



PLAYER / PARENT HANDBOOK

Rules, Definitions, and Guidelines.



Beenleigh Blitz
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CLUB MISSION, VISION, VALUES

Mission

To encourage each player to reach their potential and share the love of basketball by providing an environment where everyone feels included and welcome.

Vision

To provide a space where players can not only grow and develop their basketball skill, but also their social and well-being skills through our training program.

Values



Community: We are a proud community and family orientated club. We proactively drive and support family engagement within our program.



Integrity: We embrace fairness, honesty, and respect. Ensuring all participants can learn, grow, and develop both on and off the court.



Accountability: Every member of our club is accountable for their actions, following the rules, and accepting the consequences for misconduct.



Transparency: We foster transparent communication on all matters related to the club and participants. Enabling people to share their ideas with us.



Sportsmanship: We promote positive attitudes, mutual respect, and fair play for all participants. Fostering a supportive environment of teamwork.



Respect: Our club always demonstrates respect both on and off the court, ensuring we respect officials, participants, volunteers, and venues always.

CLUB RULES:

1. **Respect First:** All Blitz participants/members/parents will always show respect both on and off the court. This includes but is not limited to our interactions, and communication when representing the club. Our social media posts, and our conduct both on and off the court.
2. **Fair play:** Blitz participants/members/parents will follow the rules of the game, refrain from cheating or unsportsmanlike conduct, and accept decisions made by referees without argument.
3. **Training:** Training is mandatory for game participation. Failure to consistently come to training may result in termination of your club membership.
4. **Code of Conduct:** All Blitz participants/members/parents must always follow the code of conduct.
5. **Listen to Coaches:** All participants must always follow their coaches' instructions.
6. **Training Attire/equipment:** Appropriate basketball attire, including athletic shoes, an appropriately sized basketball, and drink bottle are required for training.
7. **Game Day Attire:** Game day requires the wearing of Beenleigh Blitz shorts (Which can be purchased at the club), proper athletic shoes, and a Blitz Jersey (supplied on game day). The use of undershirts is restricted to skintight black shirts, or club-coloured shirts. All other equipment is subject to approval from Logan basketball.
8. **Good Housekeeping:** Blitz Participants/Members/Parents will ensure they are respecting the venues we use for training/games by disposing our waste in the appropriate receptacles and maintaining a clean, and safe environment.
9. **Stay Positive:** All participants/members/parents are to maintain a positive attitude, even in challenging situations or during a loss, and encourage teammates to do the same.
10. **Have Fun:** Enjoy the game of basketball, make new friends, and focus on personal improvement and skill development while participating in the club.
11. **NOT THE NBA:** This is children's sport, treat it as such.

COMPLAINTS AND ISSUE MANAGEMENT

From time to time, contentious issues arise that may cause some concern. It is important that these issues are raised and dealt with at the earliest possible stage. Parents must respect Coaches and realise that sensible and productive discussions rarely occur if a person is upset or emotional.

Most issues can be resolved through discussion with the Team Manager and/or Coach. Parents and players are advised to not raise a contentious issue with a coach immediately after a game. Please make time to meet with your coach outside of match times.

If you are not satisfied with the outcome or response, you should direct your inquiry to the club president Ali Rees – beenleighblitz@gmail.com

PARENTS BEHAVIOUR

Our parents are a vital resource in the successful running of the Blitz program. There are times where a very small percentage of parents create friction and tension among a team. Parents that cause conflict with players, coaches, team managers, and officials will be dealt with at the association's discretion.

Conflict causes major disruptions to teams and Beenleigh Blitz management will have ZERO tolerance towards behaviour outside of the Code of Conduct. Please familiarise yourself with the Codes of Conduct prior to and during the season. As Parents you are expected to understand and follow and respect in line with the Beenleigh Blitz values.

GRADING AND PLAYER MOVEMENT

Beenleigh Blitz reserve the right to remove or regrade players to higher or lower divisions in accordance with the rules of Logan Basketball. Grading will take place at the beginning of the summer season in October of every year.

Players will be placed as close as possible within a team of appropriate age, skill, and like-mindedness.

