



Domestic Coaches Guide

'Fun, fitness and friendship'

The WBA are dedicated to providing the best possible experience for players of all ages and abilities. We believe that the values, skills and friendships gained through active and fair participation in recreational sport from a young age contributes to the development of resilience, confidence and health among young women and men.

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I. Introduction

Thank you for volunteering to coach a junior domestic team at the Wodonga Basketball Association (WBA).

The WBA have provided this publication to assist you in your role, and help you to have a positive impact on the junior players you will be guiding. Should you have any further questions during your time as a junior domestic coach, please direct these to our Administrator in the office.

II. Requirements for Junior Domestic Coaches

Basketball Victoria require that all junior domestic coaches who are 18 years or older hold a current Working With Children Check (WWCC).

- If you hold a current WWCC, details will need to be provided to the Administrator in the office.
- If you do not hold a current WWCC, you will need to apply for one. Applications are submitted on line and are free of charge for volunteers. Go to <http://www.workingwithchildren.vic.gov.au/> for further information on how to apply.

All junior domestic coaches are required to read and sign the Junior Domestic Coaches Code of Conduct found in appendix A of this document. Signed forms are to be returned to the office.

III. Role of the Junior Domestic Coach

The role of the coach is to assist players of all abilities on your team to

1. Enjoy their basketball experience,
2. Be valued for their participation in and contribution to the game, and
3. Develop their basketball skills, learn and improve,

all within a safe, healthy and positive team environment which fosters fair play, good sportsmanship, and celebration of both individual and team achievements.

In line with the above role, the WBA has minimum expectations of all junior domestic coaches:

1. To abide by the WBA Coaches Code of Conduct (which is aligned with the Basketball Victoria Coaches Code of Conduct), a copy of which has been included in appendix A of this document.
2. Substitution of players throughout the game, ensuring equal court time for all players in all games, including finals
3. Calling of 'time outs' during the game in order to provide rest breaks for players and / or discuss game plays or provide feedback
4. Focus on player enjoyment of the game, development, and overall team spirit and improvement, not just on goals and scoreboards
5. Provision of a supportive and inclusive team environment for new or less experienced players
6. Provision of constructive and encouraging feedback to all players
7. Refrain from swearing, or the use of abusive or intimidating language or actions
8. Demonstrate and promote appropriate personal and social behaviour
9. Respect for rules, and other parties associated with the game

A breach of the Basketball Victoria Coaches Code of Conduct, or the expectations outlined above, may result in disciplinary action by the WBA Executive Committee, or Tribunal, including the issue of a warning, a suspension or termination.

IV. Before the Game

- **Arrive Early** - Encourage all players to arrive at least 10 minutes before their game time so they have adequate time to warm up and so you as a coach know how many players you have to substitute.
- **Collect tickets** – Collect game tickets from each player. Tip: Write the players name on the ticket as they hand it to you. By 1/2 time when you have to hand them to the referee, it is easy to forget who gave you what.
- **Warm Up** - The aim is to get the players moving so their bodies are ready for the game. Activities include simple lay – ups with a rebounder, Cincinnati Drill, Bandits Drill etc. Tip: Search for these online or ask a Committee Member to show you these drills.
- **Clear Instructions** - About 1 minute before the game starts get all your players together and let them know who is on the court and who is on the bench. Keep instructions simple and clear. E.g. Let's look down court for a pass or let's play close man on man defence tonight.

