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Development of Guidelines for Organizing Youth Basketball Competitions in Qinghai Province, the People's Republic of China

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Abstract

Background and Aims: The main problem in organizing youth basketball competitions in Qinghai Province is the lack of an integrated, effective management system. Compared with more developed regions domestically and internationally, where public–private collaboration, coach evaluation systems, and school–club networks are well established, Qinghai faces shortages of qualified coaches, inadequate infrastructure, limited funding, and fragmented management. These constraints lead to competitions misaligned with national policy objectives and fail to support sustainable youth development, especially given the geographic and logistical challenges of high-altitude regions. The objective of this research was to develop guidelines for organizing youth basketball competitions in Qinghai province, the People's Republic of China.

Methodology: This study employed a mixed-method research design integrating quantitative and qualitative approaches. Questionnaire data (IOC = 0.88) were collected from 264 respondents, including 142 administrative and managerial personnel and 122 technical and officiating personnel, to examine the current situation and problems in organizing youth basketball competitions in Qinghai Province. In addition, in-depth interviews were conducted with 5 experts to refine the draft guidelines, followed by a focus group of 9 experts and final validation by 7 experts using the Connoisseurship method. Descriptive statistics were used to analyze questionnaire data, while content analysis was applied to interview, focus group, and connoisseurship data.

Results: The research results found that: 1. The findings indicate that the management of youth basketball competitions in Qinghai Province, for the administrative and managerial group, Planning showed the strongest performance (4.27±0.61), followed by Organizing (4.22±0.63), Leading (4.18±0.64), and Controlling (4.16±0.65). Similarly, the technical and officiating personnel group reported high evaluations across all dimensions, with Planning (4.25±0.63), Organizing (4.24±0.62), Leading (4.20±0.63), and Controlling (4.18±0.64). 2. The guidelines for organizing youth basketball competitions in Qinghai Province include a total of 80 items. The Planning component includes 20 guidelines. The Organizing component contains 20 guidelines. The Leading component consists of 20 guidelines. Finally, the Controlling component includes 20 guidelines.

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Conclusion: Experts consistently agreed that the guidelines demonstrate strong academic grounding through the integration of high-altitude physiological considerations, comprehensive safety measures, and evidence-based management principles. The structure based on the POLC framework was viewed as systematic, practical, and easy for practitioners to apply.

Keywords: Guidelines for Organizing; Youth Basketball Competitions; Qinghai Province

Introduction

The Sports Law of the People's Republic of China, which came into effect on January 1, 2023, clearly stipulates that the country needs to give priority to the development of youth and school sports, adhere to the integration of sports and education, the coordination of cultural learning and physical exercise, and the emphasis on both physical fitness and personality, to promote the all-round development of young people. Accordingly, the priority development of youth sports has legal protection (Guo Jiayan, 2023). Youth sports have long been recognized as a powerful tool for holistic human development, contributing not only to physical well-being but also to the cultivation of discipline, teamwork, and emotional intelligence. Among various types of youth sports, basketball is a dynamic and strategic team game that enhances physical fitness, fosters quick decision-making under pressure, and builds interpersonal cooperation. Studies have confirmed that structured youth sports programs can be an effective avenue for fostering positive youth development (Fraser-Thomas, Côté, & Deakin, 2005).

In recent years, the People's Republic of China has placed increasing importance on the development of youth through physical education and sports. Policies such as the Healthy China 2030 Plan, the National Fitness Plan (2021–2025), and the Opinions on Deepening the Integration of Sports and Education underscore the state's commitment to promoting youth health and fostering national athletic talent. These policies also highlight the significance of youth sports competitions, particularly at the local level, as a mechanism to identify talent, enhance physical literacy, and promote social inclusion (General Administration of Sport of China, 2021).

Case studies from within China, such as youth basketball development in Shanghai, demonstrate how integrated management involving public-private partnerships, performance-based evaluation of coaches, and collaborative school-club networks can lead to high-quality competitions and the emergence of elite athletes (Wang & He, 2009). Similarly, international practices offer additional insights. In the United States, organizations like the Amateur Athletic Union (AAU) use club-based management models, certified coaching systems, and development pathways that integrate with schools and colleges (Gould et al., 2012). In Spain, the state supports youth clubs through financial incentives and tax benefits, and actively promotes dual-career development for student-athletes (Zhu Xu, 2013). These examples

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illustrate that successful youth sports competitions require not only athletic facilities and talent, but also sound management principles tailored to local contexts. Therefore, this research aims to develop a comprehensive set of management guidelines for youth basketball competitions in Qinghai Province by employing the POLC framework. The goal is to create a strategic, adaptable, and context-sensitive model that aligns with national policy, fosters youth development, and overcomes the unique geographic and logistical constraints of high-altitude regions.

