

Panthers Basketball Albury Inc Club Coaches Guide



"A club that gives back to it's members.

More than just a basketball club, it's a basketball family."

Panthers Basketball Albury Inc 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. To assist with providing the best possible experience for players of all ages and abilities we provide the following guidance to our coaches.

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Introduction

Thank you for volunteering to coach a junior domestic team at with Panthers Basketball Albury Inc (Panthers). Panthers have provided this guide to assist you in your coaching . Should you have any further questions during your time as a junior domestic coach, please direct these to any of our committee members or email our club at PanthersBasketballAlbury@gmail.com.

1 Requirements for Junior Domestic Coaches

Basketball NSW 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 committee via email PanthersBasketballAlbury@gmail.com.
- 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 <https://www.service.nsw.gov.au/transaction/apply-working-children-check> for further information on how to apply.
- Register with Basketball NSW on Sporting Pulse as a coach. The committee will send out appropriate links. There is a fee (approximate \$20) associated with this, however the club usually reimburses if required
- Sign a Basketball NSW Code of Conduct Form. All Panthers 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 a committee member or emails through to PanthersBasketballAlbury@gmail.com.

2 Role of the Junior Domestic Coach

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

- Enjoy their basketball experience,
- Be valued for their participation in and contribution to the game, and
- 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, Panthers have a minimum expectations of all junior domestic coaches:

- To abide by the Panthers, ABA and Basketball NSW Code of Conduct, copies of which can be obtained from <https://panthersbasketballalbury.com.au/links/>.
- Substitution of players throughout the game, ensuring equal court time for all players in all games, including finals
- Calling of 'time outs' during the game in order to provide rest breaks for players and / or discuss game plays or provide feedback
- Focus on player enjoyment of the game, development, and overall team spirit and improvement, not just on goals and scoreboards
- Provision of a supportive and inclusive team environment for new or less experienced players
- Provision of constructive and encouraging feedback to all players
- Refrain from swearing, or the use of abusive or intimidating language or actions
- Demonstrate and promote appropriate personal and social behaviour
- Respect for rules, and other parties associated with the game

A breach of the By Laws or Code of Conducts, or the expectations outlined above, may result in disciplinary action by the Panthers Committee or Albury Basketball Association, or Tribunal, including the issue of a warning, a suspension or termination.

4 Start of each season

The committee will email your team name, list of players together with their parent / guardian's contact information, night of play and singlet collection details. Make contact with your team and record their details in your phone in case you need to call them when at the stadium. Many teams create What Apps groups for the parents for weekly communications. Do not include yourself in any player groups if they are under 18.

The committee will organise singlet distribution prior to your first game and advise how you can access your game times each week.

5 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.

Record attendance – Record attendance on the courtside iPad ensuring that all players registration is current.

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. Tip: Search for these online or ask a Committee Member or another Panthers coach 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.

6 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 as well as who does jump ball at the start of the game.

Substitutions - Coaches can call for player substitutions at any time a whistle is blown (note: not after goals as play continues and no whistle is blown). 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 you 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.

7 After the game

Shake hands – Thank the scorers and referees and shake hands / fist bump / ankle tap (COVID safe) 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.

8 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. ABA 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. A list of altered rules per ABA By-Laws is included in appendix C of this guide.

General rules

Time Outs

Coaches can call up to 2 Time Outs per half or 1 time out per quarter (division 1 teams play in 4 10 minute quarters). 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 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:

- To 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 Committee.

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 and reported to ABA and Panthers. Injury forms are available from the ABA basketball office. Encourage players to show care towards fellow team mates and opposition players. If you knock someone over, stop and pick them up and check they are OK.

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.

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.

Defence – (when the opposition have the ball)

Man to Man defence – Up to Under 14's, and in U16 div 1 & U18 div 1 competitions, 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.

9 Training

Training has historically been held at Murray High School. During COVID-19 pandemic this had to be suspended and as such coaches have been making their own individual arrangements at school, public and PCYC courts. The committee will be in contact with all coaches once we can recommence training at MHS.

10 Support

Once we have finalised coaches for all teams the Panthers committee will seek approval from all coaches to share their contact details with other coaches.

11 Frequently Asked Questions

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 and that an adult is supporting you at games.

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 Lauren Jackson Stadium.

Can I request to have certain players on my team?

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

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 ABA 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.

At the start of each season the Panthers committee will share contact details for players in other teams that have been identified as capable and willing to sub up and act as fill in players. When it is known that players will be missing (holidays, school camps) use this list to ensure that you have a full team when required.

Players are late to a game.