V. During the Game

- **Watch your new players** - Your new team will most probably consist of 6 to 8 players, some experienced, some new to the game. Identify the new players, they may require some additional help with their game in the early weeks.
- **Court time** - In our Junior Domestic competition it is vital that all players are rotated as evenly as possible throughout the game so all players have the same opportunity to develop as basketballers. The emphasis is not on winning the game but rather providing quality coaching where all players, regardless of their ability, have an opportunity to learn and improve. Get into the habit of calling for a sub every 3-5 minutes, and ensure that all players have been on the court by 1/2 way through the first half. Rotate the starting 5 week to week.
- **Substitutions** - To simplify the management of substitutions it is recommended that you keep a substitution table and write down the number 1 against the first player on the bench, 2 against the next, etc. as they are subbed off. Then all you have to do is look at the table and you will see who the next player(s) to be subbed onto the bench. Tell the players waiting on the bench that "when the clock gets to X time you will sub Y player". When it gets to around 30 seconds – 1 minute from the sub time get the player to walk to the bench and say "Next sub please". Tip: *Players call subs and coaches call Time Outs. Never the other way around.*

A team list/substitution template is included in appendix B of this guide.

- **Rules** – As a coach it is important that you understand the rules of the game although it can be difficult to remember them all. If in doubt ask a referee to clarify a rule at the next Time Out or ½ time. The Association has also altered some rules for each age group to provide discretion for the referees with some of the more technical rules at the lower age groups and to ensure the ball get shared around and that defence is not overly forceful. The full list of altered rules is included in appendix C of this guide.
- **Time Outs** –Coaches can call up to 2 Time Outs per half. When your team has a time out, ensure players on the court get a drink to replace lost fluids. Let them drink while you are talking to them. Get all players attention before you talk, have them look at you and ask them to listen. Congratulate players for their great work, for the good pass, the good rebound, and the good defence, etc. If the team or player is playing badly, do not single out the individual players for their mistakes; talk to the team as a whole. You only have 1 minute for a time out, you may have called the time out to tell the players to watch their passing; maybe they are throwing it to

the opposition too much. Explain how you want them to pass, and where you want them to be, do not try to cover every aspect of their game. Adopt the KIS principal "keep it simple".

- **Mercy Rule** – During the course of any junior game, if the winning team leads by twenty (20) points or more they must move their man-to-man defence back to their defensive 3-point line. This rule will be enforced by the referee and team coach. As the coach can use this as a chance to develop different skills within your team which allows the other team a chance to develop without being constantly bombarded by aggressive defence. Examples might be:
 - Designate a ball dribbler for two or three minutes who doesn't usually dribble the ball.
 - All players need to lay the ball up with their non-dominant hand.
 - Make players only take set shots from outside the key way.
- **Discipline** - At times during a game, players may need to be disciplined. Coaches should consider 'benching' players if they receive technical fouls for disrespecting officials, become physically or verbally aggressive or swearing. It may be beneficial to talk to players individually away from the rest of the team, as singling out individuals in front of their peers can be embarrassing. If there is continued poor discipline or behaviour, bring it to the attention of the Association.
- **Injuries** - Show concern and take responsibility for players who are sick or injured whilst under your care. If a player is injured on court, make sure that there is no danger of further aggravation of the injury by prompt removal of the player if this is appropriate. Any injuries that occur during a game should be noted with as much detail as possible.
- **Physical contact** -Ensure that any physical contact with a player is appropriate. Physical contact between a coach and a player except that which would be considered usual social contact such as the shaking of a hand or a "high five" should be rare. Gestures which can be well meaning, or even considered by some to be acceptable, may be unacceptable to others. Sometimes physical contact can be misinterpreted. Particular care needs to be taken in coaching children. Ensure that if there is physical contact with a player that it is appropriate to the situation and necessary for the player's skill development.

VI. Offence – (when you have the ball)

- **Outlet Pass:** When a player rebounds the ball, encourage the player to look both left and right for a pass before dribbling. If all players are covered then the player should dribble. Passing the ball ahead to teammates is a far quicker and more efficient way to get the ball down the court than one player dribbling. It also brings other players into the game.
- **Dribble Through Middle of Court:** A player must be encouraged to dribble through the middle of the court as much as possible even if this requires the player to use their non-dominant hand. Dribbling down the middle of the court allows players to pass left and right and will limit turnovers caused by getting pushed onto the sideline.
- **Eyes Up:** The player needs to keep their eyes up looking ahead at all times whilst dribbling. This allows the player to see open teammates and also oncoming defenders. It's important for teammates to help the ball dribbler by making hard fast cuts to get open to receive the pass too.
- **Ball Movement & Spacing:** Once the ball is in the team's offensive half it is encouraged to pass the ball around until an open shot is available. Encourage the players to move the ball from one side of the three point line to other. When a player passes the ball they should look to move to open space rather than standing still. When they move they should call for the ball and have their hands up ready to receive the ball. If a player is open and close to the basket they should be encouraged to shoot.