However, in less developed provinces such as Qinghai, located in the high-altitude regions of western China, youth basketball competitions face numerous challenges. These include a shortage of qualified coaches, inadequate infrastructure, limited access to funding, and fragmented management systems. Existing studies show that although youth in Qinghai exhibit strong interest in basketball, the organizational systems and event management practices remain underdeveloped and inconsistent with national goals (Zhang & Liu, 2020).

To address these challenges, the application of the POLC management framework, comprising Planning, Organizing, Leading, and Controlling, is proposed as a structured and effective approach to improving the management of youth basketball competitions. This framework, widely accepted in both academic and practical management settings, offers systematic methods for strategic planning, resource allocation, leadership development, and performance evaluation (Robbins & Coulter, 2018).

Objectives

1. To study the current situation and problems of organizing youth basketball competitions in Qinghai Province, the People's Republic of China.

2. To develop the guidelines for organizing youth basketball competitions in Qinghai Province, the People's Republic of China.

3. To verify the guidelines for organizing youth basketball competitions in Qinghai Province, the People's Republic of China.

Literature Review

1. Basketball Competition

The problem of insufficient physical fitness of Chinese basketball players in international competitions has been around for a long time. With the retirement of Yao Ming, the status of Chinese basketball in Asia has also declined, and its disadvantages have also been exposed: the physical confrontation variance of athletes is poor, the defense cannot keep up with the opponent's offensive rhythm, the offense is blocked, and the success rate of fast breaks is poor.

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Yao Ming (2010) believes that the quality of physical fitness and strength determines the degree of technical and tactical performance. He also said, "Good shooting opportunities are created by active running. Even if you can run out of good shooting opportunities, your poor physical fitness cannot guarantee a high shooting rate. If you only pursue a stable shooting rate, you cannot run out of good shooting opportunities." In the past, my country's training of players only focused on technical and tactical exercises and did not overemphasize physical training.

1.1 The current situation of youth basketball competition

Through the review of literature on youth basketball events at home and abroad, it is known that most current scholars conduct research from the perspective of the event system and basketball talent training. Wei Lei (2014) wrote that American high school basketball events are non-profit organizations established under the promotion of the prevailing sports culture, with good development channels and relatively sound and mature events.

Chai Lisen (2016) stated that UIL, as the most influential high school basketball league event management organization for American youth basketball events, has standardized management and diverse funding sources, mainly including advertising sponsorship, school grants, and alumni sponsorship.

Research on youth sport development indicates that the sustained popularity of sports such as basketball is influenced by several factors, including broad social participation, strong community support, and well-established talent development systems (Fraser-Thomas, Côté, & Deakin, 2005).

Wang Kangkang (2021) and others studied Texas, a well-known state in the field of American basketball, and stated that the current youth basketball competition has outstanding characteristics, a large event scale, many games, and a wide range of influence.

2. Basketball Competition Management

2.1 Athlete training and competition management

Liu Huiyun (2000) pointed out in "Competition system is the prerequisite for improving the technical level of college basketball": "At the current stage when the technical level of basketball in my country is not high, it is particularly important and prominent to pay attention to improving the development of college basketball to enhance the high-level technical and tactical competition of national basketball. Therefore, the improvement of the technical and tactical levels must be reflected in the competition. In other words, a reasonable competition system is needed to promote the faster improvement of the technical and tactical level."

Qu Xiaofeng (1997) pointed out in "A Comparative Study of Management Factors of High-level Sports Teams in Chinese and American Colleges and Universities": "Chinese school sports teams are mainly managed by the sports department in the following ways: one is to

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concentrate athletes of the same level in one major and put them in one class; the other is to arrange athletes to study liberal arts or social science majors. Training in Chinese schools is generally arranged in the afternoon, 4 to 5 times a week, 1.5 to 2 hours each time. The weekly training time is far less than the training volume of American college sports teams. In addition, due to the fixed 4- to 5-year school system, the contradiction between training and study for college athletes is very prominent, which is also an important reason why it is difficult for high-level college sports teams to ensure the quality of training. "The various single-sport associations, such as the College Basketball Association, the College Volleyball Association, the College Track and Field Association, etc., are all non-governmental organizations, lacking legal constraints and strict management of athletes and coaches."