FINANCIAL MATTERS

All Financial Matters are to be discussed directly with the club president Ali Rees – beenleighblitz@gmail.com

TRAINING

Training sessions are Compulsory for all players. It is recommended that all players arrive at least 15 minutes prior to their starting time to stretch and prepare for the session. If for some reason you cannot attend, you must notify your coach or team manager well in advance. Our coaches spend many hours preparing training sessions based on all players being in attendance. Notifying of non-attendance at last minute causes disruption and may result in reduced game readiness.

The days and time of training sessions are set by the club. Players are expected to commit to these training times, and the club does not work around individual outside commitments in the training schedule.

Consistent failure to attend training may result in limited court time or the termination of your club membership.

BALL RULES

Thunder 10's, U12 Boys: Size 5

U14 Boys, Junior girls, and Youth Girls: Size 6

U16, and U19 Boys: Size 7

ZONE RULES

Under 14 competitions and below are not allowed to use "zone" defence. If a team is found to be playing zone defence a warning will be given, followed by a technical foul on the offending team bench (given by the Game Day coordinator or Referee Supervisor)

PLAYING TIMES AND VENUES

Juniors (U14 and below) play on Saturdays at Cornubia indoor sports centre.

Seniors (U16 and above) play on Friday nights, venues vary and will be communicated on Thursday night after confirmation from the tournament organisers.

All times may vary and will also be communicated to each team on Thursday nights after confirmation from the tournament organisers.

Although the coaches will endeavour to provide a fair and equitable approach to court time, they have the final say on all court time matters. Court time is solely at the discretion of the coaches and is supported by the association.

BEENLEIGH SEASONS

The year is split into two seasons. These seasons are as follows:

Summer Season: October – March

Winter Season: April – September

Each season will conclude with the top four teams in each tournament entering playoffs. Playoffs will consist of Semi-finals with the winning teams advancing to finals. All teams that do not make the playoffs will be required to play a ladder game on the week of semi-finals if applicable.

SEASON CONCLUSION

The season will conclude with a presentation at our home court. The dates of the presentation will be provided at the end of the season. All players are expected to attend the presentation in their playing shorts, where they will receive their season medals.

INJURIES

Registered players are covered for expenses associated with injuries incurred at games, tournaments, and training by the association.

All players are encouraged to wear a mouth guard at games and training. Players must advise Team Coaches of any injury prior to training sessions or games. To promote team spirit players are required to attend all games even when injured. But not when ill.

If a player has a long-term injury, it is imperative that a medical certificate from a registered practitioner is submitted to the club president Ali Reese – beenleighblitz@gmail.com as a matter of priority.

UNIFORMS

All players are required to wear the Beenleigh Blitz uniform for pre-game warm up and during the game.

The Beenleigh Blitz uniform comprises of:

- Beenleigh Blitz Shorts
- Beenleigh Blitz Jersey (Reversible)
- Suitable sports shoes with non-marking soles.
- Skintight undershirt Black (optional)

No Substitute items will be allowed. This policy applies to Games, and at any time representing Beenleigh Blitz. Jerseys are supplied, shorts are purchasable at training and must be worn.

VIDEOS/PHOTOS (SOCIAL MEDIA)

As the players of our club are minors we strictly prohibit the recording and sharing of videos and photos of our players without the expressed permission from their legal guardians. To prevent any issues, videoing at training is strictly prohibited, and all Videos/Photos are only to be taken with expressed permission from the club management, or in official capacity as instructed from the organisation.

PLAYER CODE OF CONDUCT

1. UNDERSTAND AND PLAY BY THE RULES

Understanding and playing by the rules is your responsibility. 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 your lives. Do not ignore or deliberately break any rules. Even if you think that a deliberate foul may give your team an advantage, you should not commit the deliberate foul in the interests of fair play. If you do consistently commit deliberate fouls or break the rules you must accept that there will be consequences for you and your team. Do not let yourself or your team down.

2. RESPECT REFEREES AND OTHER OFFICIALS

Referees and officials have a difficult task to perform, and you could not play the game without them. They are there to enforce the rules of play, but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, have your coach, captain or manager approach the referee during a break or after the game, in an appropriate manner.

3. CONTROL YOUR TEMPER

Verbal abuse of officials is a serious offence against the rules of basketball. Verbally abusing other players or deliberately distracting or provoking an opponent are also not acceptable or permitted in basketball. Loss of temper is not only unpleasant for other participants in the game, but it can also distract you and have an adverse effect on your concentration and effectiveness on the court.