VII. Defence – (when the opposition have the ball)

- **Man to Man defence** – Up to Under 14's, man to man defence is compulsory, i.e. a defensive player must be guarding a player in offence at all times or put another way, you cannot play zone defence. All other junior age groups are encouraged to play man-to-man defence at all times. At the start of the game have your players match up against the opposition; tell your players that they are to play defence on the player they are matched to. When subs are called, make sure the player coming off the court tells the player coming onto the court, who they are playing on.
- **Rebounding:** When the opposition shoots, encourage players to box out their players by putting their bodies between the ring and their opponent and maintain their position by squatting and getting low.

VIII. After the game

- **Shake hands** – Thank the scorers and referee and shake hands with the coach and players of the opposing team.
- **Talk to your team** - At the conclusion of the game, regardless of if you won by 20 or lost by 50, get your team to the bench and congratulate everybody on a great game. Give a quick summary of the game, mostly the highs; do not dwell on the lows. Talk to your team about a couple of things they might practice on during the week to improve their game. Remind them about training, we all improve our skills at a much faster rate if we practice them.

IX. Frequently Asked Questions for Junior Domestic Coaches

Do I have to be a parent of a player to be able to coach a junior domestic team?

No. Parents, guardians, friends or other players looking to develop skills and assist our junior players are encouraged to volunteer to coach a team.

Can I coach a team if I've never played basketball before?

Yes. A coach does not have to be an expert on basketball. The coach is there to provide support and guidance, and ensure that players of all ages and abilities are provided with the opportunity for a great basketball experience.

Do I have to be over 18 years old to coach a junior domestic team?

No. However, if you are under the age of 18 it is a requirement that you have the permission of a parent or guardian.

Am I responsible for the supervision of the junior players in my team?

No. Parents are responsible for the supervision of their own children whilst at the Wodonga Sports and Leisure Centre.

Can I request to have certain players on my team?

No. The WBA uses age group pooling coordinators to assist in creating a competition which is as even as possible. Coaches may not choose their teams.

Can I obtain player contact details from the office?

No. The office is not authorised to release personal information of players or their families to coaches. If you require player contact details, it is recommended that you ask the players and / or their parents to provide these to you personally. The office can however convey a message to a player or their family on your behalf.

Not all of my players have turned up to play – can I use fill-in players to make a full team?

In line with the WBA by-laws, junior teams may include up to two (2) fill-in players from a lower division/age group to make a maximum of five (5) players. There must be a minimum of three (3) members of the original team to create a game.

What should I do if a player on my team is injured or ill?

- Immediately request a player substitution or time out.
- If the player requires assistance to leave the court, check with the referees before stepping onto the court to provide aid.
- If the player is unable to move, or is unconscious, the Administrator in the office should be immediately notified so that an ambulance can be called.
- Ice can be obtained from the front desk at the Wodonga Sports and Leisure Centre
- If after some time on the bench an injured or ill player indicates that they are ready to resume play, the coach should check with the player's parent(s) or guardian before substituting that player back on to the court. If the coach does not agree that a player is fit to take the court, then the coach may decline to allow the player to re-enter the game.

- A bleeding player must be substituted, and cannot re-enter the game until the bleeding has been stopped.

What happens if I can't find a parent to score?