2.2 Current status of research in China's sports management system

By consulting literature such as CNKI, Baidu Scholar, and Google Scholar, the following references were found in the research on my country's sports league management system:

Yang Guang's (2012) "Research on the Competition Management System of the Chinese Football Association Super League" compares the role, development status, and work content of the Chinese Super League management system with the management system of foreign top professional football leagues, points out the shortcomings of the Chinese Super League management system, and puts forward feasible development suggestions.

Fan Wei's (2010) paper "Research on the Management System and Operation Mechanism of Xi'an Folk Football League" studies and analyzes the management system and operation of the football league that has emerged from the folks in Xi'an, mainly including the rise of the league, the competition system, refereeing rules, and fees, and compares the management system of foreign folk football leagues and proposes: 1. Improve the organizational management system 2. The organizational management must be more standardized and professional. 3. Establish a multi-level competition system.

In summary, studies on China’s sports-league governance show that competition management is still dominated by centralized state control, though social and commercial actors are gradually being introduced to raise efficiency and professionalism. Research into professional and grassroots football highlights uneven competition standards, limited club autonomy, and narrow revenue channels, prompting calls for multi-tier league structures and redefined supervisory roles. In basketball, university and local tournaments remain reliant on government funding, feature strong administrative oversight, and lack clear athlete-eligibility screening and referee-training systems.

3. High-Altitude Training and Effect

3.1 Altitude

Refers to the vertical distance of a place above sea level. There are differences in geography, climate, human activities, and other environments in areas with different altitudes,

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which lead to differences in the physical development of people in different altitudes. Plateaus generally refer to areas above 500m above sea level. The four largest plateaus in China are the Qinghai-Tibet Plateau (average altitude above 4000m), the Inner Mongolia Plateau (average altitude 1000- 1200 m), the Loess Plateau (average altitude 800- 3000 m), and the Yunnan-Guizhou Plateau (average altitude 1000- 2000 m).

At present, according to the physiological response of the human body when exposed to the plateau environment, the plateau is divided into four altitudes internationally: 1. Moderate Altitude (MA), the altitude is between 1500~2500m. 2. High Altitude (HA), the altitude is between 2500~4500m. 3. Very High Altitude (VHA), the altitude is between 4500~5500. 4. Extreme Altitude (EA) is 5500~8844m. Plateaus where humans live or perform tasks for a long time are generally not more than 5500m.

Combining the theoretical research and practical application of plateau medicine, plateau exercise physiology, and plateau training at home and abroad, define the altitude of 1200~2000m as the lower altitude for plateau training; the altitude of 2000~2500m is the medium altitude for plateau training; the altitude of 2500~3000m and above is the higher altitude for plateau training. Among them, it is internationally recognized that the altitude of 2000~2500m is the most suitable altitude for plateau training.

3.2 High-Altitude training

With the rapid development of science and technology, various sports competitions have developed rapidly; the athletic ability of participants has continued to improve, and training measures to help athletes improve their performance have also been developed. Among them, one training method that has been continuously studied by sports teams and scientific researchers in various countries is plateau training. Plateau training refers to a method of organizing athletes into areas with suitable altitudes in a purposeful and planned manner for regular special sports training (Feng Lianshi, 1994).

The 1968 Olympic Games held in Mexico were located on a plateau at an altitude of more than 2,200 meters. Coaches from some countries believed that when athletes went from low altitudes to high altitudes to participate in competitions, their bodies would inevitably be restricted by low oxygen conditions, which would in turn affect their athletic ability. Therefore, before these Olympic Games, athletes from many countries with low altitudes were taken to high altitudes for training. Before participating in the Olympic Games, some countries even wanted to go to Mexico City for pre-match training.

4. POLC Management principle

Management refers to the process of planning, organizing, directing, controlling, and exercising the efforts of members of the organization and other resources to achieve the organization's goals (Nawikarn, 2004). In addition, it was found that there are people who define administration as follows:

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Robbins and Coulter (2018) defined administration as the process of accomplishing organizational objectives through the coordinated efforts of others, in which managers utilize organizational resources and perform key managerial functions, including planning, organizing, leading, and controlling, to effectively manage human and material resources and achieve organizational goals.