4. WORK HARD FOR YOU AND YOUR TEAM

You owe it to yourself, and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit - so will you. If you are half-hearted about your involvement in the sport you will become dissatisfied and lose out on much of the enjoyment and satisfaction, you can derive from giving it your best.

5. BE A GOOD SPORT

Acknowledge all good plays whether they be by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the achievements of your opponents, it is likely they will follow suit. Part of participation in sport is respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on court, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. TREAT ALL PLAYERS AS YOU WOULD LIKE TO BE TREATED

Do not interfere with, bully, or take unfair advantage of another player. Just because one of your team cannot perform as well as you do does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when players do a good job will assist a player to improve their game.

7. PLAY FOR THE “ENJOYMENT OF IT” AND NOT JUST TO PLEASE PARENT AND COACHES

Playing sport, including basketball, should be fun. This does not mean that you should not take it seriously, just that at the same time you should enjoy it. If you enjoy an activity, you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. Whilst this can be a positive and their way of showing you support in your activities; you should resist it where it is no longer enjoyable.

8. RESPECT THE RIGHTS, DIGNITY, AND WORK OF EVERY PERSON

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

9. BE PREPARED TO LOSE SOMETIMES

Everyone wins and losses sometimes. 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.

10. LISTEN TO THE ADVICE OF YOUR COACH AND TRY TO APPLY IT AT PRACTICE AND IN GAMES

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can get commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing basketball. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in basketball.

11. 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 do not abuse anything provided for use. Do not engage in dangerous practices such as hanging off hoops or "slam dunking." Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

PARENT CODE OF CONDUCT

1. ENCOURAGE YOUR CHILDREN TO PARTICIPATE FOR THEIR OWN INTEREST AND ENJOYMENT, NOT YOURS

Support your children in their participation in basketball but do not force them to play if they do not want to. Sport is played by children for enjoyment and fitness. It is good for their bodies but should also be good for their minds. If they feel too much pressure from you it may make them rebellious or even depressed. It is very tempting for parents who are involved in a sport, or who have children with abilities they wish they had themselves to try and force the children to participate or to participate at a level to which they do not aspire. Resist the temptation.

2. ENCOURAGE CHILDREN TO ALWAYS PLAY BY THE RULES

Just as responsible parents teach their children to obey the law of the land, so should those same parents encourage their children to play sport by the rules. If your children show no respect for the rules of the game of basketball, they can also come to believe that breaking the law is acceptable too. If you see your children constantly breaching rules you should be prepared to speak to them at an appropriate time.

3. TEACH CHILDREN THAT AN HONEST EFFORT IS ALWAYS AS IMPORTANT AS A VICTORY

Your children will suffer many disappointments in their lives. You should teach them from an early age that whilst a win in basketball will bring them much pleasure, it is not the most important thing. Participating to the best of their abilities is far more important than winning. You can help them learn this, so that the result of each game is accepted without undue disappointment.

4. FOCUS ON DEVELOPING SKILLS AND PLAYING THE GAME, REDUCE EMPHASIS ON WINNING

If children see that effort is rewarded by an increase in skills, they will derive considerable pleasure and see the importance of striving to improve over the necessity to win every game. Primary responsibility for skills training rests with the children and their coaches but you can assist with their enthusiasm by attending games, encouraging them to practise away from formal training and games and even joining in with this practice.

5. A CHILD LEARNS BEST BY EXAMPLE. APPLAUD GOOD PLAY BY ALL TEAMS

Acknowledge all good plays whether they be by your children's team or the other team. Good manners and respect can be infectious. If you acknowledge the achievements of your children's opponents, it is likely your children will follow suit. This can assist to create a positive and supportive climate for all children involved in the game.

6. DO NOT CRITICISE YOUR OR OTHERS' CHILDREN IN FRONT OF OTHERS

Reserve constructive criticism of your own children for more private moments. Children can be very sensitive and feel strong humiliation if they are criticised in front of their peers. When you do feel the necessity to speak to your child about something that displeases you, make the effort to explain what the problem is and why you are concerned about it. If you can see some way of avoiding the problem in the future, also explain this to the children. Give your children an opportunity to offer you an explanation. You are not communicating with your children effectively if all the communication is one way.