Each team is required to provide a scorer. Although the coach may be approached by the referees to assist in finding a scorer for the team, it is not the coach's role to either be the scorer, or to coordinate parent volunteers to score each week. If a parent has not volunteered to score, then the coach should ask the players to approach their parent(s) / guardian before game start, and request that one of them volunteer to score for the night. If no volunteers agree to score, then the coach may ask a player to score (and substitute that player during the course of the game). In the case that a team does not provide a scorer, then in line with the WBA by-laws, a 10 point penalty may be applied to the team at half time by the referees.

What happens if one of the players is not in the correct uniform?

In line with the WBA by-laws, a junior team may be penalised five (5) points for each player wearing the incorrect shorts, and ten (10) points for each player wearing the incorrect singlet, unless special permission is sought from the Administrator. The application of this penalty is at the discretion of the referees. If a coach is made aware of a uniform violation before game start, the coach may:

- Approach the player's parent / guardian and advise of the uniform violation. In some cases, a parent / guardian may be able to arrange for a correction before game start.
- Send the player to the office to check if there are any spare items of clothing which can be used during the game. The office holds a number of spare black basketball shorts, and can also arrange access to bibs and singlets if required.

The WBA do not encourage coaches to keep a junior player wearing the incorrect uniform off the court simply to avoid the 5 or 10 point penalty.

What is a technical foul?

A non-contact foul of a behavioural nature including, but not limited to:

- Disregarding warnings given by officials.
- Disrespectfully touching the officials, the scorers or bench personnel.
- Disrespectfully communicating with the officials, scorers, or the opponents.
- Using language or gestures likely to offend or incite the spectators.
- Baiting an opponent or obstructing his vision by waving his hands near his eyes.
- Excessive swinging of elbows.
- Delaying the game by deliberately touching the ball after it passes through the basket or by preventing a throw-in from being taken promptly.
- Falling down to fake a foul.
- Hanging on the ring in such a way that the weight of the player is supported by the ring, unless a player grasps the ring momentarily following a dunk shot or, in the judgement of an official, is trying to prevent injury to himself or to another player.

A technical foul by team bench personnel is a foul for disrespectfully communicating with or touching the officials, or an infraction of a procedural or an administrative nature.

A player shall be disqualified for the remainder of the game if charged with 2 technical fouls.

Do I have to allow parents, friends or siblings of players to sit on the bench?

No. The bench area is designated for the coach and players. The coach may request that other parties leave the bench area if they feel it is warranted.

Can the coach leave the team bench area during the course of the game e.g. to wander up the sideline to call out to players?

Generally no. In accordance with article 7.5 of the FIBA official basketball rules, a coach may address players during a game, but must remain within their team bench area. Modified rules for the U10 competition may however allow the coach to step onto the court during the game.

Due to other commitments I can no longer coach – what should I do?

If during the season you are no longer able to coach, please notify the office. It is also helpful if you are able to give notice to the players and parents on your team so that others have time to consider volunteering to take on the role.

I'm sick and can't coach a game on the night – what should I do?

If you are able to notify the office of your absence, they can in turn let the team know on the night so that another parent can step forward to coach for that game.

I've been notified that we have less than 3 players, and we'll need to forfeit – how do I let everyone know?

Contact the office and advise your name, and the team details including age group and division, and team name. The Administrator will attempt to contact the opposing team to advise them of the forfeit.

Do I need to keep records?

No. You may however be asked by the WBA committee to provide information, evidence or feedback relating to any incidents which might have occurred during one of your games. Additionally, at the end of each season, you will be asked by the age group pooling coordinators to provide feedback regarding the ability and height of the players on your team.

What should I do if a parent has a complaint?

If you are able to address the complaint yourself, then please do so. If not, please direct them to the office.

What should I do if I have a complaint or wish to protest the results of a game?

- During a game, you can call a time out and discuss any issues or complaints with the referees.
- The Coach may also request the attendance of the referee supervisor at the game if warranted.
- If you wish to report an incident, or provide details in writing relating to a dispute or grievance, please contact the Administrator in the office who will provide you with the appropriate forms

Is there any way I can further develop my skills as a coach?

