and spectators.
12. True ___ or False ___: Abusive actions or language toward players, coaches, referees, or spectators will be tolerated.
13. True ___ or False ___: The coach will not be held directly responsible for the behavior of its team's players and assistant coaches.
14. True ___ or False ___: Team followers, supporters, or fans who exhibit flagrant unsportsmanlike behavior that is directed toward an official of the game, coach, team member, or other fan, will be subjected to disciplinary action.
15. True ___ or False ___: Any behavior the referee/ sport official sees as being unsportsmanlike will result in a yellow card/technical foul.
16. True ___ or False ___: Parents and coaches are encouraged to contact the NVAA weather line 970.284.3550 for updated weather information. The weather line is updated at 7:30 am for Saturday morning games and as needed throughout the season for other sports.
17. True ___ or False ___: Any player, coach, or spectator ejected from a NVAA sponsored game will be able to attend the next scheduled game.
18. True ___ or False ___: Coaches must remain seated during the contest.
19. True ___ or False ___: League schedules, league rules, directions to each facility, and are coordinator contact information can be found at www.quickcores.com/nvaa.

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Please mark "X" in each answer slot or fill in the blank to answer each question accordingly.

1. Head coaches are no longer restricted to sit during the games. As the head coach, this change will allow me to: (please select all that apply)
 - A) Coach my players more effectively.
 - B) Yell at the referees more effectively
 - C) Yell at my players more effectively.
 - D) All of the above.
2. How many basketball coaches are allowed at the bench area during a game? _____
3. When is an overtime period allowed? _____
4. What age groups qualify for an overtime period? _____
5. True ___ or False ___: At any time during a game when there is a point difference of 30 or more the scoreboard will not be turned off.
6. True ___ or False ___: Both man-to-man and zone defense are allowed for all grade divisions.
7. True ___ or False ___: Double teaming is the aid of another player in guarding an opponent.
8. When and where is full court press allowed?
 - 3rd – 5th: _____
 - 6th: _____
9. When and where is double teaming allowed?
 - 3rd – 4th: _____
 - 5th – 6th: _____
10. True ___ or False ___: A lane violation is a type of violation that defensive players commit.
11. After how many seconds is a lane violation called?
 - 3rd – 4th: _____
 - 5th – 6th: _____

I _____ (Print/list name) have read the current NVAA rules and understand that it is my responsibility to inform my players, assistant coaches, parents, team spectators and anyone affiliated with our team of the information within our league rules. I agree with the Mission of the NVAA as stated in the rules "To provide youth boys and girls the opportunity to learn and play recreational youth sports for enjoyment, learning experience and athletic growth".

Date: _____

Signature: _____