

To locate and vet counselors, scan the QR Code or go to <u>thebmsproject.org/mental-health-directory</u>





#1 No One Comes To Watch Zebras Run

Blend in, but look sharp doing it. Shoes polished. Phones left in the car. Everyone is there for a game. As referees, we are the facilitators who apply the rules of the game fairly. Make the calls and move the game along.

#2 It Is Hoops, Not a Popularity Contest

Officiate to be respected, liked second. Avoid getting swept up in the emotion of the action... maintain your composure and dignity... set, maintain and enforce a standard of good sportsmanship, discipline and civil behavior.

#3 Like VR, But Without the "V"

Train your eyes to see the court/game with a wide lens. Stay aware and vigilant to the big picture, while simultaneously officiating the center of the action.

#4 Play Your Position

Communicate with your officiating partner(s) verbally AND nonverbally. Know YOUR area only, but be prepared to assist your crew when needed.

#5 Two Out of Five Aint Bad... Unless You Are Shooting Free Throws

Be a good listener and listen with your eyes. On the hardwood, tune in and don't be flipping channels.

#6 Late to the Party Doesn't Negate Getting It Right

Anticipation is the bane (not good, not good at all!) when officiating any sport. DO NOT ANTICIPATE! Better to have a late whistle than too early. The oracle said in the 'Matrix,' "...you ain't the one, Neal..." ...and we all know that she blew that call. See it, then call it... not before.

#7 Standup Comedy Requires a Stage, Not a Court

Do not engage with the audience... the reviews will suck.

#8 The Pit Crew Keeps You On The Track

Respect/consider the table personnel as part of your crew. If you think you can run a race without wheels and fuel, then you might consider a career in track and field instead of car racing.

#9 Hustle & Flow

Good officials create a good flow to a game's skill level. Let their talent show... if they can hoop, don't blow the game into oblivion... let 'em play, but don't lose control.

#10 Basketball Is Fun

Kids and young athletes are playing a game and, hopefully, enjoying themselves. Although you are getting paid to be there, if you aren't having fun too, then it becomes a job... be better than that.

EMERGENCY In a crisis call "911" immediately If considering self-harm, call "988" The National Suicide Intervention Lifeline SEXUAL MISCONDUCT To speak to a counselor, Call (800) 656-4673 RAINN BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE For helpful resources, thebmsproject.org/Safety

CHILD ABUSE To report suspected child abuse, Call (800) 422-4453 Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).

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