

Basketball Victoria

# Family Basketball Handbook

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# Message

The Victorian Government is committed to providing opportunities for Victorians to become more active, more often.

That is why we are proud to partner with a number of state sporting associations like Basketball Victoria on a range of welcoming and inclusive club initiatives. It is these initiatives that help build the capacity of sports to become more inclusive and encourage a wider range of participants to get involved at local clubs.

Basketball is more popular than ever and this new Family Basketball Handbook is a great support, especially for families with young children keen to hit the courts and shoot some hoops.

The handbook provides a detailed overview of everything families and prospective players need to know about local basketball in Victoria - from signing up for junior competitions to taking advantage of some great sporting pathways.

The Victorian Government is proud to have provided funding towards Basketball Victoria's handbook initiative. This is one of the many ways we are working with state sporting associations to ensure everyone, from players to fans, volunteers and umpires, get to develop their skills, make new friends, stay healthy and enjoy their sports in an inclusive, positive and supportive atmosphere.

Congratulations to Basketball Victoria for developing such an innovative resource.

It is a must-read for parents and I believe it will go a long way to help your child get the best start to basketball and take their love for the game to the next level.

## **HUGH DELAHUNTY MP**

Minister for Sport and Recreation



# Basketball in Victoria

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Basketball Victoria is the governing body for the sport of basketball in the State of Victoria. Basketball Victoria, and its affiliated associations, provides a range of opportunities for people to become involved in basketball at all levels.



# Basketball - A great sport for kids

## **Why is basketball a fantastic sport for children to become involved in?**

- Basketball can be played by both boys and girls.
- Basketball is a welcoming and inclusive sport that can be played by people of all ages and all abilities.
- Basketball is an indoor sport that can be played all year round.
- Basketball is a team sport that can help to develop a child's teamwork and leadership skills, as well as their confidence and self-esteem.
- Basketball is an international sport that is safe and comparatively inexpensive.
- Basketball is fun to play and is enjoyed by Victorian children in basketball stadiums across the state.
- There are great pathways in basketball; children can represent their school, club, association, state or country and can aspire to play in the national league or in leagues in other countries.



# Junior Participation Programs

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## MCDONALD'S® HOOP TIME

McDonald's Hoop Time is a series of one-day basketball round robins held at local basketball stadiums around Victoria. The program offers children in Grade 3/4 (Junior) and Grade 5/6 (Senior) the opportunity to play in a fun inter-school competition with qualified referees and receive some great prizes along the way.

Described as the "Twenty20 of basketball", a game usually runs as 2 x 8 minute halves and

provides plenty of fun and excitement in the shorter format. McDonald's Hoop Time really is 'Basketball For All' and as a development program of Basketball Victoria, it caters for students at all levels of ability by having three different playing divisions. Schools do not have to exclude players because of lack of ability; therefore all players interested in basketball can experience the thrill of competing for their school against other schools, sometimes for the first time.

The program culminates at the end of the year in a Regional Finals Series and a State Grand Final Series. We invite your school to join in the fun of one of the best primary school based tournaments in the country.





# Junior Participation Programs

## MCDONALD'S® SKILL, FUN & PLAY

McDonald's® Skill, Fun & Play days cater for children of all skill and experience levels. Metro primary schools are invited to take part in our clinics for a day of fun and learning.

The clinics are held in school and can be planned around your school timetable. These sessions provide an opportunity for the children to learn basic basketball skills and participate in some fun basketball-oriented games.



## AUSSIE HOOPS

Aussie Hoops is an 8- 10 week development program that is designed as an entry point for new and developing basketballers aged between 8 and 12 years. Aussie Hoops is run by local basketball associations/clubs and schools and is conducted by quality coaches.

The essence of Aussie Hoops is FUN with an emphasis on participation. Aussie Hoops utilises a game sense approach, allowing children to experience the skills of basketball while playing a series of games.



## BASKETBALL FOR ALL PROGRAMS

Basketball Victoria has developed a number of programs designed to meet the needs of children with disabilities. Programs such as McDonald's® Skill, Fun and Play have been modified, allowing children with disabilities to learn, develop and practice basketball skills in a supportive environment.





# Pathways in basketball

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## **DOMESTIC BASKETBALL COMPETITIONS**

Domestic competitions are run at local basketball stadiums around the state with qualified referees. Most junior competitions begin at Under 8 and finish at Under 19 and are run throughout the year on a seasonal basis.

Competitions are broken down into age groups and are also graded to ensure that the child is playing against children of similar ability. Children will usually play one game a week and train once a week.

