

# THE PROPOSAL TO AMEND U14, U15 AND U16 BASKETBALL COMPETITION SYSTEM

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**Abstract:** *This study aims to highlight the need to amend the basketball game competition system echelons U14, U15 and U16. Thus, the paper makes a thorough analysis of official games played during 3 seasons of women's basketball team CSU Brasov matches played in ages U14, U15 and U16. Starting from the premise that progress in any competitive sports activity is determined by disputing as many official games balanced, this study argues the need to amend the races basketball competition system - junior. The objective are to analyse the number of official games concrete contained in a season and to identify official matches in terms of the balance of their values. The research method used was that of recording, tabulation and analysis of data on official games played in the National Basketball Championship Women, category U14, U15 and U16.*

**Key words:** *competition, competitive system, sports performance, official games.*

## 1. Introduction

As a result of new methodological orientation in sport to introduce a certain degree of organizational and methodological orientation that differs greatly from that of seniors enrolling in the principles and methods of its own. The preparation of children, is the modern sport training based on theoretical-methodological data accurately verified in practice on the basis of biological tests, which guides the organization today and training.

The level of training and specific training later rule in sport is given the results obtained in the competition.

The term is derived from the concept competition compete, fight, and after

Wolfgang von Kluge (general German army in World War II) the term derived from the Latin campus (battleground). Similarly competition is used in all areas of social, economic, culture, trade, sports, school, etc. [12]

The sports competition proves the historical development of sports disciplines and is characterized by a competition on equal terms and compliance with regulations.

Sports competitions are defined as "sports events organized planned in the center of which is the establishment of sporting performance in order to achieve meaningful comparisons of performance between individuals, groups or teams based on rules, forms established under the slogan of equal resources and equal rights

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for obtaining symbolic or material values". [1]

According Prescorniță A., "training is a process in which the exercise is aimed at improving the level of training in a particular field. Sports training is a process of specialized training. It aims and aims to study and work and performance performer" [7].

In the process of establishing the theory of competition issues, they are considered as "driving forces in the development of sport in general" [9]. Our view is that these issues are part of human socialization new requirements alongside artistic component of sports training.

Competition is "synthesis of different forms of organization specific to an activity that highlights results based on the rules and their hierarchy. The sports competition is a form of organization of the fight between athletes of different categories, which aims mainly comparing the performance (results) as precise rules and regulations of previously established" [3].

In our sports competition is planned manifestation of the athlete / team / group intends equal opponents in battle to surpass themselves to achieve superior performance with one of them.

The competitions are organized competitive sport usually by specialized federations as coordinator for the local bodies affiliated to them. Participation in competitions is subject to registration and compliance teams as they unfold. In carrying out a decisive role competition plays competitive system, all sporting performance comparison.

Performance "is the value of an action" which can be individual and collective, expressed in numbers, figures and ratings. According to Rață G., [8] athletic performance is "a valuable result individually or collectively, obtained in a sports competition, expressed in absolute figures after official scales system or the

place in the ranking" the obligation compliance with legal provisions. In sport, it is actually measurable indicators quantitatively by units of measurement: meter / kilometer, second / minute / hour, number of repetitions, score points, artistic impression etc.

Performance is defined in the Explanatory Dictionary of the Romanian Language as:

- "prestigious result obtained by an athlete or team";
- "special achievement in an industry";
- "gave the best result of a technical system, a machine, a device, etc." [10];

Dragnea A. believes that athletic performance can be defined as a "bio-psycho-social value, performed in an official competition, as a result of multiple capacities determined and assessed based on established rigorous criteria or scales" [2].

Epuran M. [4] mentions that the concept of performance is the distinguishing mark "the exceptional, remarkable, man obtained a sample test or race, the measured result of benefits, activities or skills."

Performance is seen as a "result of an activity that achieving a task or an action inside" and terms like "success, fulfillment, execution, action, event, exhibition, show, performing synonymous with performance. These terms are added to emphasize the qualitative aspect effectiveness of benefit" [6].

Neveanu P.P. argues that performance is an "action with an effect that goes beyond the common level, valuable result, individually or collectively, obtained in a sports competition and expressed in absolute figures, as the system scales official or the place in ranking, the fundamental reason of all training activities and participation in competition" [11].

"Peform is dependent on the athlete's total capacity - capacity performance, bio-psycho-social system, the result of

improving executive functions of regulatory systems, morphological, functional, physiological, informational, decisional, psycho-regulating etc." [6].

In professional sports, athlete creativity resolve complex situations encountered in the game. Creativity is expressed by the possibility of establishing a new response, effective in the game's economy, which is based on biological potential, but also the personality of the athlete. Athlete personality factors are those which determine performance. Popescu F. remembers "resistance psycho-physiological, emotional stability, volitional capacity, spirit of competition, endurance, neuro-psychological predispositions, ego strength and hard work" [6].

