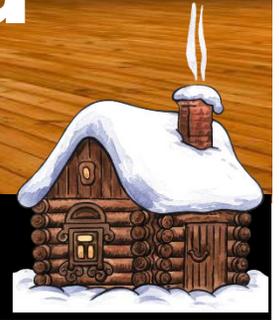


# Off The Scoreboard



## From the editor

As we bunker down for winter, and would normally be well into the Big V season, and trying to find inventive ways of staying warm in basketball stadiums, sadly we find ourselves still without a scoretable to officiate at. There is no doubt many of us are suffering from COVID fatigue, irrespective of how we have had to manage the past three or so months – lock down, isolation, no work, work from home, work as usual or a combination.

With this in mind, it might be really nice to make a special effort and get in touch

with one of your scoretable compatriots who you would normally only see during the scoring season. Making that re-connection I feel certain would lift the spirits for those involved, and take everyone's mind off the current news, even if only for a short while.

As there is really not much to report on in the basketball world, throughout the newsletter hopefully I can amuse you a little with quotes, recipes, reflections, mind teasers etc. I hope that when the spring newsletter is ready to be distributed, it will be more basketball

orientated, and we are all out and about with our family and friends enjoying what spring has to offer - new growth, hope, blossoms and hay fever!!!

Remember if you have any contributions for the newsletter (because it is not all about me!) please email [vbbsa50@yahoo.com.au](mailto:vbbsa50@yahoo.com.au), with the word "Newsletter" somewhere in the subject.

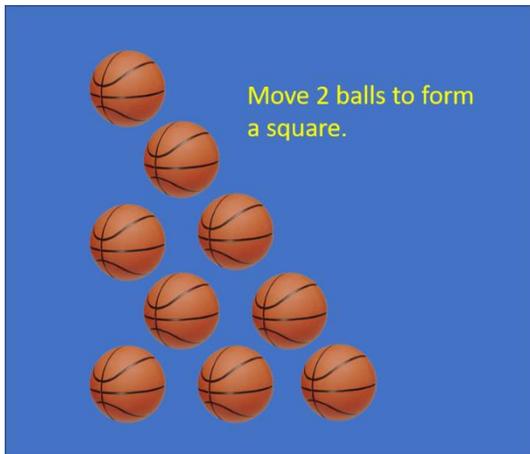
With my heartfelt support to all of you – warmly Julianne Van V

With the tentative return to community sport set to occur across Victorian basketball in upcoming weeks, competition, league and club websites will no doubt be the best way to stay in the communication loop.

### **Basketball Victoria - The Home of Victorian Basketball**

Basketball Victoria will of course have the latest updates and announcements regarding any communication from the state government

**<http://basketballvictoria.com.au/covid-19/>**



**9 basketballs are arranged the same as in the image to the left.**

**Move just 2 basketballs to form the pattern of a square.**

**Q1** A man takes a basketball and throws it as hard as he can. There is nothing in front, behind, or on either side of him, and yet, the ball comes back and hits him square in the face. How can this be?

*Answer on last page*



## Chocolate Trail Mix



### Ingredients

- 4 teaspoons sesame seeds
- 4 tablespoons pumpkin seeds
- 4 teaspoons raw cacao powder
- 4 tablespoons flaked almonds
- 2 cups puffed brown rice (I use brown rice cakes and break them up)
- 4 tablespoons maple syrup (I use unsweetened to make even more 'healthy')

### Method

- Preheat oven to 160° C, line a baking tray with baking paper
- Combine all ingredients in a medium mixing bowl
- Spread the trail mix onto the prepared tray and bake for 7 minutes
- Remove from oven, stir and return to oven for a further 5 minutes

**Store in an airtight container for up to 7 days (silly really because it will barely last a couple of days – too yummy!)**



**Q2.** Why did the basketball player go to jail?

*Answer on last page*

# Your 2020 VBSA committee

The committee can be contacted by email: [vbsa50@yahoo.com.au](mailto:vbsa50@yahoo.com.au)

Contact details are also available in the [members only](#) area of the website  
[www.vicscoretable.org.au](http://www.vicscoretable.org.au)