Per ABA by laws, a team is penalised 2 game points for every minute they are late, after the start of the game clock. After 10 minutes has expired the game is declared a forfeit.

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, a court supervisor or 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 Lauren Jackson Stadium
- 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).

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

In line with the ABA by-laws, a junior team must have four of the five players in correct uniform to take to the court. 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 bibs.

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 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/coach shall be disqualified for the remainder of the game if charged with 2 technical fouls and a report made by ABA to the Panthers Committee for follow up action.

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 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 committee. 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 can notify the committee 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. Often another parent or guardian has already indicated that they are able to help on nights that you are unavailable or to assist with warmups.

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

If players from divisions / age group below your competition cannot be found as fill ins, advise your remaining team members of the forfeit and then contact the committee and advise the team details including age group and

division, and team name. The Committee will contact ABA who will advise the opposing team to advise them of the forfeit.

Do I need to keep records?

No. You may however be asked by the Panthers committee or ABA 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 can address the complaint yourself, then please do so. If not, please direct them to the committee.

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

ABA have requested that you do not make complaints to the referees. Most are children themselves and are developing in their chosen role in basketball.

Referees wearing green shirts are "green" referees ie very new to the role of refereeing. Please be mindful that without referees we cannot play our game and we treat them with the same respect and support as we show our players.

During a game, you can call a time out the Coach may request the attendance of the referee supervisor at the game if warranted.

If you do need to discuss any issues or complaints with the referee supervisor, try and do so discretely. Your players will emulate your actions, so if you obviously complain, they will follow suit which is a distraction to you coaching and your players playing the game.

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 or speak with or email the Panthers committee.

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 in person courses are not free of charge, some may be subsidised by the Panthers club. Please register your interest with the committee. In addition, Basketball NSW and Basketball Australia run from time-to-time free online coaching courses. These will be advertised on ABA and Panthers Social Media pages.

12 APPENDICES

A. Panthers Basketball Albury Inc Code of Conduct

1. Remember that basketball is for enjoyment.

Basketballers play for fun and fitness and that winning is only part of their motivation. Always make sure that participants are made to feel welcome. Ensure that games and training are planned, well-structured and with opportunities for both individual and team development. Never ridicule players for making mistakes. 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 as well as a supportive team environment.

2. Be reasonable in your demands

Be reasonable in your demands on players' time, energy, and enthusiasm, taking into account their age and 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.

3. Feedback

Provide positive feedback and encouragement, no matter the age group. If negative feedback is required, frame it between positives (feedback sandwich).

4. 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.

5. 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. All players should be rotated as evenly as possible. This is a domestic competition. Representative players have plenty of opportunities to play and train in their representative teams and should be encouraged to use their domestic game time to work on their weaker skills and enjoy the game of basketball.

6. 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 losses and wins gracefully. Teach them that the opposition coach is there trying to do the best for their team and is also entitled to respect.

7. 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. Remember that the majority of referees are not adults themselves and are still learning.

8. 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. The presence of family and friends 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. 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.

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

Uneven competition can lead to a loss of enthusiasm. Panthers committee will 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.

10. 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 wellbeing of participants. Coaches are in a unique position to control many of the factors which can influence this welfare. Coaches should be aware of the 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 and to notify responsible authorities.

11. Be prepared to lose sometimes.

Everyone wins and losses at some time. ABA together with the participating clubs, including Panthers, have committed to making our teams as even and fair as possible to ensure a close competition. This hopefully equates to winning as often as losing. 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.

Some seasons, your team may have very few game ‘wins’. Break your game into components, ie you could set a target of 10 points at half time or 20 points for the game, each player to assist in a goal or attempt a layup or block. Encourage good shots (open and close to ring) rather than bad shots that happen to go in. Small successes result in overall wins so ignore the end score board and concentrate on the small wins together as a team.

12. 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.

13. 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.

14. 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 considers the principles of growth and development of children. Players cannot learn from you if your skills and knowledge are inadequate.

15. 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. 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.

16. 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 outside team training and games. Care must be taken when coaching children and avoid situations where you are alone with a player.

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

Regardless of their gender, sexuality, 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.

18. 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”. 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 Lavington Panthers Basketball Albury Inc Coaches Code of Conduct for Junior Domestic Basketball at the Albury Basketball Association.

