



GOBIND SARVAR SCHOOL

Guru Nanak Gate Campus

8730, 45 St. N.E
Calgary, Alberta T2J 2J1
Phone: 403-254-3230

Email: gng@gobindsarvarcalgary.com

Little Falcons League Chair Ball

Parent Handout.

Welcome Falcon Mums and Dads,

We are embarking on a new era of sporting excellence for the children at Gobind Sarvar School. Our students are learning the skills and knowledge required of them as part of their Physical Education Curriculum in school. They are now poised to participate in a range of organized sporting activities. We are setting the arena for competitive fun where our children are able to step onto a stage, under the lights and perform. You are an important link in realising this. We need to work together to create this safe yet transformational environment.

This season, the game of Chairball, will be used to introduce Basketball to children to achieve our objectives. Please study our objectives closely, they help us construct the experience that proves beneficial to our students.

Objectives of the Little Falcons League

1. Having Fun

Having fun and feeling good about oneself are things that we all seek. The Little Falcons League is an opportunity for children to get together once a week and play matches with other teams of the same age group who have a similar level of skill. Playing these league matches, every Sunday, with loved ones watching will serve as great means of HAVING FUN.

2. Developing Confidence and Self-Esteem

The league is engineered to ensure success. We have worked on certain skills and strategies in class, the league is a chance where they can perform. They will realize that they are very capable. This will make connections between learning, training and real life application of those skills. This will in essence learn 'how to learn'. This will most definitely lead towards development of confidence and self worth. As they represent their team, playing against opponents over two months, they will get a chance to grow with their team. This helps children to understand the strategy and improve their game skills. In addition, children get familiar with rules and learn to respond to a referee. Interacting with opponents and spectators promotes social and emotional development that is greatly needed at this age.



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3. Lifelong Participation in Sports

This league is geared to promote health and fitness through sports and being physically active. Children pick up a lifestyle of using the weekends for games and the school becomes the centre for engaging in physical activity. This not only develops the knowledge and understanding to be physically active but creates the motivation to uphold this lifestyle as they get older. These initial years are crucial as they dabble in sport and be physically active. The loving, supporting and exuberant environment we provide for them now, determines how healthy and happy their future will be.

Little Falcons League Structure and Details.

1. PE teachers are responsible for ensuring that students have the required skills and knowledge to play the chosen sport and are given enough experiences to understand the requirements of being in the game. This includes the development of the gross motor skills appropriate for their age, developing the basic skills relevant to the game, and finally introducing them to game strategies through small sided modified games.
2. The league body will process forms filled by participants and design the structure of each division. This includes balanced teams, game fixtures and the apparatus surrounding the matches that will happen on a given Sunday.
3. Each team will have a coach and a manager chosen from the parents of the participants of the particular team. The managers are to make sure team members turn up on time for matches and the coaches are to motivate and guide the team during matches. All parents will be briefed thoroughly on their roles as league parents, at the orientation session.
4. The school will provide the infrastructure and the league body, which consists of the league officials, referees, playing courts, equipment, website updates and fixtures.
5. Each player will play for his or her team for a period of 7 Sundays - 13 April to 25 May (as per programme below), competing with other teams of the same age group.
6. Each team will have its own identity (playing kit and name).
7. **No transport facility will be provided by the school.**
8. Food and beverage will not be provided by the school. Besides Guru's Langgar which Sri Guru Sahib Ji has arranged for everyone, it is encouraged for parents, coaches and managers to treat this like a family day out and make necessary arrangements.



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9. The league kicks-off with the Orientation Session for parents and players on Thursday, 10 April 2025. Timings 5:30 p.m. to 6:30 p.m. at Gobind Sarvar School, Guru Nanak Gate Campus, 8730 45th St NE, Calgary.
10. League matches will be played on the following days at Gobind Sarvar School, Guru Nanak Gate Campus, 8730 45th St NE, Calgary. Timings : 11:00 a.m. to 1.00 pm. However, each team will play only one match of approximately 40 minutes. Players, parents, coaches and managers need to be present for that duration only.

Sunday, 13 April, 2025

Sunday, 11 May, 2025

Sunday, 20 April, 2025

Sunday, 18 May, 2025

Sunday, 27 April, 2025

Sunday, 25 May, 2025

Sunday, 4 May, 2025

11. **Match Fixtures:** After the Orientation Session on 13 April, 2025, the exact time for matches can be checked from the website <https://www.gscalgary.com/>. The website will also have the team listings and contact numbers of coaches and managers. Physical copies of match fixtures will also be provided to every player (parent).
12. **Kit Rules:** All players are required to play in the playing kit provided – team shirt and shorts. The cost of which is included in the registration fee. Children not wearing the proper kit will not be allowed to play without the referee's permission. Each child must look after and keep his/her kit, as another one will not be provided.
13. **Footwear :** Players must have well fitted running shoes that should not slip on indoor playing surfaces. Please get sizes that allow optimal movement.
14. **Attendance Rules:** Children will be required to mark attendance. Every child needs 75% attendance or he/she forfeits the chance to play in the next session and automatically loses the place in the league to a person on the waiting list (barring injury, illness) and no refunds will be made.