Yes. Should you wish to undertake formal training, courses for coaches are available. Although these courses are not free of charge, some may be subsidised by the WBA. Please register your interest with the Administrator in the office, who will pass your details on to the committee.

X. APPENDICES

A. WODONGA BASKETBALL ASSOCIATION JUNIOR DOMESTIC COACHES CODE OF CONDUCT (adopted with modifications from the Basketball Victoria Coaches Code of Conduct)

1. Remember that basketball is for enjoyment.

Remember that basketballers play for fun and enjoyment and that winning is only part of their motivation. Always make sure that participants are made to feel welcome whenever they attend for a match. Ensure that activities are carefully planned, well structured and varied to provide opportunities for individual and team development. Be willing to depart from the plan to take advantage of an unexpectedly high interest in a particular activity. Never ridicule players for making mistakes or losing a competition. See errors or losses as an opportunity to learn in a constructive way. Comment in a way that is positive and designed to create interest, involvement and development.

2. Be reasonable in your demands

Be reasonable in your demands on players' time, energy and enthusiasm, taking into account their age, level of play. Young children are likely to have short attention spans. They may have plenty of energy but are likely to need more guidance on how best to look after their bodies. The differences in physical and mental maturity can be quite marked in younger children of the same age group. All these factors need to be considered in coaching young children. Older children have greater demands from their studies and many of them need to work to assist their schooling. They also have many social demands. Try to assist them in achieving a good balance between the various demands on them. Adults should in most cases be capable of making their own decisions on priority between basketball and other demands such as work, family and social engagements. Respect those decisions.

3. Teach understanding and respect for the rules.

Teach your players that understanding and playing by the rules is their own responsibility and that the rules exist for the safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of their lives. Do not encourage players to ignore or deliberately break any rules.

4. Give all players a reasonable amount of court time.

All players need and deserve reasonable court time. Avoid over-playing the talented players. It is unfair to both them and those who are not so talented. Players cannot improve without the opportunity of a reasonable amount of match practice. Talented players can burn out. Having no or little time in court can cause players to suffer from morale problems and they can lose interest in the sport altogether.

5. Develop team respect for the ability of opponents including their coaches.

Part of participation in sport is respect for all participants in the game. Encourage your players to accept that their opponents are entitled to proper courtesy. This means introducing themselves to their opponents on court, congratulating them whether they win or lose and accepting loss gracefully. Teach them that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. Instil in your players respect for officials and an acceptance of their judgement.

Players should be taught to understand that officials have a very difficult task to perform and that without them games could not be played. They are there to enforce the rules of play but they cannot always be right. Teach your players to accept bad calls graciously. Abuse of referees is unacceptable behaviour that should not be tolerated. Players who consistently dispute decisions or do not accept bad decisions should be singled out for counselling and guidance.

7. Guide your players in their interaction with the media, parents and spectators.

It is sometimes very difficult for players to concentrate on the game when there is the distraction of the presence of friends and relatives as spectators. Coaches have a difficult role to play in teaching players respect for their parents and other spectators but also teaching them to maintain concentration on the team plan if spectators become overenthusiastic. Parents sometimes make demands on their children's time which interferes in their basketball activities. Respect this and try to structure your coaching and their playing times and obligations to take those demands into account. The coach's task is not easy. The presence of media at a basketball game can lead to a temptation by some players to "show off" or otherwise act differently from how they would act normally. Encourage your players to not be awed by the presence of the media. Also teach them that if they are approached for an interview after a game they are representing the whole sport and should behave accordingly.

8. Group players according to age, height, skills and physical maturity, whenever possible.

Uneven competition can lead to a loss of enthusiasm. Coaches should always try and group players of reasonably equal ability. In coaching children it is important to remember the different maturity rates for children of the same age. A player in their early teenage years may be the tallest in their team and yet because they have matured early, be one of the shorter players in only a brief time. Coaches must be ever vigilant to ensure that changes in height and other physical characteristics are noticed and acted upon.

9. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

In our increasingly litigious and accountable society, all those involved in sport have a responsibility to take all reasonable steps to ensure the safety and well being of participants. Coaches are in a unique position to control many of the factors which can have an effect on this welfare. Coaches should be aware of the dangers factors such as heat and dehydration, wet floors and other potentially hazardous environmental situations can cause. A coach has a responsibility to avoid putting players into dangerous conditions.

10. Be prepared to lose sometimes.

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals. Guide your players to accept a loss in this spirit.

11. Act responsibly when players are ill or injured.

Show concern and take responsibility for players who are sick or injured whilst under your care. If a player is injured on court, make sure that there is no danger of further aggravation of the injury by prompt removal of the player if this is appropriate.

12. As well as imparting knowledge and skills, promote desirable personal and social behaviours.

Be aware of the role of the coach as an educator. Particularly with young people, the way they perform in their lives is influenced by many factors. An important influence is the person they see as a role model. Coaches often take on the part of role model for many young people. It is therefore important to ensure that the influence from coaches is seen in a positive light rather adversely. What you say and how you act can be most important in modelling the behaviour of players.

13. Keep your knowledge current.

Seek to keep abreast of current bylaws and rules. Ensure that the information used is up to date, appropriate to the needs of players and takes into account the principles of growth and development of children. Players cannot learn from you if your skills and knowledge are inadequate.

14. Ensure that any physical contact with a player is appropriate.

Physical contact between a coach and a player except that which would be considered usual social contact such as the shaking of a hand or a "high five" should be rare. Gestures which can be well meaning, or even considered by some to be acceptable, may be unacceptable to others. Sometimes physical contact can be misinterpreted as sexual harassment or even molestation. Particular care needs to be taken in coaching children. Ensure that if there is physical contact with a player that it is appropriate to the situation and necessary for the player's skill development.

15. Avoid personal relationships with players.

Personal relationships with players can often be misinterpreted as something sinister. Friendship with players is essential to building trust between a coach and players. However, the power imbalance in a coaching situation can make it unwise for a relationship to develop beyond friendship. Particular care must be taken when coaching children.

16. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

17. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you and your players do not abuse anything provided for use. Discourage players from hanging off hoops or “slam dunking”. Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

I have read, understand and agree to abide by the Coaches Code of Conduct for Junior Domestic Basketball at the Wodonga Basketball Association.

Coach Name: _____

Coach Signature: _____

Date: _____

If coach is under 18:

Parent /Guardian Name: _____

Parent /Guardian Signature: _____

Date: _____

B. PLAYER SUBSTITUTION TABLES

Team of 6 Players	
Time on Clock	Player on Bench
20.00 Start of Game	1
16.30	2
13.00	3
9.30	4
6.00	5
2.30	6
20.00 Half Time	1
16.30	2
13.00	3
9.30	4
6.00	5
2.30	6

Team of 7 Players	
Time on Clock	Player on Bench
20.00 Start of Game	1, 2
16.00	3, 4
12.00	5, 6
8.00	7, 1
4.00	2, 3
20.00 Half Time	4, 5
16.00	6, 7
12.00	1, 2
8.00	3, 4
4.00	5, 6
All players on bench 3 times during game except player 7. Rotate players to position 7 each week to be fair.	

Team of 8 Players	
Time on Clock	Player on Bench
20.00 Start of Game	1, 2, 3
15.00	4, 5, 6
10.00	7, 8, 1
5.00	2, 3, 4
20.00 Half Time	5, 6, 7
15.00	8, 1, 2
10.00	3, 4, 5
5.00	6, 7, 8