Convenor:	<b>Ian Collings</b>
Secretary:	<b>Wendy Middleton</b>
Treasurer:	<b>Matthew Wellington – recently appointed, congratulations</b>
Registrar:	<b>Douglas McRae</b>
Head Educator:	<b>David Booth</b>
Events:	<b>Wendy Parsons</b>
Events Asst:	<b>Angela Embleton</b>
Property:	<b>Matthew Carpenter</b>
Newsletter:	<b>Julianne Van Veenendaal</b>
Social Media Officer:	<b>Justine Moller</b>

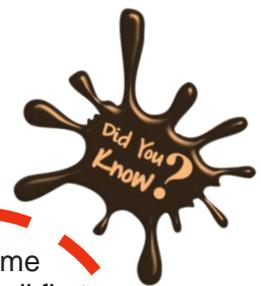


VBSA congratulates Justine Moller on being appointed as the VBSA Media Officer. This is a trial position as discussed at our ARM held last February.

**Q3.** What do you call a pig who plays basketball?  
*Answer on last page*



The game of basketball first became an official Olympic event at the Summer Games in Berlin, Germany in 1936



## Helpful links

[Link to home page of VBSA website](#)

[FIBA Documents](#)

[VBSA Facebook Page](#)

[Link to order VBSA uniform / name badge](#)

[In-House Level 1 Evaluations](#)



**“Happiness is the interval between periods of unhappiness.”**

– Don Marquis

## Calendar dates

Friday before the AFL Grand Final - TBC

Mon July 13 – Fri Sep 18 – Term 3

Sun 4<sup>th</sup> Oct – daylight saving commences

**Q4.** What do you do when you see an elephant with a basketball ?

*Answer on last page*



## Chicken and Chia Meatballs

### Ingredients

40g black chia seeds  
1 kg chicken mince (I use chicken breast – less fat)  
2 tablespoons minced ginger  
1 onion finely chopped  
200g coarsely grated zucchini (pretty much a standard sized zucchini)  
A handful of fresh coriander coarsely chopped  
1 teaspoon salt  
Pepper to taste  
1 cup of sesame and/or flax seeds, (I end up using more, so have extra on hand!)  
Olive oil  
Greek style yoghurt or tzatziki dip  
Lettuce leaves for plating up (!)



**These are absolutely delicious, and the ginger MAKES them! Also a great way of ‘hiding’ vegetables such as zucchini!!!!**

### Method

Combine chia seeds with ½ cup water in a bowl and let stand for about 10 minutes (chia seeds will absorb water and become like a gel.)

In a large bowl combine chicken mince, ginger, onion, zucchini, coriander, salt and pepper, mix really well. (I tend to add one ingredient at a time, mix, then add the next ingredient, mix and repeat until all ingredients have been added). Then stir through chia seed gel. Refrigerate until it firms up, about half an hour.

Roll mixture into bite size balls for snack size portions, or rissole size for more substantial meal size portions (my preference). Coat in sesame/flax seeds.

Preheat oven to 180o C, line a baking tray with baking paper.

Heat a large non-stick frying pan, add some olive oil and cook meatballs in batches until browned. Transfer to baking tray and bake for 5 minutes if the smaller size has been made, or 10 minutes if the larger size has been made.

‘Plate up’ on a platter with lettuce leaves and have yoghurt/dip available. Lovely with either a fresh side salad or winter veggies.



## Quiz answers

1. **As the players head to the bench for a time out, the referee calls a technical foul on player Blue 6. How is this recorded on the scoresheet?**

It is recorded as a Technical foul on Player Blue 6 and is recorded in the usual way.

If a technical foul is committed:

- By a player, a technical foul shall be charged on him as a player foul and shall count as one of the team fouls. (Article 36.3.1) (Interp – 36-47)



2. **When does the interval of play before the game end?**

An interval of play ends:

- At the beginning of the first quarter when the ball leaves the hand(s) of the crew chief on the toss for the jump ball. (Article 8.6)

3. **When a player has a shot for goal**

**a. When does team control end**

Team control ends when:

- An opponent gains control.
- The ball becomes dead.
- The ball has left the player's hand(s) on a shot for a field goal or for a free throw. (Article 14.1.3)

**b. When does the "Act of Shooting" end –**

The act of shooting:

- Ends when the ball has left the player's hand(s) and, in case of an airborne shooter, both feet have returned to the floor. (Article 15.1.2)

## Quiz questions

1. - Gold 11 commits a personal foul which is his 4th foul, he is substituted. The Official beckons Gold 6 into the game, but before Gold 11 leaves the court he abuses the Official and is charged with a technical foul. How is this recorded?