To achieve top level performance capacity should keep in mind several important requirements:

- optimal ratio of general physical training and special physical training, today is individualized and differentiated by working;
- developing planning documents based on actual data;
- ensuring an optimum ratio between effort and rest [6].

In the aforesaid also mentioned above, we consider that the biological recovery is an important factor for the performance to be attained.

The juvenile sport, is often the association between performance and talent. Jurcă C. and Mitran M. [5] believes that "talent occurs earlier, later success, it must be removed for cause evolution athletes factors".

## 2. Research Subjects

The research subjects are components women's basketball team CSU Brasov, born between 1998 - 2000, participating in the seasons 2011-2012, 2012-2013 and

2013-2014 in competitions organized by the Romanian Federation of Baaschet the age groups U14, U15, U16 respectively.

### 2.1. Working Hypothesis

The working hypothesis is the assumption that specific sports performance junior female basketball is positively influenced by scheduling a greater number of games in official competitions.

### 2.2. Research organization

The national competition of all basketball tournaments is governed by Romanian Basketball Federation. This method performed by the Competition Commission / methods of conducting the competitive system. At echelon junior race is determined by specific regulations for each category, including information about the phases of competition, their duration, the conduct and race (stage tournaments), conditions waist (if applicable), venues, and related information about national battery of tests, dates and locations of their samples and scales etc.

National Junior Championships are divided into the following age categories: baby-basketball, mini-basketball, U13, U14, U15, U16, U17 and U18. Intermediate echelons, odd (U13, U15 and Under 17) was created to increase the number of games. A junior in emulation of the federation governed specialty is eligible to play only two age categories (corresponding to his age and one echelon above), except with the consent of the Federation, athletes components of national teams.

Baby-basketball and mini-basketball National Festivals are organized outdoor courts for over a week for each category: one for baby male and female basketball, and one week mini-basketball for girls and

boys. The games in these competitions are perhaps the most beautiful and is characterized by fair play, emulation, and waste of effort innocence small basketball.

National Junior Championships Races usually begins with the early stages of qualifying teams are divided geographically. At all age levels there are at least a semifinal and a final tournament,

the winning team being crown as national champion.

We opt to present full results still undergoing research team, CSU Brasov in seasons 2011-2012, 2012-2013 and 2013-2014, the echelons U14, U15 and U16 (Table 1, Table 2, Table 3).

Table 1

*Female U14 competition results CSU Brasov, season 2011-2012* [13]

System	No	Opponent team	Results	+/-	Date
Zonal grup Home - away	1	CSS Sibiu	60 – 34	+ 26	05.11.2011
	2	CSS Mediaş	110 – 12	+ 98	19.11.2011
	3	LPS Alba Iulia	108 – 53	+ 55	04.02.2012
	4	CSS Sibiu	60 – 15	+ 45	28.01.2012
	5	CSS Mediaş	79 – 27	+ 52	08.02.2011
	6	LPS Alba Iulia	70 – 23	+ 47	18.02.2012
Tournament	7	CSS Sibiu	59 – 42	+ 27	24.03.2012
	8	LPS Alba Iulia	54 – 31	+ 23	24.03.2012
	9	CSS Mediaş	100 – 38	+ 62	25.03.2012
Semifinal Tournament, Braşov	10	LPS Galaţi	58 – 33	+ 25	06.04.2012
	11	BC Valbon Arad	63 – 28	+ 35	06.04.2012
	12	CST CSS Alexandria	56 – 23	- 33	07.04.2012
	13	CSS Sfântu Gheorghe	54 – 33	+ 21	07.04.2012
	14	MC Sport Cluj - Napoca	61 – 43	+ 18	08.04.2012
Final Tournament, Alexandria	15	CSS Bega Timişoara	48 – 47	+ 1	02.05.2012
	16	U4You Cluj - Napoca	61 – 23	+ 38	03.05.2012
	17	MC Sport Cluj - Napoca	72 – 67	- 5	04.05.2012
	18	CST CSS Alexandria	71 – 24	- 42	05.05.2012
	19	ACS Champions Bucureşti	57 – 48	- 9	06.05.2012

Table 2

*Female U15 competition results CSU Brasov, season 2012-2013* [14]