Many associations also conduct other programs, such as camps or clinics, to teach children the skills they need to develop in the game. Domestic competitions are also run for adults, often on weekdays or weeknights.



# Pathways in basketball

## REPRESENTATIVE COMPETITIONS

Talented basketball players may be selected in one of the association's representative teams that compete against other associations.

The peak representative competition for juniors is the Victorian Junior Basketball League (VJBL). This competition caters for both boys and girls and ranges from Under 12 to Under 20 age groups.

There are also various representative leagues for adults.



## NATIONAL INTENSIVE TRAINING PROGRAM

Basketball Victoria coordinates a range of elite development programs including the National Intensive Training Program (NITP).

The aim of the NITP is to identify and select outstanding basketball athletes aged 14-17 years. The selected athletes undergo a one-year extensive training schedule that will see them develop as an elite basketball player.

## STATE TEAMS

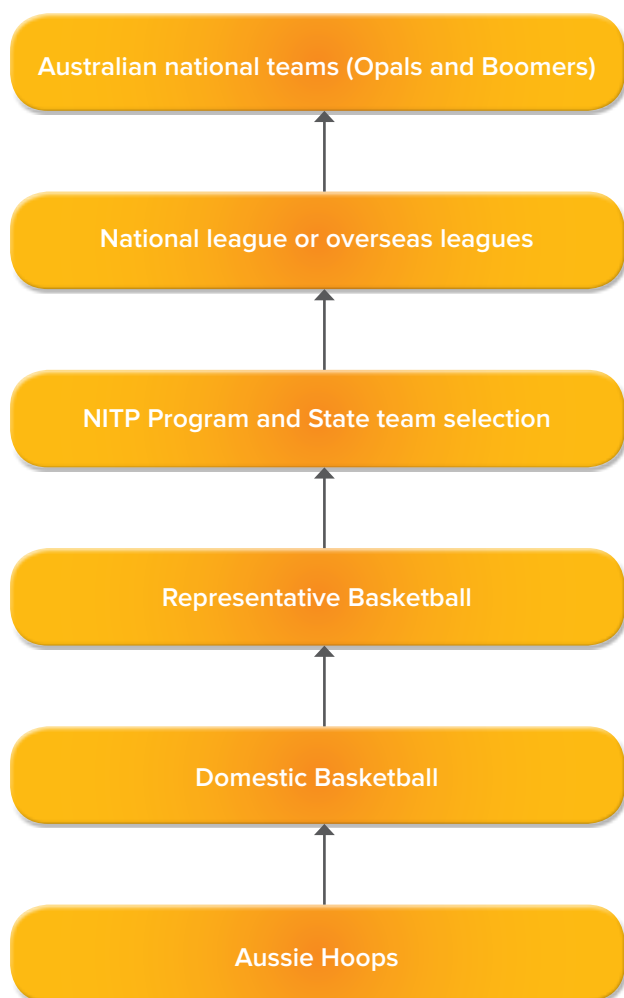
Basketball Australia conducts annual National Championships and Basketball Victoria selects teams to represent the state. Due to the strength of Victorian basketball, Basketball Victoria is represented by teams from both metropolitan and country Victoria. Victoria has an outstanding record at the Australian National Championships.



# Pathways in basketball

## PATHWAYS

The following chart illustrates the pathways that many basketballers take in the sport to ultimately compete at the elite level.



## OPPORTUNITIES FOR CHILDREN WITH A DISABILITY

Basketball is an inclusive and welcoming sport that can be played by people of all abilities.

Basketball Victoria and a number of affiliated Victorian basketball associations conduct programs and competitions for people with physical and intellectual disabilities.

## WHEELCHAIR BASKETBALL

Wheelchair basketball is a fantastic sport for children with a disability that affects their mobility.

Participants in wheelchair basketball are classified on a points system determined by their mobility, with a maximum number of points allowed on the court at any time. In some domestic competitions, a 3/2 rule applies where a maximum of two able-bodied players can be on court for each team at any one time.



# Basketball for All

## ASSOCIATION BASED PROGRAMS

Basketball Victoria caters for a variety of requirements. Many Associations now conduct programs that include or cater for People of All Abilities. People with Disabilities are able to play in Mainstream or All Abilities programs. Programs can be disability-specific, for example, Deaf or Hard of Hearing, Wheelchair, Intellectual Disability or open to All Abilities. These programs are Statewide with a number of Association tournaments conducted in conjunction with these programs throughout the year.

