

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, 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.

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

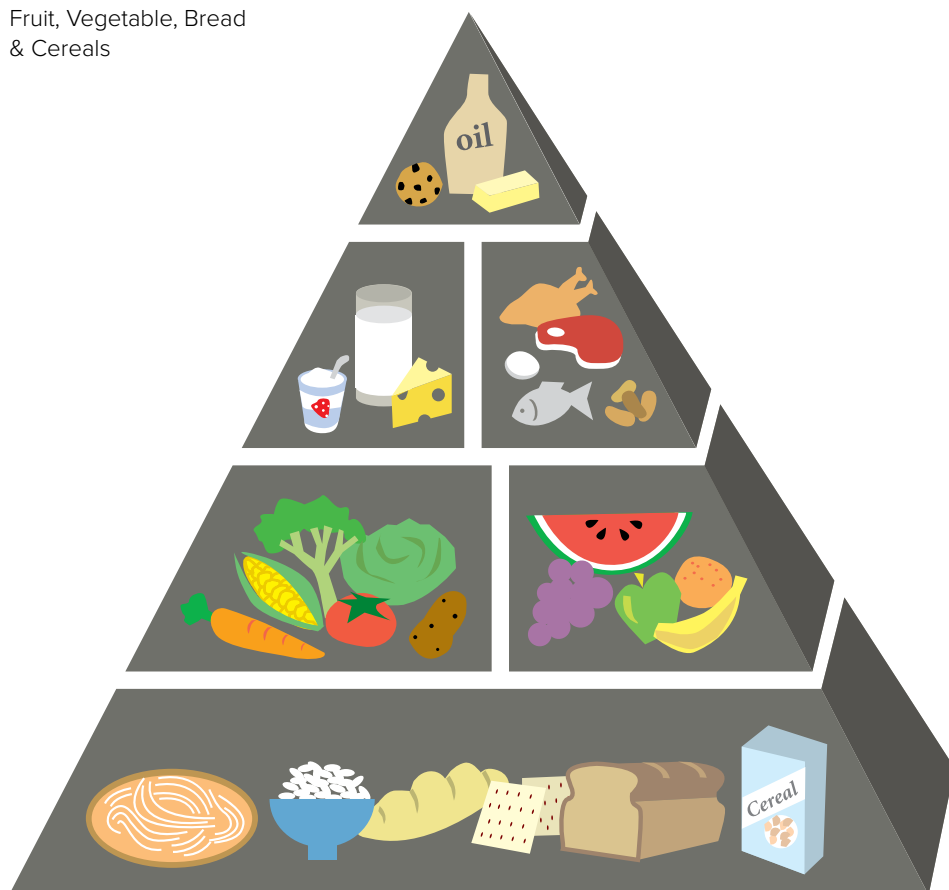
Fats, Oils & Sugars

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.



The Basketball Court

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.

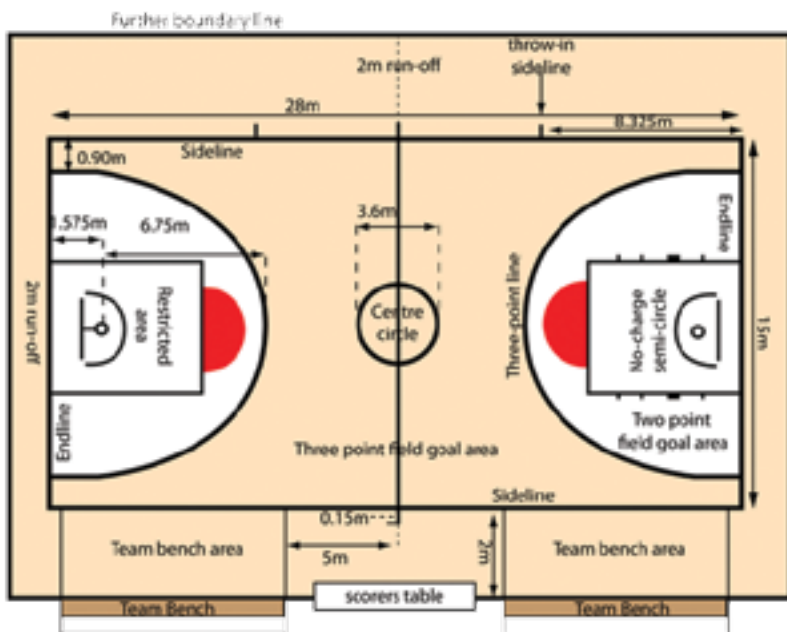


The Basketball Court

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

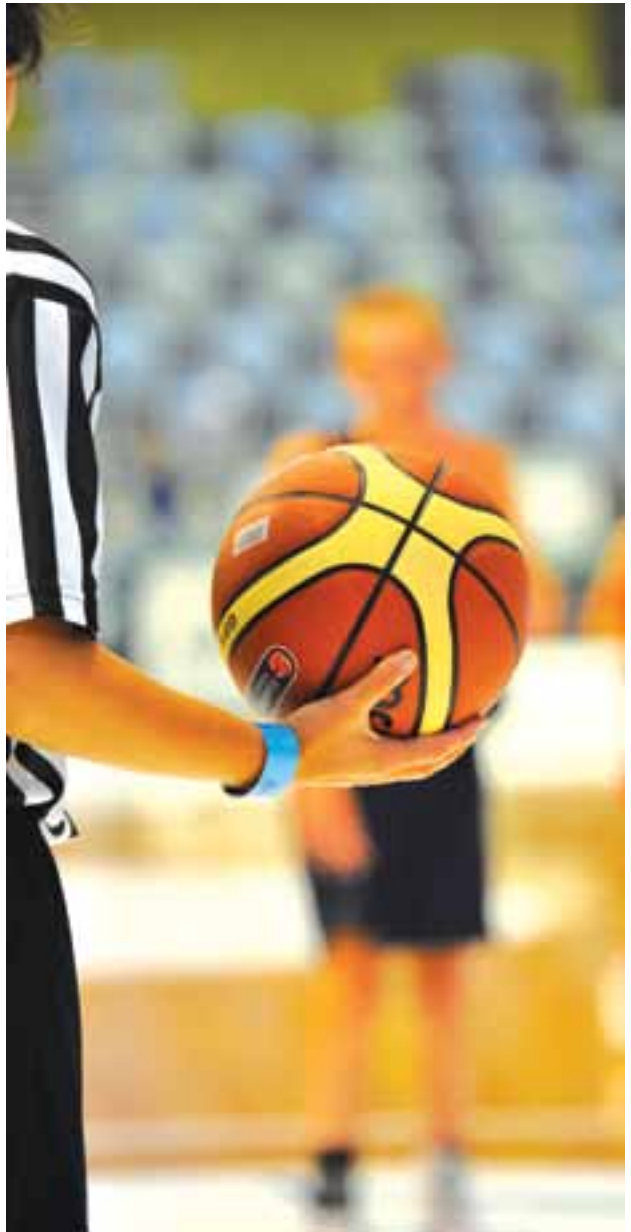
Interchanging of players from off court (substitute) with those on court (player).

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.

Further information

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

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

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.





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