2. - The Officials have suspended play to protect an injured player Red 7. Black had control of the ball in the back court, with 19 seconds left on the shot clock, prior to this incident. What impact, if any, will this have on the shot clock?

3. - With 10 seconds to play and the scores tied, Red 5 is fouled and the ball is awarded for a side-line throw in. Play continues and the game ends without any further interruptions. At the conclusion of the game the scorekeeper informs the referee that the foul on Red 5 was in fact the 5th team foul and shots should have been awarded.

a. Should the referee award Red 5 the two free throws?

b. What happens if one or both of the free throws are successful?

c. what happens if neither of the free throws are successful?



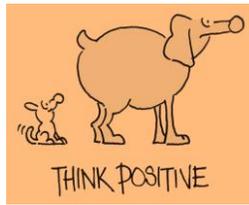
- Q6. Why do basketball players love donuts?

*Answer on last page*

- Q5. What's the difference between a dog and a basketball player?

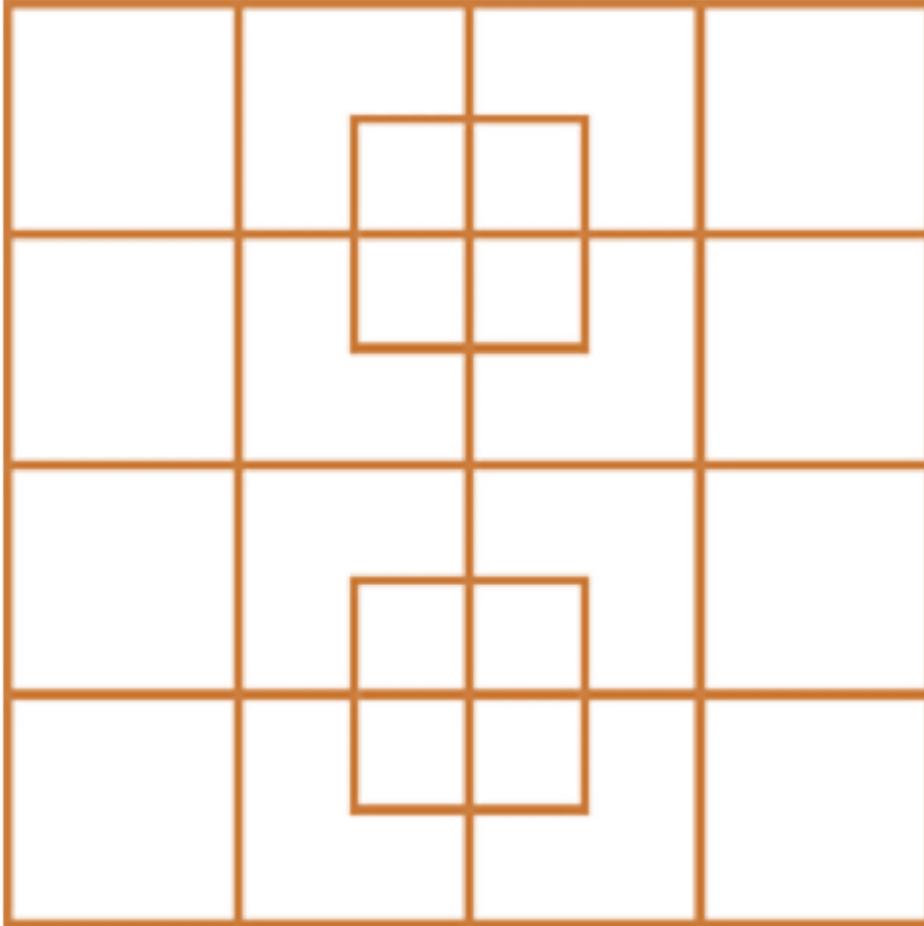
*Answer on last page*





When it rains, it pours,  
but soon, the sun shines again.  
Stay positive.  
Better days are on their way.

**Question:** How many squares are there?



**A LOT!!!!**

**Q7.** Why was Cinderella thrown off the basketball team?

Answer below

Answers ...





Q1. He threw the ball straight up in the air  
 Q2. Because he shot the ball  
 Q3. A ball hog  
 Q4. Get out of the way  
 Q5. One drools, the other dribbles  
 Q6. Because the dunk them  
 Q7. She ran away from the ball

40  
squares