

Sports News

March 2009— Newsletter of the Utah Salt Lake City Area Sports

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Notable Quotes

Members of the of the Draper Utah Eastridge 4th Ward Priest Quorum comment on why they like Church Sports ...

“I participate in Church Sports for the fun of it and just to do things with the quorum. I like being out there with my friends shooting hoops. It’s good because everybody’s there.” *Michael Hill*

“I like having organized sports, not just hanging out. It’s important having a coach so he can make substitutions and provide order to the game.” *Landon Sorenson*

“Church sports helps you learn to control your temper.” *Ryan Humphries.*

“Basketball is my favorite sport. I like Church Basketball because it gives me a chance to be with my friends. I’m competitive and like to win, but even if we lose, it’s great just to get together.” *Nate Orth*

Official Rules

One of the best ways to maintain good sportsmanship at Church Sports events is to make sure that everyone—referees, coaches, players, and fans—are aware of the official rules that are followed for that particular sport. Misunderstanding occurs when an individual is familiar with one set of rules (perhaps college or professional play) and a call is made that is different than is expected because Church Sports is using a different set of rules.

Following is the official rule books for the three major Church Sports, as well as information on how you can order copies for your stake or ward:

- **Basketball:** National Federation of High Schools (NFHS).
- **Volleyball:** USA Volleyball.
- **Softball:** American Softball Association (ASA)

To order copies of the rule books for these sports please use *Corporate Express* in the *Purchasing Reference Guide* that is in the office of each Stake Presidency and Bishopric.

Lesser Known Sports

In last month’s newsletter we listed more than forty sports and activities that have been sponsored by stakes and wards in the Utah Salt Lake City Area.

A number of these sports have unfamiliar names, but may be the key to reaching specific members within your ward or stake who need the benefits of Church Sports. Periodically we will feature an overview of some of these sports. Following is a brief description of *Futsal*, *Ultimate*, and *Pickleball*. The first two are particularly appealing to youth, while *Pickleball* is gaining popularity with seniors. A simple online search of each sport provides links to official rule books and resources.

Futsal (Five-a-Side Soccer)

Futsal is an indoor version of soccer (European football). The name is derived from Spanish *futbol* (soccer) and *salon* (indoor). It was standardized throughout the world as Futsal in 1985.

Futsal features two teams of five players each, one of whom is the goalkeeper. In the official rules, up to seven substitutes can also play on the team.

Futsal is played on a hard surface court marked by lines and walls or boards are not used. Futsal is played with a smaller ball with less bounce than a regulation soccer ball. Teams are most successful as they maintain good ball control in passing the ball in limited spaces.

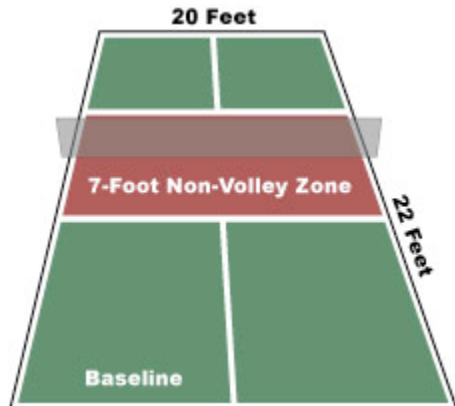
Check out www.futsal.com for info on the *U.S. Futsal Federation*. For more information on getting Futsal started in your stake or ward, please contact Bob Bedont, Utah SLC Area Futsal Sports Specialist at 801-966-7209 or at rbedont@aol.com

Pickleball

Pickleball is a sport similar to badminton and tennis that involves playing on a court with the same dimensions as a badminton court using a wooden paddle and a ball similar to a wiffle ball.

Pickleball was created during the summer of 1965 on Bainbridge Island near Seattle, WA. The original purpose of the game was to provide a sport for the entire family, according to co-inventors U.S. Congressman Joel Pritchard, William Bell, and Barney McCallum. The sport was named for Pickles, the family dog, who chased after the balls and tried to hide them in the bushes.

Since then, Pickleball has grown into a paddle court sport with formalized rules. ***Pickleball is becoming very popular among active senior adults*** at community centers and is growing in popularity on high school and college campuses.



A pickleball is similar to a wiffleball, but is more rigid with smaller holes. The paddle is similar to a ping pong paddle.

A team gets a point when they win a rally that they served. The first team to 11 points wins, but have to win by at least two points. Only the serving team can score a point.

For more information on Pickleball, do an online search or go to www.usapa.org/officialrules/

Ultimate (*Ultimate Disc*)

Ultimate, or Ultimate Disc (previously called Ultimate Frisbee) is a team sport played with a 175 gram flying disc. The object is to score points by passing the disc to a player in the opposing team's end zone.

Players must be stationary while holding and passing the disc. While originally called Ultimate Frisbee, the sport is now officially called Ultimate or

Ultimate Disc because Frisbee is the trademark for the line of discs made by Wham-O.

Regulation Ultimate is played between two teams of seven players. The number often varies in informal games. Substitutions are allowed between points. Usually, the teams compete to reach a pre-determined score to determine the winner, instead of playing against the clock. This helps to keep the game moving as teams are incented for points, rather than getting ahead and then running the clock down.

For more information, check out Ultimate at the Ultimate Players Association website at <http://www.upa.org/>.

As you can see, there are a lot of ways to have fun with friends and family in Church Sports. Hopefully your ward and stake are taking advantage of this variety.

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Don't keep Church Sports a secret! Encourage your friends and ward and stake members to visit us online and to add their name to our e-mail mailing list.

It's easy since the *Deseret News Mormon Times* has been kind enough to host the *Sports News* on their online edition under "Special Features." We urge all who are interested in Church Sports to visit this site to read highlights from the current issue of *Sports News*, as well as accessing the full text of both *Sports News* and *Next Up*. Even better, the site includes all previous issues.

If you're ever called on to give a talk or special thought on topics like missionary work, reactivation of members, the Word of Wisdom, fellowshiping, healthy living, or ideas to improve sportsmanship, just refer to our archive of articles to find the quote and background information you need.

While online, plan to take some extra time to review the many other features and articles at www.mormontimes.com

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