

# BASKETBALL OTAGO

## JUNIOR BASKETBALL COMPETITION



### Competition Match Rules

Revised March 2024

Basketball Otago Junior Basketball Competition uses basketball and games to provide fun and enjoyable learning experiences for young people aged between 5-13.

Basketball Otago Junior Basketball is based on modified games that provides fun and enjoyment for everyone involved. Its design is targeted to meet the needs of young players whilst keeping the essence of the game.

Basketball Otago Junior Basketball has four stages aligned to the following school years:

- **Mini Dunkers** - Year 1 and 2
- **Junior Ballers** - Year 3 and 4
- **Rising Stars** - Year 5 and 6
- **All Star** - Year 7 and 8

The structure, focus and format changes at each stage based on the developmental needs of the players.

#### Punctuality / Timing of Games

- Teams must be on court at the start of the scheduled game time.
- Score sheets must be filled in 10mins before the commencement of games.
- The clock will start whether teams are ready or not. For year 1 – 6 and all non- A Grade games for Year 7 and 8, the time will run off one clock (court one and/or court four).

#### Teams

- Each player can only play for one team throughout the league unless permission has been given by the Competitions Manager.
- Dispensation will only be given under exceptional circumstances. Highlight on scoresheet.
- Players should only play up a grade, where this is not possible players may not be allowed to play twice.
- Any player playing twice without permission will default both games played in.

#### Behaviour

- Swearing/ abuse to other players/ referees/ coaches will result in the player being sent from the court for the rest of the game.
- Spectators agree when at attendance of Basketball Otago competitions, they agree to the Code of Conduct. Any spectators that breach these conducts will no longer be welcomed at spectate.

#### Score Benches

- Teams need to supply 1 person for the score bench for their own games. If each team supplies a score bench person, no disputes can occur.
- Please note once game is finished the score on the scoresheet is final.
- In Otago Junior Hoops Mini Dunkers and Ballers leagues the coaches will be occasionally required to referee the game and are encouraged to help all the players develop their skills and understanding of the game.

#### Points Table

- Points Tables will be maintained only for the competitive Year 7 A and Year 8 A grades.
- If teams are tied at the end of section play the final standings will be determined as follows:
  - Two-way tie: result of the game between the two teams involved or if no game is played between the teams, overall points differential will decide the rankings.
  - Three-way tie: the winner shall be decided on the basis of the greatest points differential in the games between the teams involved.

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### Mercy Rule

- When teams are up by more than 20pts then teams should retreat to their 3pt line and only leave it when their opposition crosses half court.

### Zone Defence

- Zone Defence is not permitted. Teams must play man to man at all times. This can be full court however every player should be marking **one player ONLY**; this means no double teams.
- Half-court defence must also be man to man with no traps in the front court.

### Mixed Gender Teams

- All mixed gender teams must have at least one girl on at all times, if you aren't able to field a team with at least one girl (due to sickness injury etc), you should inform BBO and your opposition. You may be unable to 'win' that game if you cannot field any girls, if your grades has a points table. Mixed gender teams in Years 1-6 are not required to have a certain number of girls/boys on court at any time and will play all boys and all girls teams. Year 7 & 8 single gender grades are not allowed mixed gender teams to enter.

### Mouthguards

- Basketball Otago requires all players in all Basketball Otago to wear a mouthguard.

### Referees

- Referees will be supplied by Basketball Otago for all competition grades. However, on the occasion that referees cannot be sourced, coaches will be asked to referee. Grades where this may effect is Mini Dunkers as this requires more coaching than refereeing.

### 4 Dribble rule

- In competitions from years 1-6 each player will only be able to dribble 4 times before shooting or passing.

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# Mini Dunkers

Year 1 & 2

## Match Rules

The focus of **Mini Dunkers** is on developing fundamental movement skills and basic basketball skills. Modified games are non-competitive with the focus on enjoyment and participation.

<b>Game format</b>	3 v 3 - (6 -8 players per team)
<b>Game Duration</b>	30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
<b>Court Size</b>	Half Court
<b>Hoop Height</b>	7.5 foot
<b>Ball Size</b>	Size 5
<b>Scoring</b>	Score will be kept but not visible, no 3-point goals, no free throws.
<b>Substitutions</b>	No rolling substitutions. Substitutions can only be made on a whistle.
<b>Start of Play</b>	Ball toss at the start of the game, team who did not win will get it at the next half.
<b>Referee</b>	Coach of either team or a supplied BBO Referee Coaching while refereeing is encouraged to help the players develop.

**Rules** A liberal interpretation should be applied to keep the game flowing as best as possible.

### **RULE 1 – PLAYING THE BALL**

When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

### **RULE 2 – OUT OF BOUNDS**

When a player with possession of the ball, or the ball, is out of bounds.

### **RULE 3 – ILLEGAL DRIBBLE**

When a player dribbles the ball with two hands or dribbles, stops and begins to dribble again.

### **RULE 4 – TRAVELLING**

When a player holding the ball lifts their pivot foot and returns it to the floor or takes more than one step before dribbling the ball, or takes more than two steps after dribbling the ball.