Most of the researchers divide the administrative functions into 4 sub-areas that are similar, but the activities are grouped differently according to the opinions of each researcher. In this research, the administrative functions are divided into 4 areas: 1. Planning, 2. Organizing 3. Leading 4. Controlling

Planning is a scheme or method of acting, doing, proceeding, making, etc., that is developed in advance. Coming up with a plan is the function of management. Kaewjamnong (2007, p. 87-88) summarized the importance of planning as follows:

1. Predictive: In every planning, the executive must forecast to predict what might happen in the future in the short, medium, and long term. This is to prevent or solve problems in time before those problems cause damage to the planned work.

2. Reduction of uncertainty: In planning, the planner must be aware of changes in various aspects that might change quickly. In addition to being able to predict problems that might occur from changes in the business environment, good planning will also help reduce the uncertainty of implementing the planned work.

3. Efficiency of action: In this case, planning and implementing according to the plan will help the work proceed in steps. Personnel are aware of their duties and responsibilities so that the work can achieve the same objectives because every task is well analyzed step by step.

4. Reduction of action: A well-planned plan provides a clear picture of the work according to the plan. Therefore, it leads people to work according to the structure of duties and responsibilities in each task. Such implementation helps personnel avoid duplicate work.

Organizing management is the determination of the position structure, roles, duties, and work of all sectors to be consistent, smooth, and without overlapping. Organizing management also includes organizing work to make it run without interruption. Allocate the right people to the job. Systematically manage work. To achieve the greatest work efficiency. Organization refers to the function of gathering and coordinating human, financial, physical environment, information, and other resources needed to achieve goals (Bateman & Snell, 1999, p. G-4). Organization is a process that scholars have given various perspectives, such as Hodgetts (1990, p. 138), who divided the organization process into 3 aspects:

1. Division of work
2. Grouping activities
3. Organizing departments to suit specific expertise.

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Leading

Richards and Engle (1986) stated that leadership is the use of influence to motivate employees to perform and lead to the achievement of specified goals, or is a management process for members of the organization to work together in various ways.

Controlling is taking care of personnel as well as performing various tasks. In accordance with the planned work plan, as well as following up and evaluating whether the performance is as planned or not. Achieve objectives or not, how much success? Controlling also means dealing with problems effectively. Efficiency has the least impact on work as well.

Dessler (2004) Control is the act of ensuring that the plan has already been laid out. It is carried out correctly and is effective in practice. And if necessary, the plan must be revised and reviewed to achieve the desired results.

Integrated effectively, the P-O-L-C framework elevates the quality, transparency, and sustainability of sports competitions, builds sponsor confidence, attracts audiences, enhances athlete development, and boosts the overall economic and social value of the sports industry.

Conceptual Framework

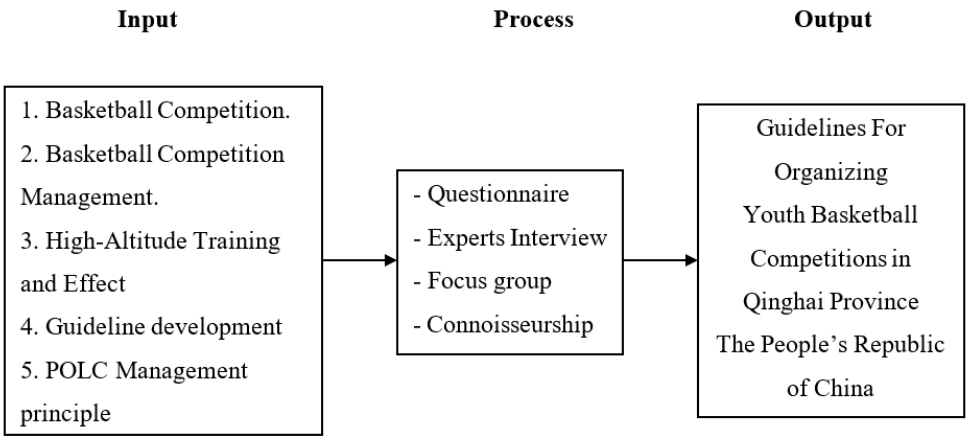


Figure 1 Conceptual Framework

Methodology

Population specification and size

The population of this study consisted of individuals directly involved in the organization and implementation of youth basketball competitions in Qinghai Province. For analytical clarity, the population was categorized into two major groups: The first group comprised administrative and managerial personnel, including youth basketball organizers, basketball club managers, and school directors who are responsible for policy formulation, competition planning, organizational coordination, and administrative decision-making; The second group consisted of technical and officiating personnel, including youth basketball coaches and

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basketball referees who are directly involved in athlete preparation, competition execution, rule enforcement, and on-court management.