7. ACCEPT DECISIONS OF ALL REFEREES AS BEING FAIR AND CALLED TO THE BEST OF THEIR ABILITY

Referees and officials have a difficult task to perform, and your children could not play the game without them. They are there to enforce the rules of play, but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, discuss it with your children in a constructive manner.

8. SET A GOOD EXAMPLE BY YOUR OWN CONDUCT, BEHAVIOUR AND APPEARANCE

Children often learn by example. You are the prime role models for them. Make your parenting rewarding and beyond criticism by leading by example. Do not criticise opposing team members or supporters by word or gesture. Accept loss graciously and applaud the efforts of all playing the game. Do not be one of the "ugly" parents occasionally seen at sporting events.

9. SUPPORT ALL EFFORTS TO REMOVE VERBAL AND PHYSICAL ABUSE FROM SPORTING ACTIVITIES

Parents have considerable influence in how sports are conducted. Often, they are called on to perform volunteer work to help organise their and others' children's activities. Use this rewarding experience, not just to assist in getting the necessary work performed, but also to influence the atmosphere in which your children play the sport. Children not as fortunate as yours whose parents are not willing or able to be involved may need some guidance on what is or is not acceptable behaviour.

10. RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON

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

11. SHOW APPRECIATION FOR VOLUNTEER COACHES, OFFICIALS AND ADMINISTRATORS

Volunteers are necessary for the functioning of sporting activities. Without them, your child could not participate. Whilst many are parents of people involved in the sport, many are also people dedicated to the sport and its development. Show them the respect and appreciation that they deserve.

12. KEEP CHILDREN IN YOUR CARE UNDER CONTROL

Basketball encourages you to bring your children to games. However, there can be dangers to them in a basketball stadium. They can also constitute a danger to players. You should ensure that children with you at a basketball game are well behaved and do not wander onto or too near to courts. They can easily be knocked down by a player or a player can trip over a child when concentrating on the play and not expecting a small child to be in the way.

THE RULES OF BASKETBALL

This section is a summary of the common violations and fouls players will encounter during their game. For the full break down of the rules of basketball seek the FIBA rulebook which can be found on the FIBA website: <https://www.fiba.basketball>

VIOLATION:

A Violation is an infraction of the rules.

FOUL:

A Foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike conduct.

TECHNICAL FOUL:

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

- Disregarding warnings given by referees.
- Disrespectfully dealing and/or communicating with referees, the commissioner, if present, the table officials, the opponents or persons permitted to sit on the team benches.
- Using language or gestures likely to offend or incite spectators.
- Baiting and taunting an opponent.
- Obstructing the vision of an opponent by waving/placing his/her hand(s) near his/her eyes.
- Excessive swinging of elbows.
- Delaying the game deliberately touching the ball after it passes through the basket or by preventing a throw-in or a free throw from being taken promptly or coming on the court late to start the game or the second half.
- Fake being fouled.

- 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 a referee, is trying to prevent injury to themselves or to another player.
- Goaltending during the last free throw by a defensive player. The offensive team shall be awarded the one point, followed by the technical foul penalty charged against the defensive player.

APPLICATION

It is important to note the differences between each as they impact the player/game in different ways. We will further define each type and where they apply in their respective sections.

Although Violations and Fouls are limited to players in the game, technical fouls can be received by anyone in connection with the team during the game. This includes coaches, players, and anyone authorised to sit on the bench during the game.

Violations may take place as many times as applicable during a game with only the violations penalty being applied to the team.

Players individually may only receive 5 fouls during a game. On the 5th foul a player will be removed for the remainder of the game.

Players individually may only receive 2 technical fouls during a game. On the 2nd technical foul, they will be discharged from the game.

Coaches may receive technical fouls under the same criteria as a player although he will be discharged when:

- They receive 2 technical fouls for their personal unsportsmanlike behaviour.
- They receive 3 technical fouls, either all of them or one of them, as a result of unsportsmanlike behaviour of other persons permitted to sit on the team bench.

VIOLATIONS:

PENALTY:

The ball shall be awarded to the opponents for a throw-in from the place nearest to the infraction, except from directly behind the backboard, unless otherwise stated in the rules.

PLAYER/BALL OUT-OF-BOUNDS

A player is out of bounds when part of their body is in contact with the floor, or any object other than a player above, on or outside the boundary line.