## SCHOOL BASED PROGRAMS

Basketball Victoria delivers successful programs at a school level. Basketball Victoria works closely with Special Development Schools, Specialist Schools and Mainstream Schools across the state. The VicHealth Cup is a school-based basketball tournament that is held in a number of identified regions across the state. Those that are fortunate to be successful from the regional tournaments then progress to compete at the Victorian State Championships. Basketball Victoria has also developed the Junior United Mentoring Program (J.U.M.P), which integrates Mainstream and Specialist School students in a basketball setting, giving students the opportunity to socialise and play basketball together.

## ADAPTIVE COACHING AND OFFICIATING COURSES

Basketball Victoria conducts a number of Coaching and Officiating courses and workshops each year. These courses are flexible to allow the learner to gain maximum knowledge. The Coaching and Officiating course allows for those with a disability to participate within the game on and off the court.





## INTRODUCTION

Basketball Victoria has developed Codes of Conduct to guide the behaviour of all people involved in the sport and ensure that basketball remains a safe, inclusive and enjoyable activity.

## PARENTS' CODE OF CONDUCT

1. Encourage your children to participate for their own interest and enjoyment, not yours.
2. Encourage children to always play by the rules.
3. Teach children that an honest effort is always as important as a victory.
4. Focus on developing skills and playing the game. Reduce the emphasis on winning.
5. Children learn best by example. Applaud good play by all teams.
6. Do not criticise your children or other participants.
7. Accept the referee's decision as being fair and called to the best of their ability.
8. Set a good example by your own conduct, behaviour and appearance.
9. Support all efforts to remove verbal and physical abuse from sporting activities.
10. Respect the rights, dignity and worth of every person.
11. Show appreciation for volunteer coaches, officials and administrators.
12. Keep children in your care under control.
13. Always treat the facilities and equipment provided with respect.



# Codes of Conduct

## SPECTATORS' CODE OF CONDUCT

1. Remember that most people play sport for enjoyment.
2. Accept the decisions of all referees as being fair and called to the best of their ability.
3. Always be positive in your support for the players.
4. Condemn the use of violence in any form.
5. Respect your team's opponents, officials and spectators.
6. Encourage players to obey the rules and accept decisions of officials.
7. Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches or officials.
8. Respect the rights, dignity and worth of every person.
9. Keep children in your care under control.
10. Always treat the facilities and equipment provided with respect.

## PLAYERS' CODE OF CONDUCT

1. Understand and play by the rules.
2. Never argue with an official.
3. Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted.
4. Work equally hard for yourself and for your team. Your team's performance will benefit and so will you.
5. Be a good sport. Acknowledge all good plays whether they be by your team or the other team.
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Cooperate with your coach, officials, team mates and opponents. Without them, there would be no competition.
8. Play for the "fun of it" and not just to please parents and coaches.

9. Respect the rights of others and avoid the use of derogatory language based on gender, race or impairment.
10. Be prepared to lose sometimes. Be a fair winner and a good loser.
11. Listen to the advice of your coach and try to apply it at practice and in games.
12. Always use the facilities and equipment provided with respect.

## OTHER CODES OF CONDUCT

The full text of the Parents', Spectators' and Players' Codes of Conduct are available on the Basketball Victoria website.

Basketball Victoria has also developed Codes of Conduct for Administrators, Coaches and Officials and these are also available on the Basketball Victoria website.

## CONDITIONS OF ENTRY

There are certain conditions of entry that apply to all persons entering Victorian basketball stadiums. By entering a basketball facility, all persons agree to be bound by the following terms and conditions:

- All persons must conduct themselves in a proper and reasonable manner and in accordance with Basketball Victoria's Codes of Conduct.
- All persons agree to be bound by the basketball association's and Basketball Victoria's constitution, rules and By-laws and submit themselves to Basketball Victoria's Tribunal, Member Protection Tribunal and any other disciplinary forum connected with basketball.
- Mobile telephones and cameras are prohibited from use in any change room.
- All persons agree to comply with any reasonable direction of a basketball official.
- The right to remove any person from the facility is reserved if the person's behaviour is considered dangerous or unacceptable.
- Persons under the influence of alcohol or drugs are prohibited from entering.
- Smoking is prohibited in any indoor part of the facility and any designated smokefree outdoor part of the facility.
- The consumption of alcohol is prohibited within the facility except in designated areas (if any).



# Basketball Victoria By-laws

## BY-LAWS

Basketball Victoria has a range of By-laws that those involved in the sport are required to comply with. All of these By-laws are available on the Basketball Victoria website.