Based on preliminary data obtained from local sports authorities, educational institutions, and basketball clubs, the total population relevant to this study is estimated to exceed 846 individuals, distributed across multiple cities and counties in Qinghai Province.

Samples

According to Krejcie & Morgan, the researcher will use a total sample size of 264 people. The researcher calculated the number of samples according to the proportion of the population, as shown in the table below.

Table 1 The sample size for the questionnaire survey from each group of participants.

No.	Participants Group	Population (people)	Sample (people)
1.	Youth basketball organizers	153	48
2.	Club managers	198	62
3.	Youth basketball coaches	296	91
4.	School director	101	32
5.	Basketball referee	98	31
	Total	**846**	**264**

Each group of samples was selected proportionally from various cities and counties in Qinghai Province, including Xining, Haidong, Hainan, and Yushu, to ensure geographical diversity.

Research participants

Using the purposive sampling method as follows:

1. 3 experts were used to determine the quality of the questionnaire (IOC): a basketball club manager, a basketball organizer, and a basketball coach.

2. 5 experts were used to interview experts to consult about the draft of the management guidelines for youth basketball competitions in Qinghai Province from the database on the current situation and problems, including 2 youth basketball organizers, 2 youth basketball coaches, and 1 physical education teacher.

3. The focus group method will involve a total of 9 experts, including 3 basketball organizers, 2 youth basketball coaches, 2 physical education teachers, and 2 basketball club managers.

4. Connoisseurship method using 7 experts, including 2 basketball organizers, 2 youth basketball coaches, 1 physical education teacher, and 2 basketball club managers.

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Research Instrument

1. Questionnaire for collecting the data

This questionnaire was developed to collect quantitative data regarding the current management and problems in organizing youth basketball competitions in Qinghai Province. The content was structured based on the four components of the POLC management model: Planning, Organizing, Leading, and Controlling. The questionnaire consists of both closed-ended (Likert-scale) and open-ended questions to capture a wide range of opinions from various stakeholders, including youth basketball organizers, club managers, youth basketball coaches, school directors, and basketball referees.

Part 1: Demographic information (age, role, experience, location)

Part 2: Main items covering 4 areas (Planning, Organizing, Leading, Controlling) with approximately 10-15 questions per area.

Scale: 5-point Likert scale (from Strongly Disagree to Strongly Agree)

Validation: The draft was reviewed by the basketball club manager, the basketball organizer, and the basketball coach to ensure content validity (IOC = 0.881)

2. In-depth Interviewing form to collect the data from experts

This semi-structured interview guide was designed to collect qualitative feedback and expert opinions on the initial draft of the proposed management guidelines. The interview aims to assess the feasibility, contextual relevance, and completeness of the draft guidelines. Target: 2 youth basketball organizers, 2 youth basketball coaches, and 1 physical education teacher.

Part 1: Introduction to the study and purpose of the interview.

Part 2: Open-ended questions covering each element of the proposed management guidelines.

3. Focus group guideline

The focus group discussion was conducted to refine and validate the first draft of the management guidelines based on group interaction and discussion among practitioners. This tool promotes collaborative reflection from a range of stakeholders. Participants: 9 experts, including 3 basketball organizers, 2 youth basketball coaches, 2 physical education teachers, and 2 basketball club managers. The experts will have recommendations for revision.

4. Evaluation form for connoisseurship

This evaluation form was used to assess the final version of the management guidelines through expert judgment based on the Connoisseurship Model. The form evaluates the quality, relevance, and practicality of the guidelines using clearly defined criteria. Evaluation criteria in 3 domains:

(1) Content accuracy and consistency

(2) Relevance to the local context

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(3) Practical feasibility

Data Collection

1. Survey of the Current Situation and Problems: Quantitative data were collected through a questionnaire administered to 264 participants, including youth basketball organizers, club managers, youth basketball coaches, school directors, and basketball referees.

2. Expert Interview: Semi-structured interviews were conducted with 5 experts (2 youth basketball organizers, 2 youth basketball coaches, and 1 physical education teacher). The purpose was to consult on the draft of the management guidelines for youth basketball competitions in Qinghai Province.