The ball is out-of-bounds when it touches:

- A player or any other person who is out-of-bounds.
- The floor or any object above, on or outside the boundary line.
- The backboard supports, the back of the backboards or any object above the court.

DRIBBLING

A dribble is a movement of a live ball caused by a player in control of that ball who throws, taps, rolls or bounces the ball on the court.

A dribble starts when a player, having gained control of the live ball on the court throws, taps, rolls or bounces it on the court and touches it again before it touches another player.

A dribble ends when a player touches the ball with both hands simultaneously or permits the ball to come to a rest in one or both hands.

Carry:

During a dribble, a player may not place their hand under the ball or carry it from one point to another or bring the ball to a pause and then continue to dribble.

Double Dribble:

A player shall not dribble the ball for a second time after their first dribble has ended unless between the 2 dribbles, they have lost control of the live ball on the court because of:

- A shot for a goal
- A touch of the ball by an opponent.
- A pass or fumble that has touched or been touched by another player.

TRAVELLING

A player who catches a ball while they are progressing, or upon completion of a dribble, may take two steps in coming to a stop, passing, or shooting the ball.

A player has travelled if they illegally move one or both feet beyond the limits outlined above, or by moving an established pivot foot.

A player falling, laying, or sitting on the court may gain control of the ball but it is a violation if the player then rolls or attempts to stand up while holding the ball.

3 SECOND RULE / 3 IN THE KEY

A player shall not remain in the opponents restricted area(key) for more than 3 consecutive seconds while their team is in control of a live ball in the front court and the game clock is running.

To be considered as left the restricted area a player must place both feet outside of the restricted area.

5 SECOND RULE / CLOSELY GUARDED

A player who is holding a live ball on the court is closely guarded when an opponent is in an active legal guarding position at a distance of no more than 1m.

A closely guarded player must pass, shoot, or dribble the ball within 5 seconds.

8 SECOND RULE

A player in the back court (their defensive side of the court) gains control of a live ball, or on a throw-in a player legally touches the ball within the back court the team must cause the ball to go into its front court within 8 seconds.

SHOT CLOCK

Whenever a player gains control of a live ball, or on a throw in the ball is legally touched by any player on the court and the team of that player taking the throw-in remains in control of the ball, the team must attempt a shot for goal within 24 seconds.

To constitute a shot the ball must leave the players hand prior to the clock signal sound and after the ball has left their hand it must touch the ring or enter the basket.

BALL RETURNED TO BACKCOURT

When the ball has crossed into the front court, the team in control of the ball may not take the ball across the half into their back court. If the team in control of the ball is performing a throw-in in the front court the ball may not be thrown-in to the back court.

If a player is performing a throw in at the half court and has their feet on both sides of the half court line, they are not considered to have entered the front court.

GOALTENDING

Goaltending occurs during a shot for goal when a player touches the ball while it is above the level of the ring and it is on the downward flight to the basket, or after it touches the ring.

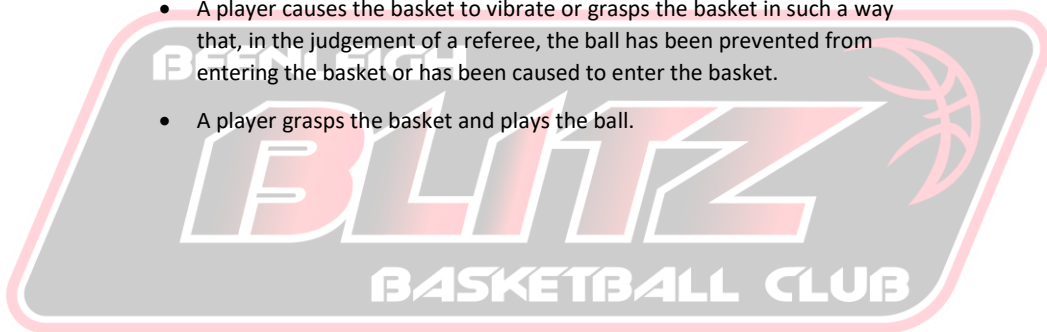
Goaltending also occurs when a player touches the ball while it is in flight to the basket and before it touches the ring during a free throw.