## TRIBUNAL BY-LAWS

The Tribunal By-laws were established to deal with the more serious cases of participants who fail to behave in an acceptable manner. Any person involved in basketball, including spectators, may be reported to the Tribunal. The Tribunal may deal with any basketball related offences, no matter where they occur, even on social media or mobile telephones. The Tribunal may impose a range of penalties including fines, good behaviour bonds, suspensions and banning from basketball venues. Suspensions and banning from venues are recognised nationally.

## MEMBER PROTECTION BY-LAWS

Member Protection By-laws reflect Basketball Victoria's dedication to serving and protecting its members and participants in all levels of the sport.

The By-laws require a range of measures to be taken, such as undertaking Working with Children Checks for persons who are involved in coaching and other basketball roles. The By-laws also prohibit discrimination, harassment and vilification on grounds such as gender, race and religion, and establish ways of dealing with situations where the By-laws are breached.

Basketball Victoria has a number of Member Protection Information Officers who are accredited by the Australian Sports Commission to assist people who believe they have been discriminated against, harassed or vilified.

## PRIVACY POLICY

Basketball Victoria has developed a Privacy Policy to protect the privacy rights of those involved in the sport. A copy of the Policy is available on the Basketball Victoria website.

## INSURANCE

All registered players, officials and volunteers of an affiliated basketball association are covered under Basketball Victoria's insurance policy. Please visit Basketball Victoria's website for policy details.

## **BASKETBALL VICTORIA AND VICHEALTH**

Basketball Victoria is working together with VicHealth and affiliated basketball associations to encourage healthy living within the basketball community.

## **SMOKEFREE BASKETBALL**

Providing a SmokeFree atmosphere at basketball stadiums is important for the health of everyone. All Victorian basketball stadiums are smokefree and some stadiums may have a smokefree boundary around the stadium entrance.

Cigarette smoke is a major cause of heart disease, lung disease, a number of cancers and many other health problems. Basketball Victoria encourages parents, coaches and officials not to smoke in view of athletes and children.

If you would like further information about the effects of smoking or assistance with quitting, please visit [www.quit.org.au](http://www.quit.org.au), or call the Quitline on 13 78 48.





# Healthy and Welcoming Environments

## RESPONSIBLE DRINKING

Alcohol and sport don't mix! Alcohol consumption dehydrates the body and impairs vision, body functioning and recovery, resulting in reduced sporting performance.

Basketball Victoria recommends that parents who choose to consume alcohol do so in a responsible manner and abide by the law.

For more information about alcohol and sport, please visit [www.goodsports.com.au](http://www.goodsports.com.au).

## HEALTHY EATING

Healthy eating is important for you and your child's health. The Australian healthy food guidelines are simple to follow:

- Eat plenty of fruit, vegetables, breads and grains and drink plenty of water;
- Eat moderate amounts of animal-based foods such as dairy products, lean meat, poultry, fish and eggs; and
- Try to eat minimal amounts of fats, oils and sugar.

Basketball Victoria encourages healthy eating amongst all its members. Healthy living starts with healthy eating!

For further information, contact your GP, or a local dietician or nutritionist.





## NUTRITIONAL PYRAMID

### EAT LEAST

Fats, Oils & Sugars

### EAT MODERATELY

Milk, Cheese, Yoghurt, Lean  
meat, Eggs, Fish & Chicken

### EAT MOST

Fruit, Vegetable, Bread  
& Cereals



# Healthy and Welcoming Environments

## INJURY PREVENTION

Basketball is an active sport that requires plenty of energy and good fitness. Some injuries can be prevented with stretching exercises before and after physical activity and through appropriate diet and hydration. Some injury prevention tips are listed below.

- Begin exercise well-hydrated and fuelled.
- Ensure the body is replenished during and after exercise through drinking water or sports drinks.
- If required, wear protective gear (e.g. ankle brace).
- If your child is injured or feels pain, stop them from playing basketball immediately and seek medical advice.
- Always warm up and cool down before and after physical activity.

A warm up and cool down should consist of a light jog and stretching of all the muscle groups from head to toe, paying extra attention to those muscle groups used predominantly in basketball. Stretches should be held for 20 seconds each and repeated.

For further information about injury prevention and stretching techniques, visit [www.smartplay.com.au](http://www.smartplay.com.au).