3. Focus Group Discussion: After creating the first draft based on expert interviews, a focus group discussion was held to validate the first draft. The session involved 9 participants.

4. Connoisseurship Evaluation: The finalized version of the management guidelines was evaluated by 7 experts using the Connoisseurship Evaluation Form. The evaluation focused on 3 criteria: accuracy, relevance, and feasibility.

Data Analysis

1. Evaluate the content validity of the questionnaire and interview form employing the Index of Items of Objective Congruence (IOC ≥ 0.6).

2. Use computer analysis software to collect and organize the data obtained from the questionnaire ($\overline{X}$, S.D., Percentage). The criteria for the 5-level evaluation scale (Likert Rating Scale) of Part 2 are as follows:

- An average score of 4.51 to 5.00 indicates a Very High
- An average score of 3.51 to 4.50 indicates a High
- An average score of 2.51 to 3.50 indicates a Moderate
- An average score of 1.51 to 2.50 indicates a Low
- An average score of 1.00 to 1.50 indicates a Very Low

3. Content analysis for interview, focus group method, and Connoisseurship method.

Results

Summary of questionnaire survey from technical and officiating personnel group: the findings revealed that the management of youth basketball competitions in Qinghai Province, based on the POLC framework, was rated at a high level across all components. The Planning component demonstrated strong overall performance, with a mean score of 4.25±0.63, indicating clear strengths in goal setting, transparency, safety planning, and long-term development orientation. The Organizing component also showed a high level of effectiveness, particularly in equipment preparation, facility management, and support services, with a mean score of 4.24±0.62. The Leading component reflected generally effective leadership practices, especially in providing direction, coordination with external

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organizations, and promoting teamwork, as indicated by a mean score of 4.20±0.63. In addition, the Controlling component exhibited strong mechanisms for monitoring competition performance, post-event evaluation, and continuous improvement, with a mean score of 4.18±0.64. Despite the overall high level of management performance, several aspects, including risk prevention planning, clarity of staff roles, systematic personnel development, and the verification of participant eligibility, were identified as areas requiring further enhancement to support the development of more comprehensive and effective management guidelines for youth basketball competitions in Qinghai Province.

Results of the draft guidelines for organizing youth basketball competitions in Qinghai Province, the People's Republic of China.

In this step, the researcher would draft the final guidelines for organizing youth basketball competitions in Qinghai Province according to the results of the focus group method under the POLC management principles. The final draft of guidelines for organizing youth basketball competitions in Qinghai province could be summarized as follows:

Table 2 The draft guidelines for organizing youth basketball competitions in Qinghai province.

No.	Guidelines
Planning	
1	Define clear and measurable competition objectives.
2	Develop annual and seasonal competition calendars early.
3	Set match schedules in advance and avoid school conflicts.
4	Integrate high-altitude health and acclimatization requirements.
5	Establish safety plans suited to Qinghai's environment.
6	Assign planning responsibilities clearly to all staff.
7	Involve all stakeholders in planning discussions.
8	Communicate rules and eligibility criteria clearly.
9	Select venues appropriate for altitude, safety, and accessibility.
10	Design age-appropriate formats and recovery times.
11	Prepare detailed budget and resource allocation plans.
12	Include strategies to increase youth participation.
13	Establish risk prevention and emergency response procedures.
14	Ensure fairness, transparency, and inclusiveness.
15	Plan long-term athlete development pathways.
16	Incorporate environmental sustainability considerations.
17	Prepare standardized planning templates and documents.
18	Develop weather-related contingency plans.
19	Align competition planning with school PE curricula.

