

PRAVILA, NE TO NISO PRAVILA, TO JE SMER, POT v košarkarskem velemestu za *pedagoge, trenerje, vodje,...*

DA BODO VSI ZAPUSTILI 23. SONČKOV DAN SREČNI, VESELI, ZMAGOVALCI...



ŠD SONČEK

Glavno pravilo-smer je FAIR PLAY. To pravilo pomeni tudi :

- način, kako športnik igra, gledalec navija, kako sodnik sodi in kako trener vodi,
- dostojanstveno prenašanje poraza in zmage, spoštljiv in prijateljski odnos do vseh sodelujočih,
- spodbujanje manj sposobnih ter uživanje v svojih in drugih uspešnih potezah,
- veselite se vsakega svojega nastopa, ker vsakič nastopaš svojim sposobnostim primerno in uživaš v igri s tekmeči.

**TRENERJI! NOBEDEN NE ŽELI IZGUBITI Z VELIKO RAZLIKO,
POSEBEJ NE OTROCI! SPOŠTUJTE NASPROTNIKA, OTROKE!
ZATO ...! HVALA!**

- Če so v skupini štiri ekipe se igra 2 X 15 minut tako, da se prvih 13 minut ustavlja ura le ob prostih metih, menjavah in minutah odmora. Ekipe imajo na voljo 2 minuti odmora, zadnje dve minuti pa se ura ustavlja ob vsaki prekinitvi, podaljšek traja 3 min, ura pa se ustavlja ob vsaki prekinitvi.
- V skupinah po 5 ekip se igra 2 X 12 minut, brez minut odmora, razen ob polčasu.
- Igralce se menja poljubno.
- Pri dečkih 2009-2010 ni pravila 3 sekund, ni pravila sredine, pri prostih metih lahko igralec prestopi črto. Črta za tri točke je poljubna. Igrajo 4:4, na manjšem igralnem prostoru.
- Dečki 2011 in mlajši igrajo na nižjih koših in s prilagojenimi pravili ter tekmovanji v štafetnih igrah po medsebojnem dogovarjanju med trenerji. Rezultat se ne vodi. **Vsi so zmagovalci!**
- Dečki 2007-2008 igrajo z usnjeno žogo št. 7, dekleta igrajo z usnjenimi žogami št.6. Vsi ostali pa z gumijasto žogo št. 5.



ŠD SONČEK

**TEKMOVANJE V PROSTIH METIH - Borisovi prosti meti
in METIH ZA 3 TOČKE za nagrade Dražen Petrović-a**



ŠD SONČEK

Najprej se dobijo zmagovalci znotraj posameznih ekip, nato zmagovalci posameznih skupin. Slednji se pomerijo v finalu na svečanem spektaklu 23. Sončkovega dne. V prostih metih tekmujejo dečki, letnik 2009 in 2010. Glavna nagrada so **alpske smuči**. V metih za 3 točke tekmujejo dečki, letnik 2007 in 2008 ter deklice. Tu bo zmagovalec prejel **gorsko kolo**.



**FAIR PLAY, SPOŠTOVANJE..., JE POT, DA BODO
VSI UDELEŽENCI 23. SONČKOVEGA DNE ZMAGOVALCI!**

RULES - THE 23th SUNSHINE'S DAY

The main rule is FAIR PLAY. This rule includes:

- the manner of the player's play, the supporters' supporting, the referee's judging and the coaches' training,
- a dignified acceptance of defeat or victory, respectful and friendly attitude to all the participants,
- encouraging less competent and enjoying in one's own and other's successful moves,
- being enthusiastic about your performance since each team performs according to their competence and enjoys in the match.

The awards will be granted for FAIR PLAY behaviour.

The time shall be two 15 minutes halves, the clock is stopped only at free throws, substitutes and breaks.

In the last two minutes the clock is stopped at each time-out,

- an overtime lasts for 3 minutes. The clock, however, is stopped at each time-out
- the team has the right to a 2 minutes' break ,
- the players are substituted freely,
- for those born in 2009 and younger there is no rule of 3 seconds, nor rule of the middle, at free throws the players are allowed to cross the line. They play in teams of four, with a ball of a normal size (leather or rubber) on a smaller court,
- those born in 2011 shall play with a small rubber ball, having baskets adjusted to a lower height and rules adapted; the matches will be mutually agreed among the coaches.

A FREE THROW AND 3 POINTER THROW CONTEST

First the contest is held between the individuals within the participating teams, then the winners of individual groups are chosen. These winners will compete in the finals at the finishing spectacle of the 23th Sunshine's Day.

Boys, year 2009 and 2010 will compete in free throws. The first prize is a **pair of skis**.

In 3 pointer throws, boys and girls, year 2007 and 2008 will participate. The first prize is a **mountain bike**.



Odigrati veliko število tekem s sebi primernimi nasprotniki,
ter se pri tem zabavati, je **glavni namen Sončkovega dne**.