15. The Teams

There are two divisions.

Division 1-----Class 2----- six teams

Division 2-----Class 3----- six teams

Teams will be made equally balanced according to ability. However, the teams may get imbalanced due to absenteeism and emerging individual/team dynamics. The league



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body reserves the right to alter teams to ensure that the league remains true to its objectives.

16. Number of Players

There are around 10 players in a team. 7 playing and 3 substitutes. The substitutes have to be entered to play the next quarter of the game each time. Chairball consists of 3 attackers and 3 defenders with 1 catcher on the platform. Rotation of positions is important for the overall development of each child and to understand each player's potential. However, coaches may determine positions based on player ability versus preference in order to encourage learning and participation. A minimum of five players is a must for a team to play. If less than five team members are present, the opposing team will be awarded a walkover with the score of 3-0. In case of absenteeism, friendly matches will be organized for players who have turned up.

17. Time duration of Matches

Division: Division 1 (Grade 2) and Division 2 (Grade 3)

Playing time: 4 seven-minute quarters,

Breaks: 2 minutes between quarters with a five-minute 'half time' break.

18. The Ball

Classes 2 and 3 play using a size three ball basketball, the same size they trained with in class. Grade 3 will play on a full size basketball court while Grade 2 will use a slightly smaller one. Platform height will vary according to age. Court dimensions vary according to age.

19. Referees

Officiating will be done in the spirit of promoting play and educating the child in the game. So there may be retakes and instructions in the game. The rules will be kept simple. Officiating according to Basketball rules emphasizes good behaviour and respect for the opponent. Bad conduct of team members, team officials and spectators can be penalized. Cheering for good conduct and fair play will be done to encourage good sportsmanship.

20. Basic first - aid will be provided on site, should the need arise.



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Code of Conduct.

PARENTS

Parents are requested to be role models with positive responsible behaviour, as children are always watching and imbibe everything.

1. Remember that your child participates in sports for his/her own enjoyment.
2. Focus on your child's efforts and performance rather than winning or losing.
3. Show appreciation for good performance and skilful play by all players to encourage sportsmanship.
4. Respect officials' decisions and teach children to do likewise. The referee's decision is final, and he /she will be officiating on his/her interpretation of the rules according to guidelines.
5. Parents who are spectators are requested to guard against interfering with the coaching or officiating from the sideline. Your support has to be positive no matter what the outcome. If you want to coach or manage you are welcome to volunteer, but don't undermine people who are already at work.
6. Please ensure the attendance of your child. In case of absence, the Manager has to be notified. In case of poor attendance your child's spot will be offered to the other players and in future your child will be considered last when allocating teams.
7. Please ensure your child is punctual and dressed in the proper kit and footwear.
8. A very important aspect of sports is to learn to respect the rights, dignity and worth of others. Let us all encourage this.

MANAGERS (PARENT VOLUNTEERS)

1. Please ensure your team turns up on time. This includes getting in touch with all the players and reporting the team for the match.
2. Ensure all players of the team abide by the rules and play in the true spirit of the game. If there are any problems or objections, it is the duty of the Manager to speak to the Officials.
3. Managers are the main communication link between the Officials, Referees, Team Players, Parents and Coaches.
4. Each team will have 3/2 substitutes and it is the duty of the Manager to make sure that they play at least one half of the match.



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5. Be professional and accept responsibility for your actions.
6. Show concern and caution towards players who may be sick or injured.
7. Be a positive role model.
8. A very important aspect of sports is to learn to respect the rights, dignity and worth of others. Let us all encourage this.

COACHES (PARENT VOLUNTEERS)

1. The coach is responsible for motivating the team, inculcating team spirit, organizing the team's warm up and getting them ready for the game.
2. The Coach will organize the positions in the team and give the players certain responsibilities. The players already have an idea of where they will play and what they have to do.
3. Remember that young people participate for pleasure, and winning is only a part of the fun. During the match the Coach can give instructions but has to make sure he/she doesn't get too loud and give constant directions. This can lead to the children losing their identity and playing the adult's game.
4. Never ridicule or yell at a young player for making a mistake or not coming first.
5. Be reasonable in your demands on players' time, energy and enthusiasm.
6. Operate within the rules and spirit of the sport and teach your players to do the same.