

Shibuyaku sports center athletic event personal user service (Open Gym)

# BASKETBALL USER GUIDE

## FIRST

Only member who live,work,or are students in shibuya-city are entitled to use those facilities. The aim is for players of different ages, physical fitness and skill levels to get together and enjoy themselves equally through basketball practice and games. The program won't work if everyone doesn't participate in basic manners/morals/and fair-play. We have instructors and staff for the safety management. Please follow the instructors. Thank you for your understanding and cooperation.



## THE BASIC METHOD OF USE

**date/time : TUESDAY / 15:00-17:00**  
**THURSDAY / 17:00-21:00**

**place : BIG GYMNASIUM**

Specifically, because there are many participants divided in court as follow.

※ A player can not participate on both court.

**A** : elementary and junior high school students, beginners, women, over 50 years

**B** : above the high school level

### A court time schedule

**17:00** open / warming-up / individual practice. (shooting etc...)

**18:00** The game for junior high school students

**20:00** The game for women、  
The ends for elementary and junior high school students

**21:00** Close / cooling-down / clean the court. Putting back the equipment by all player's.

### B court time schedule

**17:00** open / warming-up / individual practice. (shooting etc...)

**19:00** The first grouping for game,divide up the team.

**19:30** The second grouping for game.

**21:00** Close / cooling-down / clean the court. Putting back the equipment by all player's

entrance

# THE RULES REGARDING TIME AND CLOTHING

The latest entry time to play is 8 o'clock.

Therefore, after 8 o'clock player can not participate in the game.

(Thursday)



On the court at all times we require a proper sports wear : NO jeans or street shoes will be allowed.



In case of injury, we will offer first aid, however any further treatment is the responsibility of the participant. Each person must take out insurance before participating.



No personal basketballs and big luggage are allowed in the gym to prevent theft. If the luggage does not fit in the locker, the front office will keep your luggage.



During play, keep accessories, watches, and locker keys in the special valuables locker. Located near the front office.



No changing of clothes and eating are allowed in the gym. Please change in the locker rooms.



## ABOUT THE GAME

- It is a timed 10 minute game. (Depending on the number of the team, it may be only 8 minutes, too.)
- Teams with player changes must report to the judge before the game begins.
- Team organization may change in the judgement of the instructors depending on the number of people and skill level on that day.
- Team organization process
  1. The instructors will divide the teams on Court A and Court B according to their skill level.
  2. Participants line up in order of height and the instructor calls out each player's number.
- ※ When there are too many players, they may have to substitute within each team.

## BEFORE THE START OF EACH GAME

- Referee and score board and timekeeper will be made by persons who do not play in the match.
- If a player disrupts the rules or atmosphere and ignores the instructor's words, the player may be asked to leave and will be refused admittance in the future.
- Players are not allowed to shoot on the court during the game time.
- Hanging on the rim is never allowed. It is very dangerous because the basketball goal is installed on the wall of the building.

## ABOUT GROUP USE

We are refusing use of the gym by the clubs and the circle units. If interested in group use ask detail at the front office, group use is only for reservation and to register is necessary. Please do it on SHIBUYA-WARD-Facility-reservation-system.

As for the things not covered above follows the instructors completely consult the instructors. If you have any questions about play or rules, or user guide.