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No.	Guidelines
20	Set planning performance indicators for later evaluation.
Organizing	
1	Establish a clear organizational structure.
2	Assign personnel according to expertise.
3	Use a centralized digital registration system.
4	Verify athlete identity, age, and eligibility.
5	Prepare venues according to youth basketball standards.
6	Provide standardized and backup equipment.
7	Ensure medical services are familiar with high-altitude risks.
8	Install hydration, shade, and rest stations.
9	Coordinate transport for teams from various altitude zones.
10	Provide suitable accommodation and meals when needed.
11	Use standardized forms and documentation systems.
12	Strengthen cooperation with schools and clubs.
13	Recruit and train volunteers effectively.
14	Implement structured spectator and crowd management.
15	Ensure gender-inclusive and accessible participation.
16	Conduct venue inspections at least two weeks before events.
17	Provide essential emergency equipment (O_2, AED, first aid kits).
18	Establish rapid communication channels for announcements.
19	Provide venue setup manuals for schools and clubs.
20	Develop logistics plans for equipment, staff flow, and zones.
Leading	
1	Communicate a clear vision for youth development.
2	Understand high-altitude health and performance effects.
3	Maintain transparent and timely communication.
4	Motivate staff and volunteers effectively.
5	Encourage participatory decision-making.
6	Ensure fairness and ethical leadership.
7	Respond effectively to emergencies.
8	Demonstrate professionalism and positive leadership behavior.
9	Resolve conflicts through formal processes.
10	Promote training for coaches and referees.
11	Strengthen parent and community involvement.
12	Respect Qinghai's cultural diversity.

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No.	Guidelines
13	Emphasize educational and developmental values.
14	Promote continuous improvement practices.
15	Build partnerships with relevant sports and health agencies.
16	Provide clear pre-event and daily briefings.
17	Apply youth-centered decision-making.
18	Promote athletes' psychological safety and well-being.
19	Monitor altitude adaptation and health-care practices.
20	Publicly acknowledge contributions of staff and teams.
Controlling	
1	Monitor competition operations continuously.
2	Enforce rules and eligibility standards consistently.
3	Evaluate referee performance systematically.
4	Apply standardized timing and scorekeeping procedures.
5	Monitor athlete health and altitude-related symptoms.
6	Record incidents and maintain systematic documentation.
7	Conduct post-competition evaluation meetings.
8	Collect feedback from all stakeholders.
9	Analyze competition KPIs (injuries, delays, satisfaction).
10	Maintain transparent and accurate financial records.
11	Ensure compliance with safety and legal regulations.
12	Regularly review and revise competition guidelines.
13	Use digital systems for data storage and reporting.
14	Implement corrective actions before future events.
15	Track long-term athlete development.
16	Audit venue safety during and after events.
17	Monitor referee decision accuracy.
18	Evaluate equipment performance and safety.
19	Review spectator behavior to improve safety.
20	Conduct external quality evaluations when necessary.

Table 2 found that the revised guidelines for organizing youth basketball competitions in Qinghai Province were enhanced based on expert recommendations and expanded to provide a more comprehensive, systematic, and context-appropriate framework. The guidelines now include a total of 80 items, organized under the POLC management framework to address planning, operational management, leadership, and control mechanisms suitable for high-altitude environments and youth development needs. The

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Planning component includes 20 guidelines, focusing on competition objectives, safety planning, resource allocation, environmental considerations, and long-term development pathways. The Organizing component contains 20 guidelines, emphasizing structural organization, personnel assignment, venue preparation, medical support, logistics, and technological systems. The Leading component consists of 20 guidelines, highlighting communication, motivation, ethical decision-making, cultural sensitivity, crisis leadership, and youth-centered practices. Finally, the Controlling component includes 20 guidelines, covering monitoring, enforcement, evaluation, data management, feedback processes, and quality assurance mechanisms. Collectively, these expanded guidelines provide a robust, safety-oriented, and development-focused framework for improving the quality and effectiveness of youth basketball competitions in Qinghai Province.

The results of verifying the guidelines for organizing youth basketball competitions in Qinghai Province, the People's Republic of China.

In this step, the researcher would use the guidelines for organizing youth basketball competitions in Qinghai Province as an instrument to request advice and evaluation results from 7 experts, including 2 basketball organizers, 2 youth basketball coaches, 1 physical education teacher, and 2 basketball club managers. The experts must have more than 7 years of direct professional experience in basketball organization, coaching, or management.

In summary, the final draft of guidelines for organizing youth basketball competitions in Qinghai Province is both scientifically sound and highly feasible for real-world implementation. Experts consistently agreed that the guidelines demonstrate strong academic grounding through the integration of high-altitude physiological considerations, comprehensive safety measures, and evidence-based management principles. The structure based on the POLC framework was viewed as systematic, practical, and easy for practitioners to apply. In terms of feasibility, experts emphasized that most guidelines, particularly those related to safety planning, venue inspections, competition scheduling, coach development, and documentation systems, can be effectively implemented with the current resources available within schools, clubs, and organizing bodies. Although minor challenges were noted regarding technology use and resource disparities in rural areas, these did not undermine the overall credibility of the guidelines. Collectively, the experts affirmed that the guidelines are reliable, context-appropriate, development-oriented, and capable of significantly enhancing the quality, safety, and professionalism of youth basketball competitions in Qinghai Province.