System	No	Opponent team	Results	+/-	Date
Tournament 1	1	Raptors Bucureşti	82 - 31	+ 51	10.11.2012
	2	CSU Ploieşti	92 - 24	+ 68	10.11.2012
	3	CSS Alexandria	25 - 62	- 37	11.11.2012
Tournament 2	4	Raptors Bucureşti	83 – 37	+ 46	15.12.2012
	5	CSU Ploieşti	76 – 19	+ 57	16.12.2012
	6	CSS Alexandria	49 – 44	+ 5	16.12.2012
Tournament 3	7	CSS Sibiu	45 - 40	- 5	11.01.2013
	8	Raptors Bucureşti	58 – 19	+ 39	11.01.2013
	9	LPS Galaţi	45 - 50	- 5	12.01.2013
Tournament 4	10	LPS Galaţi	55 – 54	+ 1	15.02.2015
	11	Raptors Bucureşti	69 – 16	+ 53	16.02.2013
	12	CSS Sibiu	61 – 37	+ 24	17.02.2013
Semifinal	13	MC Sport Cluj Napoca	56 – 51	+ 5	22.03.2013

System	No	Opponent team	Results	+/-	Date
Tournament, Dej	14	LPS Galați	58 – 52	- 6	22.03.2013
	15	U4You Cluj - Napoca	64 – 33	+ 31	23.03.2013
	16	CN Arany Janos Salonta	67 – 36	+ 31	23.03.2013
	17	LAPI Dej	70 – 47	+ 23	24.03.2013
Final Tournament, București	18	U4You Cluj - Napoca	63 – 45	+ 18	29.04.2013
	19	CSS Alexandria	45 – 63	- 18	30.04.2013
	20	ACS Champions București	51 – 58	- 7	01.05.2013
	21	LAPI Dej	67 – 56	+ 11	02.05.2013
	22	U4You Cluj - Napoca	84 – 54	+ 30	03.05.2013

Table 3

*Female U16 competition results CSU Brasov, season 2013-2014 [15]*

System	No	Opponent team	Results	+/-	Date
Zonal group, home	1	CS Bball Sfântu Gheorghe	80 – 50	+ 30	14.09.2013
	2	CSS Brașovia Brașov	79 – 16	+ 63	21.09.2013
	3	LPS Alba Iulia	87 – 32	+ 55	28.09.2013
	4	CSS Sibiu	57 – 36	+ 21	05.10.2013
	5	CSS Gheorgheni	71 – 39	+ 32	09.10.2013
	6	CSS Sfântu Gheorghe	47 – 29	+ 18	12.10.2013
Zonal group, tournament	7	CSS Gheorgheni	67 – 33	+ 34	01.11.2013
	8	CS Bball Sfântu Gheorghe	69 – 46	+ 23	01.11.2013
	9	CSS Brașovia Brașov	57 – 31	+ 26	02.11.2013
	10	CSS Sibiu	76 – 46	+ 30	02.11.2013
	11	CSS Sfântu Gheorghe	81 – 50	+ 30	03.11.2013
	12	LPS Alba Iulia	81 – 35	+ 46	03.11.2013
Zonal group, away	13	CSS Sibiu	60 – 68	- 8	16.11.2013
	14	CS Bball Sfântu Gheorghe	49 – 20	+ 28	23.11.2013
	15	CSS Gheorgheni	114 – 54	+ 60	27.11.2013
	16	LPS Alba Iulia	73 - 22	+ 51	30.11.2013
	17	CSS Sfântu Gheorghe	80 – 74	- 6	07.12.2013
	18	CSS Brașovia Brașov	74 – 28	+ 46	14.12.2013
Tournament Semifinal Group	19	CSS Gheorgheni	105 - 61	+ 54	01.02.2014
	20	CSS Bega Timișoara	58 – 48	+ 10	15.02.2014
	21	ACS Champions București	50 – 56	- 6	23.02.2014
	22	Napoca Baschet Cluj	51 – 34	+ 17	05.03.2014
Tournament Semifinal Group	23	ACS Champions București	50 – 59	- 9	15.03.2014
	24	CSS Gheorgheni	57 – 40	+ 17	22.03.2014
	25	CSS Bega Timișoara	50 - 53	- 3	29.03.2014
	26	Napoca Baschet Cluj	54 - 35	+ 19	05.04.2014
Tournament Semifinal Group	27	CSS Gheorgheni	74 - 57	+ 17	26.04.2014
	28	ACS Champions București	44 - 55	- 11	26.04.2014
	29	Napoca Baschet Cluj	46 – 69	- 23	27.04.2014
	30	CSS Bega Timișoara	60 - 52	+ 8	27.04.2014
Final Tournament, Alexandria	31	LAPI Dej	66 - 53	+ 13	21.05.2014
	32	ACS Champions București	54 - 58	- 4	22.05.2014
	33	LPS Galați	62 - 50	+ 12	23.05.2014
	34	CSS Alexandria	42 - 65	- 23	24.05.2014
	35	ACS Champions București	54 – 58	- 4	25.05.2014

The analysis of data presented in the tables above (Table 1, Table 2, Table 3), in terms of the number of official games, given that every season the team has qualified for the final tournament of competition arising following issues: race reserved the players up to 14 years have recorded 19 official games at U15, 22 matches, and at U14 and 35 games at U15 category.