# The Basketball Court

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## COURT FACTS

- Basketball courts are 24-28m long and 13-15m wide.
- Backboards are a flat surface and have the horizontal dimensions of 1.2m.
- A basketball ring is 2.6m above the floor and has an inside diameter of 45cm.
- The markings on a basketball court are the baseline, sideline, centre line, centre circle, key, free throw line and the three-point line.

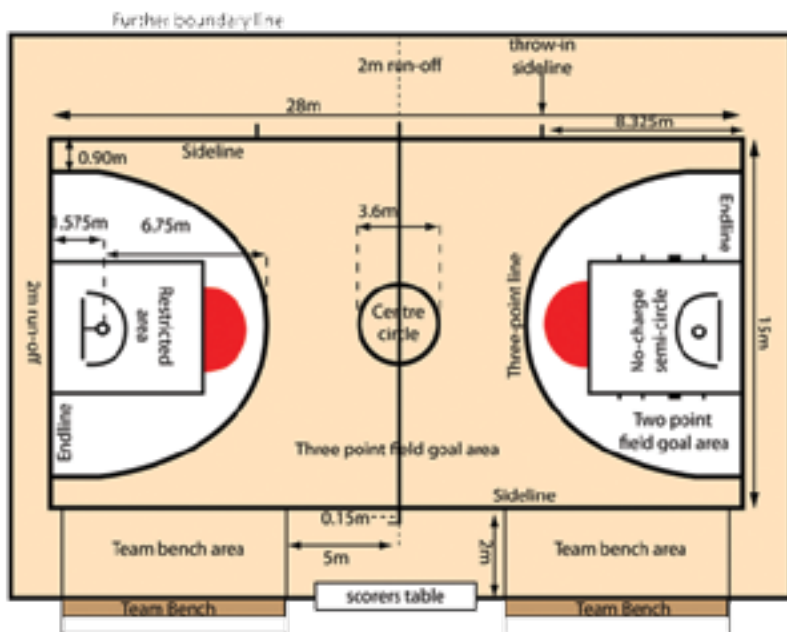


# The Basketball Court

## THE COURT

Official court markings have recently changed. The three-point line has been moved further out and the shape of the key has changed. Some stadiums may not have yet

changed their markings and some have the three-point line in both the old and new positions. Some competitions may use the old three-point line in various competitions.



# Glossary of basketball terms

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## BACKBOARD

The rectangular board from which the ring is suspended.

## BASKET

The goal. The basket has a hoop (metal ring) with a net hanging from it.

## CENTRE

A playing position. The centre is usually a taller player who plays close to the basket.

## DEFENCE

When the other team has the ball, your team is playing defence.

## DIRECTIONAL ARROW

Device that sits on the score bench with an arrow pointing each way. The arrow is highlighted in the direction of the team who will receive the next alternate possession (a situation where both teams have possession of the ball simultaneously).

## DRIBBLING

Bouncing the ball off the floor with one hand. You may use either hand to dribble but not both at the same time. Once you pick

up the ball, you must pass or shoot the ball.

## FIELD GOAL

All successful shots are field goals except for free throws.

## FORWARD

A playing position. There are usually two forwards on a team.

## FREE THROW

After being fouled by an opponent, a player can receive one or more free throws from the free throw line.

## GUARD

A playing position. There are usually two guards on a team. The guards are usually the smaller, faster players who handle the ball well.

## JUMP BALL

The game begins with a jump ball. Two players from each team stand in the centre circle facing the basket they are to score in. The referee tosses the ball in the air and the two players jump attempting to tap the ball to their team mates.

## LAY UP

A one-handed running shot where the player is allowed to catch the ball and take one step before shooting

## OFFENCE

When your team has the ball, you are playing offence.

## OUT OF BOUNDS

Whenever the player touches the floor or any object outside the side lines or end lines, the player is out of bounds.

## PASS

A pass is when one player throws the ball to another player. Passing the ball is the fastest way to move the ball up the court.

## PERSONAL FOUL

Any player who holds, pushes, hits or trips another player, commits a personal foul. When a personal foul has been called, the team who has been fouled gets the ball.

## POINT GUARD

A playing position. The point guard is usually the best ball handler on the team. This player does a lot of the on court organising.

# Glossary of basketball terms

## **REBOUND**

When a shot hits the hoop or backboard and misses the basket.

## **REFEREE**

An official who makes sure that the rules of the game are followed.

## **SHOOT**

To throw the ball at the basket.

## **SUBSTITUTION**

Interchanging of players from off court (substitute) with those on court (player).

## **TEAM MANAGER**

The person responsible for looking after the players' off court requirements and game day requirements not related to coaching.