Date:		If coach is under 18	
Coach Name:		Parent /Guardian Name:	
Coach Signature:		Parent /Guardian Signature:	

B. Player substitution tables

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

B. PLAYER SUBSTITUTION TABLES Team of 7 Players			
Time on Clock	Players on Bench	Time on Clock	Players on Bench
20.00 Start of Game	1 2	20.00 Half Time	1 2
17.00	3 4	17.00	3 4
14.00	5 6	14.00	5 6
11.00	7 1	11.00	7 1
8.00	2 3	8.00	2 3
5.00	4 5	5.00	4 5
2.00	6 7	2.00	6 7

B. PLAYER SUBSTITUTION TABLES Team of 8 Players – subbing all three			
Time on Clock	Players on Bench	Time on Clock	Players on Bench
20.00 Start of Game	1 2 3	20.00 Half Time	1 2 3
17.30	4 5 6	17.30	4 5 6
15.00	7 8 1	15.00	7 8 1
12.30	2 3 4	12.30	2 3 4
10.00	5 6 7	10.00	5 6 7
7.30	8 1 2	7.30	8 1 2
5.00	3 4 5	5.00	3 4 5
2.30	6 7 8	2.30	6 7 8

B. PLAYER SUBSTITUTION TABLES Team of 8 Players – subbing two at a time			
Time on Clock	Players on Bench	Time on Clock	Players on Bench
20.00 Start of Game	1 2 3	20.00 Half Time	1 2 3
17.30	2 4 5	17.30	2 4 5
15.00	5 6 7	15.00	5 6 7
12.30	7 8 1	12.30	7 8 1
10.00	8 2 3	10.00	8 2 3
7.30	3 4 5	7.30	3 4 5
5.00	4 6 7	5.00	4 6 7
2.30	6 8 1	2.30	6 8 1

C. Albury Basketball By-Laws

Key rules within ABA by-laws that coaches should be aware of include:

Jewellery & Hair Accessories.

11.1 All items that can be removed must be removed from both players & officials.

11.2 No hair accessories to be worn except plain hair tie & bobby pins.

11.3 Long hair to be worn in ponytail or bun.

11.4 No false fingernails.

11.5 Long nails are to be manicured and cut short.

11.6 No tape on jewellery, fingernails, or studs.

11.7 Failure to comply with the above Albury Basketball Association Inc. requirements will result in players not being able to take the court to play.

Playing Rules;

12.1 Players should have reached their 7th birthday prior to joining the competition.

12.2 Man to man defence must be played in all age groups/divisions from U10 to U14 & in U16 Div 1 and U18 Div 1.

12.3 A player or coach receiving a disqualifying foul or 2 unsportsmanlike fouls will give away two free shots and possession of the ball to the opposing team. They will be disqualified for the remainder of the game & asked to leave the playing area (F.I.B.A. rules). The player may be replaced.

There will be an automatic 1 week suspension for player or coach, from all basketball activities (including watching games). The suspension is to be recorded by the game officials on the back of the scoresheet. Player or coach are to be notified by the association administrator of the suspension within 48 hours of the suspension. The coach or player may appeal the decision within 2 working days of the notification by the administrator. Any appeal will be handled through the association tribunal process.

12.4 Mercy Rule. When any team reaches 20 points in front of the opposition they must play half court man to man defence. The team leading by more than 20 points must allow the opposing team to bring the ball over half court line.

12.5 A player may only play for their nominated club.

12.6 Three point baskets in under 12's are not permitted

Under 10 Competition Specific Rules

12.7.1 In the lowest division of under 10s competition it is permissible for coaches to be on the court during the game.

12.7.2 In all under 10 games the defensive team will go back over half way to the three (3) point line. In all under 10 games coaches should encourage all players to have no more than 5 dribbles (grant some leeway) prior to distributing the ball.

12.7.3 Halfway violations will not be called in UNDER 10 Division 2 ONLY.

12.7.4 Basketball rings are to be raised to normal height for Und 10 Division 1 and lowered for Division 2.

12.7.5 The first quarter for Divison 2 (or 3) can be for Skills training if both Coaches agree.

12.7.6 Three point baskets in both under 10 are not permitted.

12.7.7 Free throws in under 10's will be taken from the broken line, inside the normal free throw line. Under 12's players will take the free throws from the midpoint between the broken line & the free throw line.

D. Links

Basketball NSW Coaches, Officials and Support Staff Code of Conduct

<https://www.bnsw.com.au/wp-content/uploads/2021/08/BNSW-Coaches-Officials-and-Support-Staff-Code-of-Conduct.pdf>

Albury Basketball Association By-Laws

https://websites.mygameday.app/assoc_page.cgi?c=0-9091-0-0-0&slD=255894

See also Panthers Basketball Albury website for additional links

<https://panthersbasketballalbury.com.au/wp-admin/post.php?post=14&action=edit>

E. Contacts

If you have any queries, please contact the Panthers committee at PanthersBasketballAlbury@gmail.com