*Coaching tip: teach your players to jump stop and pivot without shuffling their feet.*

### **RULE 5 – PERSONAL FOUL**

A Personal Foul involves illegal contact on an opponent. Illegal contact occurs when the player responsible for the contact gains an advantage and/or the player contacted is disadvantaged.

A player cannot hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, knee or foot, nor by bending their body into an “abnormal” position, nor use any rough tactics.

*Coaching tip: teach your players to play defence with their outside arms and not reach across players with the ball.*

# BASKETBALL OTAGO

## JUNIOR BASKETBALL COMPETITION



# Junior Ballers

Year 3 & 4

## Match Rules

The focus of **Junior Ballers** is on developing basic basketball skills and refining fundamental movement skills. Modified games are non-competitive with the focus on enjoyment and participation.

<b>Game format</b>	4 v 4 – (6-8 players per team)
<b>Game Duration</b>	30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
<b>Court Size</b>	Half Court
<b>Hoop Height</b>	8 foot
<b>Ball Size</b>	Size 5
<b>Scoring</b>	Score will be kept but not visible, no 3-point goals, no free throws.
<b>Substitutions</b>	No rolling substitutions. Substitutions can only be made on a whistle.
<b>Start of Play</b>	Ball toss at the start of the game, team who did not win will get it at the next half.
<b>Referee</b>	Either teams coach or a supplied BBO Referee
<b>Rules</b>	The role of the Otago Junior Basketball Coach is to help players learn these rules as their development allows.

### **RULE 1 – PLAYING THE BALL**

When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

### **RULE 2 – OUT OF BOUNDS**

When a player with possession of the ball, or the ball, is out of bounds.

### **RULE 3 – ILLEGAL DRIBBLE**

When a player dribbles the ball with two hands or dribbles, stops and begins to dribble again.

### **RULE 4 – TRAVELLING**

When a player holding the ball lifts their pivot foot and returns it to the floor or takes more than one step before dribbling the ball, or takes more than two steps after dribbling the ball.

*Coaching tip: teach your players to jump stop and pivot without shuffling their feet.*

### **RULE 5 – PERSONAL FOUL**

A Personal Foul involves illegal contact on an opponent. Illegal contact occurs when the player responsible for the contact gains an advantage and/or the player contacted is disadvantaged.

A player cannot hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, knee or foot, nor by bending their body into an “abnormal” position, nor use any rough tactics.

*Coaching tip: teach your players to play defence with their outside arms and not reach across players with the ball.*

# BASKETBALL OTAGO

## JUNIOR BASKETBALL COMPETITION



# Rising Stars

Year 5 & 6

## Match Rules

The focus of **Rising Stars** is on developing basketball skills while continuing to practice and refine movement skills. The emphasis is on applying the basic skills and decision making to game-like situations and introducing basic offence and defence concepts.

Games focus remains on the learning and developing, not the outcome (winning).

<b>Game format</b>	5 v 5 – (8-10 players per team)
<b>Game Duration</b>	30-minutes (2 x 15-minute halves, one minute break) Running clock only, no time outs
<b>Court Size</b>	Full Court
<b>Hoop Height</b>	9 Foot
<b>Ball Size</b>	Size 5
<b>Scoring</b>	Score will be kept, no 3-point goals, no free throws.
<b>Substitutions</b>	No rolling substitutions. Substitutions can only be made on a whistle.
<b>Start of Play</b>	Ball toss for each half
<b>Referee</b>	Two Junior Referees or a Community Referee each game.
<b>Rules</b>	The role of the Otago Junior Basketball Coach is to help players learn these rules as their development allows.

### **RULE 1 – PLAYING THE BALL**

When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

### **RULE 2 – OUT OF BOUNDS**

When a player with possession of the ball, or the ball, is out of bounds.

### **RULE 3 – ILLEGAL DRIBBLE**

When a player dribbles the ball with two hands or dribbles, stops and begins to dribble again.

### **RULE 4 – TRAVELLING**

When a player holding the ball lifts their pivot foot and returns it to the floor or takes more than one step before dribbling the ball, or takes more than two steps after dribbling the ball.

*Coaching tip: teach your players to jump stop and pivot without shuffling their feet.*

### **RULE 5 – FIVE SECOND RULE**

A player holds the ball for more than five seconds while being closely guarded. A player holding the ball on court and being closely guarded by an opponent, must pass, shoot or dribble the ball within five seconds.

*Coaching tip: teach your players to look after the ball in the triple threat position, develop good passing techniques and look for the pass early.*

# BASKETBALL OTAGO

## JUNIOR BASKETBALL COMPETITION



### **RULE 6 – PERSONAL FOUL**

A Personal Foul involves illegal contact on an opponent. Illegal contact occurs when the player responsible for the contact gains an advantage and/or the player contacted is disadvantaged.

A player cannot hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, knee, or foot, nor by bending their body into an “abnormal” position, nor use any rough tactics.