Discussion

For the administrative and managerial personnel group, the Planning component achieved the highest mean score (4.27±0.61), reflecting strong performance in transparency and safety planning. This finding is consistent with Kaewjamnong (2007), who emphasized that

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effective planning reduces uncertainty, enhances efficiency, and minimizes operational risks. Previous studies on youth basketball governance in China similarly highlighted that clear objectives, safety considerations, and systematic scheduling are critical for the successful organization of competitions (Ji, 2019; Li, 2018). Given Qinghai's unique geographical and environmental conditions, strong planning capacity is particularly important to address logistical complexity and participant safety.

The Organizing component for administrative personnel (4.22±0.63) indicated high readiness in equipment provision, facilities, and support services. This aligns with Hodgetts' (1990) concept of organizing as a process of coordinating human and material resources to ensure smooth operations. Research on basketball league management in China has repeatedly identified facility preparation and logistical coordination as key determinants of competition quality (Chen, 2017; Cao, 2013). The findings of this study suggest that Qinghai's youth basketball competitions have developed relatively sound organizational foundations.

Leading practices were also rated at a high level (4.18±0.64), particularly in providing direction, coordination, and team cooperation. This supports Richards and Engle's (1986) view that leadership functions through influence, motivation, and coordination to align organizational members toward shared goals. Similar conclusions were drawn by Liu Changjun (2015) and Wang Chao (2016), who noted that effective leadership is essential for coordinating multiple stakeholders in youth sports competitions.

The Controlling component (4.16±0.65) reflected strong mechanisms for monitoring, post-event evaluation, and continuous improvement. This finding is consistent with Dessler's (2004) definition of control as ensuring that activities are implemented according to plan and adjusted when necessary. Prior studies on basketball competition systems in China emphasized that systematic evaluation and feedback mechanisms are crucial for improving competition quality and governance transparency (Xu, 2006; Zhao et al., 2006).

Similar patterns were observed in the technical and officiating personnel group, where all POLC components were rated at a high level. Planning (4.25 ± 0.63) emphasized goal clarity, safety planning, and a long-term development orientation, supporting research that highlights the importance of structured planning and systematic training frameworks for sustainable youth basketball development (Bonal et al., 2020). Organizing (4.24±0.62) confirmed that technical staff perceived logistical and facility arrangements as effective, consistent with Chen Mingxiang's (2008) and Ji's (2019) conclusions regarding the importance of standardized organizational systems.

Leading (4.20±0.63) and Controlling (4.18±0.64) were also positively evaluated by technical and officiating personnel, suggesting shared perceptions of leadership effectiveness and monitoring practices across stakeholder groups. This convergence supports earlier

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research indicating that unified governance structures contribute to stability and professionalism in sports competitions (Fan, 2010; Wang, 2021).

Recommendation

Application of the research

1. Integrate the finalized POLC-based guideline into provincial youth basketball administration, particularly for planning, staff allocation, safety management, and competition control in high-altitude environments such as Qinghai.

2. Implement mandatory pre-competition acclimatization protocols for all participating youth teams to reduce altitude-related risks and enhance physiological readiness, as validated by expert evaluations.

3. Develop a standardized high-altitude safety and medical response system, including on-site medical personnel trained in altitude sickness, accessible oxygen supply stations, AED units, and continuous health monitoring throughout the event.

4. Establish a unified organizational structure within Qinghai's youth basketball system to coordinate logistics, refereeing, scheduling, venue management, and emergency procedures according to the operational guidelines developed in this study.

For further research

1. Conduct longitudinal evaluations of guideline implementation to examine its impact on athlete safety, performance, organizational efficiency, and stakeholder satisfaction across multiple competition seasons.

2. Investigate physiological responses of youth athletes to high-altitude competition environments, focusing on variables such as speed endurance, anaerobic capacity, recovery patterns, and injury trends during extended tournaments.

3. Explore comparative analyses between low-altitude and high-altitude youth basketball competitions, examining differences in competition load, player adaptation, scheduling needs, and management strategies.

4. Examine the effectiveness of various acclimatization protocols (e.g., short-term vs. long-term, live-high/train-low approaches) to determine optimal strategies for youth athletes competing in plateau regions.

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