## **TRAVELLING**

If a player walks or runs with the ball without dribbling, they are travelling and this is a rule violation.





## OPPORTUNITIES FOR PARENTS

There are many ways in which parents of young basketball players can get involved in the sport of basketball.

### PLAYING

As mentioned earlier, basketball is a sport for people of all ages and all abilities. Most associations run basketball competitions for adults. Why not get a group of friends or other parents together and start a team! It is a great way to stay active and have fun!

### COACHING

Coaching is a great way to get involved in basketball and you do not need to have previously played

the sport. Local associations and Basketball Victoria regularly conduct courses at various levels to teach people how to coach. This can be a most-rewarding way to get further involved in your child's basketball activities and help the basketball association.

### REFEREEING

Associations regularly conduct referee courses. Refereeing is a fantastic way to get involved and make a contribution to the sport. Referees receive game payments and it is also a great way to be active and become an integral part of the association. Without referees, there can be no basketball!

## OTHER VOLUNTEERING ROLES

Associations are always pleased to have parents fulfil other volunteer roles such as serving on the club or association boards or committees, assisting with events or functions, or sitting on Basketball Victoria's Tribunal. You should consider how best you can become involved and approach your local association to determine how your skills and enthusiasm can best be utilised.



# How to score

## WHO KEEPS SCORE OF A BASKETBALL GAME?

At an elite level, there are paid scorebench officials that manage the scoresheet and scoreboard. At the domestic level, the job of scoring falls to the parents or friends or relatives of the children playing. Usually, one parent or another adult from each team will sit on the scorebench. One person will be responsible for the scoresheet and the other will control the scoreboard.

## RUNNING A SCORESHEET


The following points outline how to fill out a scoresheet:


1. Write score in the personal column FIRST, then add to running total (in the event of a discrepancy, the personal score is used)

2. Write two points as '2', three points as '3'.


3. Draw a square for foul shots

 First shot missed

 First and second shot missed


 First shot made


 Both shots made


 First shot missed, second shot made

 Three shots all missed


 All three shots made


 First shot missed, second and third made

 First and third shots made, second missed

 First and second shots missed, third made

4. Draw a circle for a bonus shot (one shot only)

 Bonus shot Symbol

 Bonus shot missed

 Bonus shot made

5. Running Totals

4 9 14 5  


• Mark two points diagonally across boxes

• Mark three points horizontally

• Mark foul shots vertically

• Close off personal score with this sign >

• Don't use parallel lines

• Mark off each space in totals column (if no score, use a dash-, don't use zero)

• Indicate player number against all scores and fouls

## 6. Fouls

• A circle is used to indicate a personal foul (P)

• A cross (X) indicates two shots (P2)

• A Stroke (/) indicates one shot

• A 'T' indicates a technical foul

• A line through remaining fouls indicates disqualified 'D'

• Do not add technical fouls on bench to team fouls

• Write Bench in name column and mark as usual

## THE SCOREBOARD

When using the scoreboard, the parent needs to simply increase the score by the number of points scored (the referee will indicate how many points) to the appropriate team. The parent also needs to increase the team fouls on the scoreboard as they occur.

For further information on the sport of basketball in Victoria please visit the Basketball Victoria website or contact the Basketball Victoria office. Basketball Victoria's contact details are:

### BASKETBALL VICTORIA

State Basketball Centre  
291 George Street, Wantirna  
South VIC 3152

PO Box 4140, Knox City  
Centre Vic 3152

Tel + 61 3 9837 8000

Fax +61 3 9837 8077

Email:

[info@basketballvictoria.com.au](mailto:info@basketballvictoria.com.au)

[www.basketballvictoria.com.au](http://www.basketballvictoria.com.au)

Basketball Victoria also has an office based in Bendigo that can provide assistance to people in regional and rural areas. Their contact details are:

Basketball Victoria  
Country

PO Box 463, Bendigo VIC  
3552

Phone: (03) 5440 6300

Fax: (03) 5441 1229

Email: [admin@bvcc.net.au](mailto:admin@bvcc.net.au)

[www.bvcc.net.au](http://www.bvcc.net.au)

### ASSOCIATIONS AND CLUBS

For information on basketball opportunities in your area, please contact your local associations. They will be able to advise you on their introductory and development programs, season dates, costs and will be able to put you in touch with a club or team.

A list of Victorian associations is available on the Basketball Victoria website or by calling the Basketball Victoria office, you can be put in touch with associations in your local area.



## Notes

[illegible]



Basketball Victoria greatly appreciates the long-time support of our partners

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