*Coaching tip: teach your players to move their feet and get in front of the player with the ball to play defence. Continue to reinforce that defenders should not reach across players with the ball.*

### **RULE 7 – TECHNICAL FOUL**

A technical Foul involves unsportsmanlike behaviour by a player, coach or substitute that does not involve contact. The opposing team is awarded one point and possession at the centreline.

*Coaching tip: there should be no Technical fouls at this level of basketball. Coaches should lead by example and demonstrate positive behaviour for their players to emulate. No player should question the referee’s decision.*

### **A Grade Only:**

### **RULE 8 – RETURN TO BACKCOURT**

Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team. Once the ball is in a team’s frontcourt it cannot be returned to the backcourt unless it is touched by a player in the other team.

### **RULE 9 – THREE SECOND RULE**

An offensive player remains in the restricted area (keyhole in front of the hoop) for more than three seconds when the team has the ball in their frontcourt. Offensive players must move out of the restricted area (keyhole in front of the hoop) after three seconds when the ball is in their frontcourt. This resets after an attempted shot is made.

*Coaching tip: teach your players spacing on offence and have players in motion moving to the ball, the hoop or another position. Encourage controlled offensive movement as opposed to random movements.*

# BASKETBALL OTAGO

## JUNIOR BASKETBALL COMPETITION



# ALL STARS

Year 7 & 8

## Match Rules

The focus of **ALL STARS** is on refining basic basketball skills and learning more technical skills. The emphasis is on applying skills and decision making to game-like situations and introducing team offence and defence strategies.

The general game focus remains on the learning and developing, not the outcome (winning) while some players will have reached a developmental stage to be able play competitively.

<b>Game format</b>	5 v 5 – (8-10 players per team)
<b>Game Duration</b>	A Grade: 32 minutes (4 x 8-minute quarters, one minute break) Running Clock. Stop Clock in the last minute of the game. One time out per half Other Grades: 30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
<b>Court Size</b>	Full Court
<b>Hoop Height</b>	10 foot
<b>Ball Size</b>	Girls: Size 5 Boys: Size 6
<b>Scoring</b>	Score will be kept, 3-point goals will count, no free throws.
<b>Substitutions</b>	Subs through the score bench, rotations are to be equal.
<b>Start of Play</b>	Ball Toss to start and then possession arrow.
<b>Referee</b>	Two Community Referees per game.
<b>Rules</b>	The role of the Otago Junior Basketball Coach is to help players learn these rules as their development allows.

### **RULE 1 – PLAYING THE BALL**

When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

### **RULE 2 – OUT OF BOUNDS**

When a player with possession of the ball, or the ball, is out of bounds.

### **RULE 3 – ILLEGAL DRIBBLE**

When a player dribbles the ball with two hands or dribbles, stops and begins to dribble again.

### **RULE 4 – TRAVELLING**

When a player holding the ball lifts their pivot foot and returns it to the floor or takes more than one step before dribbling the ball or takes more than two steps after dribbling the ball.

*Coaching tip: teach your players to jump stop and pivot without shuffling their feet.*

### **RULE 5 – FIVE SECOND RULE**

A player holds the ball for more than five seconds while being closely guarded. A player holding the ball on court and being closely guarded by an opponent, must pass, shoot or dribble the ball within five seconds.

*Coaching tip: teach your players to look after the ball in the triple threat position, develop good passing techniques and look for the pass early.*

# BASKETBALL OTAGO

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### **RULE 6 – PERSONAL FOUL**

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A player cannot hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, knee or foot, nor by bending their body into an “abnormal” position, nor use any rough tactics.

*Coaching tip: teach your players to move their feet and get in front of the player with the ball to play defence. Continue to reinforce that defenders should not reach across players with the ball.*

### **RULE 7 – TECHNICAL FOUL**

A technical Foul involves unsportsmanlike behaviour by a player, coach or substitute that does not involve contact. The opposing team is awarded one point and possession at the centreline.

*Coaching tip: there should be no technical fouls at this level of basketball. Coaches should lead by example and demonstrate positive behaviour for their players to emulate. No player should question the referee’s decision.*

### **RULE 8 – RETURN TO BACKCOURT**

Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team. Once the ball is in a team’s frontcourt it cannot be returned to the backcourt unless it is touched by a player in the other team.

### **RULE 9 – THREE SECOND RULE**

An offensive player remains in the restricted area (keyhole in front of the hoop) for more than three seconds when the team has the ball in their frontcourt. Offensive players must move out of the restricted area (keyhole in front of the hoop) after three seconds when the ball is in their frontcourt. This resets after an attempted shot is made.

*Coaching tip: teach your players spacing on offence and have players in motion moving to the ball, the hoop or another position. Encourage controlled offensive movement as opposed to random movements.*

### **A Grade Only:**

### **RULE 10 – EIGHT SECOND RULE**

*Violation:* The ball remains in the backcourt for eight seconds. A team in control of the ball in the backcourt must get the ball to go into the frontcourt within eight seconds.

*Coaching tip: teach your players to look up the court and initiate fast break opportunities through good passing.*