C. ALTERATIONS TO RULES FOR EACH AGE GROUP (FROM APPENDIX 7, WBA BY-LAWS)

	10 & Under Div 2	10 & Under Div 1	Under 12	Under 14 &above
Coach on the court	YES – must be out of the line of play	YES – walking the sidelines only	NO	NO
Limit of personal points per player	10 points (11 if the last 2 come from a field goal or a set of free throws) Players should then be encouraged to pass to team mates PENALTY = Violation & cancel points	No limit No – must remain within their bench sideline area	No limit	No limit
Rules about substitutions	Frequently, allowing for even court time for all players MANAGEMENT = Players must request a substitution from the score bench. Referees will permit players to the court once advised at the next dead ball period (Whistle blown)	Frequently allowing for even court time for all players MANAGEMENT = Referee to stop play for subs when advised by score bench	Coaches discretion MANAGEMENT = Referee to stop play for subs when advised by score bench	Coaches discretion MANAGEMENT = Ref to stop play for subs when advised by score bench
Defensive set-up	Man to man. No Zone PENALTY = Remind the coach. Violation for repeated infractions	Man to man. No Zone PENALTY = Remind the coach. Violation for repeated infractions	Man to man. No Zone PENALTY = Remind the coach. Violation for repeated infractions	Man to man. Zone permitted from 16's PENALTY = Remind the coach. Tech foul on coach for repeated infractions

	10 & Under Div 2	10 & Under Div 1	Under 12	Under 14 &above
Pressing defence	<p><u>Rounds 1 – 4:</u> Set the defence behind the 3 point line.</p> <p><u>Round 5 onwards:</u> Set the defence behind the centre-line</p> <p>PENALTY = Talk to the coach. Violation for repeated infractions</p>	<p><u>Margin under 20 points:</u> Full court defence permitted</p> <p><u>Margin greater than 20 points: Mercy Rule</u> Set defence behind the centre-line</p> <p>PENALTY = Talk to the coach. Violation for repeated infractions</p>	<p><u>Margin under 20 points:</u> Full court defence permitted</p> <p><u>Margin greater than 20 points: Mercy Rule</u> Set the defence behind the centre-line</p> <p>PENALTY = Talk to the coach. Violation for repeated infractions</p>	<p>Coach's discretion. Good sportsmanship to be applied.</p> <p><u>Margin greater than 20 points: Mercy Rule</u> Set the defence behind the centre-line</p> <p>PENALTY = Talk to the coach. Violation for repeated infractions</p>
Dribbling restrictions	<p>Players must pass the ball after five (5) bounces, before a shot can be made. AIM: To prevent more skilled players from going 'coast to coast'.</p> <p>PENALTY = Violation</p>	No restrictions	No restrictions	No restrictions
Time permitted in the backcourt	Unlimited	8 seconds maximum – use discretion	8 seconds maximum	8 seconds maximum
Centreline Violation	Rule does not apply	Apply the rule	Apply the rule	Apply the rule
Offence in the key	Approximately 5 seconds. Use discretion	3 seconds maximum	3 seconds maximum	3 seconds maximum
Travel violations	<p>Use discretion</p> <p><u>'Shuffling'</u> – may be permitted if no advantage gained.</p> <p><u>Several steps in one direction</u> – must be called</p>	Apply the travel rule	Apply the travel rule	Apply the travel rule
	10 & Under Div 2	10 & Under Div 1	Under 12	Under 14 &above

Double dribble	Not permitted	Not permitted	Not permitted	Not permitted
Two handed dribble	<p><u>Rounds 1 – 4:</u> Use discretion. May allow an ‘accident’. Teach as you go.</p> <p><u>Round 5 onwards:</u> Not permitted</p> <p>PENALTY = Violation</p>	Not permitted	Not permitted	Not permitted
Fouls	5 Personal Fouls must be subbed but can return after 5 minutes on the bench, at the next possible substitution	5 Personal Fouls must be subbed No further part in game	5 Personal Fouls – no further part in game	5 Personal Fouls – no further part in game
3 point shot successful	Not permitted – count as 2 points	Not permitted – count as 2 points	Not permitted – count as 2 points	Permitted
Free throw shooter position	Reduced free throw line bottom of circle	Reduced free throw line	Div 2 Reduced free throw line	Regular free throw line
Ring height	Lowered rings	Regular ring height	Regular ring height	Regular ring height