From our point of view the number of official matches is low, this being due to the racing program and loaded school program.

At the same time, we want to raise the number of official games of participating

teams balanced value, in this case an analysis in terms of achieving positive results of the technical team whose collective I was at the time.

Thus, we can afford to prioritize balanced games following criteria: a minimum score difference 20 points for your team, or at least one half of the opponent's points, considering the games of the tournament and lost matches as balanced.

Analyzing the results of their competition after these criteria get the following data contained in the table below:

Table 4

*Official Games CSU Brasov seasons 2011-2012, 2012-2013, 2013-2014*

	U14, 2011-2012	U15, 2012-2013	U16, 2013-2014
Tide games	2	7	10
Untided games	12	10	20
Final Tournaments games	5	5	5
Total games	19	22	35

In our view, progress in terms of yield competitive training process begins and ends with the official games with opponents close in value or even higher. Nobody is helping a match that ends with a total score disproportionate. In these games disappear among participants emulation, concentration, self-improvement and mobilization condition, emotional stability and mental coaches seeking excuses in difficulty and other technical solutions to meet their opponent.

In the current system running the competition as coach of subject experiment, one of the priorities in this regard was getting as many friendly games with strong teams echelon of the asset. Another step in this direction, to seek permanent most valuable team games led us to score teams competing at a higher echelon of age, thus promoting competition as many players on top in age.

Therefore in what follows we can issue a proposal to change the competition system of the National Basketball Junior Championships.

Thus, we believe it should create three value groups, Elite, Pro and Pleasure, representing three distinct races, the aceleeaşi age and gender.

At the beginning of the championship coaches of the teams should be realistic and score the teams in the group corresponding values. In this competitive system most games will be balanced in this aspect having won athletes on the one hand, engaging the partners close in value, the coaches should take appropriate action game situations occur, but officials games.

Pleasure type groups can operate geographically and have composed clubs or private sports associations, aimed at grassroots sport by adopting financial criterion to be self-sustaining. In these

groups. Pleasure teams are close in geographical distance referees can officiate local games, not being necessary to move a day before the match, thus achieving and financial savings. In this type of competition can schedule matches once a month, applying the very model of the nordic countries who are not keeping score.

Teams entered in a Pro and Elite can demote and promote the relatively simple basis of a coefficient calculated for the upcoming seasons. In this case, geographical distance is bigger tournaments propose that deployment system.

Pro competition could bring together the home team that aims to make the step towards performance, suggesting that deployment system groups geographically, stage round-trip (if the number of teams is meant) Tournament Semifinal and Final Tournament. As specification regulation, we propose that athletes really valuable working in this group values, if the team they belong to not promote top echelon to be declared free of charges, being able to transfer without pay scale or any other condition imposed by the teams working in the Elite race.

As the number of participating teams, where Elite competition, it may be limited to 12, the eight teams participating in the tournament in the previous edition are automatically entered (with their approval). The other four teams can enroll in this group eventually gave on performance / management of wild-cards issued by Romanian Basketball Federation, and / or by winning top spots in the race lower value.

As a competitive system can be made before the final tournament two groups of six teams will meet each every six tournaments room, hosted by turns each team, a tournament being the need for conducting a weekend, leg scheduled from

Friday to Sunday, qualifying top four teams in the final competition. The financial effort of clubs in this case is even lower than for round-trip stages, to the final tournament with five movements, each with two nights lodging and three meals. The scale for arbitration intend to be borne by the host team of the tournament.

As specific features opt that until echelon U17 be prohibited defense type "zone" all "trap", "help" and "zone-pressing" perfecting such relationship 1:1 athletes, both in terms Offensive or defensive, creating this sound knowledge base that can exploit a coach, American experts calling it suggestive fundamentals.

In terms of minutes played / sport / game can set a variable number according to the team components, except the matches of the tournament. Thus, if the team consists of 10 players (minimum) propose that the minimum number of minutes / player / game to be 12 that dropped in proportion to the increasing number of athletes reaching the following values: for 11 basketball players a minimum of 11 minutes / player / game, 10 minutes into the game when presented to 12 players.

Regarding the obligation imposed by the waist athletes FRB rules we think it should be removed from the Regulation, it is still a promotional bonus for meeting the scales developed by the governing specialized tests at the team level.

In this system the competitive selection for the national teams can be done without great effort, athletes values are concentrated largely in this type Elite group. Thus, it may delegate the Romanian Basketball Federation tournaments that proposed new federal observers game even coaches, who can analyze the evolution of athletes increased under adversity and high emotion, so knowing their value.

"Secondary actors", coaches, tournament organizers, officials and referees get

caught up in this system will evolve and they gaining competitive experience in technical and managerial terms.

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