The goal tending restriction apply until the ball no longer has the possibility to enter the basket, or the ball touches the ring.

INTERFERENCE

Interference occurs when:

- After a shot for a goal or the last free throw a player touches the basket or the backboard while the ball is in contact with the ring.
- After a free throw followed by an additional free throw(s), a player touches the ball, the basket, or the backboard while the ball still has a possibility to enter the basket.
- A player reaches through the basket from below and touches the ball.
- A defensive player touches the ball or basket while the ball is within the basket, thus preventing the ball from passing through the basket.
- A player causes the basket to vibrate or grasps the basket in such a way that, in the judgement of a referee, the ball has been prevented from entering the basket or has been caused to enter the basket.
- A player grasps the basket and plays the ball.



FOULS

PENALTY:

The same penalty from the violation applies unless the foul is performed during the act of shooting, in which case the following applies:

- If the shot enters the basket the shot will be counted as made and an additional free throw will be awarded.
- If the foul occurs in the 2-point area, and the shot does not enter the basket 2 free throws will be awarded.
- If the foul occurs in the 3-point area, and the shot does not make enter the basket 3 free throws will be awarded.

GENERAL CYLINDER PRINCIPLE

The cylinder principle is defined as the space within the imaginary cylinder occupied by a player on the court. The dimensions of the cylinder for a player are:

- the front of by the palms of the hands
- The rear of the buttocks, and
- The sides by the outer edge of the arms and legs.

The legs and arms may be extended in front of the torso no further than the position of the feet and knees, with the arms bent at the elbows so that the forearms and hands are raised in a legal guarding position.

The offensive player with the ball must be allowed enough space for normal basketball play within their cylinder. Normal basketball play includes starting a dribble, pivot, shooting and passing.

The offensive player cannot spread their legs or arms outside of their cylinder to cause an illegal contact with a defensive player in order to gain additional space.

VERTICALITY PRINCIPLE

During the game, each player has the right to occupy any position on the court not already occupied by an opponent.

This principle protects the space on the court they occupy and the space above them when they jump vertically.

When a player leaves their vertical position and contact occurs with an opponent who already established their position the player who left their vertical position is responsible for the contact.

The defensive player must not be penalised for leaving the court vertically within their cylinder or having their hands and arms extended above them within their own cylinder.

The offensive player, whether on the court or airborne, shall not cause contact with a defensive player in a legal guarding position by:

- Using their arms to create more space for themselves (pushing off)
- Spreading their legs or arms during or immediately after a shot for goal.

LEGAL GUARDING POSITION

A defensive player has established an initial guarding position when:

- They are facing their opponent, and
- They have both feet on the court.

The legal guarding position extends above them vertically in line with the verticality principle.

GUARDING A PLAYER WHO CONTROLS THE BALL

When guarding a player who controls the ball, the elements of time and distance do not apply.

The player with the ball must be prepared to stop or change direction when a defensive player has established a legal guarding position in front of them. Even if this is done within a fraction of a second.

The guarding player must establish an initial legal guarding position without causing contact before taking their position.

Once the guarding player has established their position, they may move to guard their opponent, but they may not extend their arms, shoulders, hips, or legs to prevent the dribbler from passing by them.

GUARDING A PLAYER WHO DOES NOT CONTROL THE BALL

A player who does not control the ball is entitled to move freely on the court and take any position not already occupied by another player.

When guarding a player who does not control the ball, the elements of time and distance shall apply. A defensive player cannot take a position so near and/or so quickly in the path of a moving opponent that the latter does not have sufficient time or distance to either stop or change their direction.

If a defensive player does not respect the elements of time and distance in taking their initial legal guarding position and contact with an opponent occurs, they are responsible for the contact.

Once a defensive player has established an initial legal guarding position, they may move to guard their opponent. They may not prevent them from passing by extending their arms, shoulders, hips, or legs in their path. They may turn within their cylinder to avoid injury.

A PLAYER WHO IS IN THE AIR

A player who has jumped in the air has the right to land in the same place they jumped. They have the right to land in another place if the path between the two places is not occupied by an opponent at the time of take-off.

If a player has taken off and their momentum causes them to contact another player, they are responsible for the contact. If a player moves into their path after taking off that player is responsible for the contact.

Moving under a player who is in the air and causing contact is usually an unsportsmanlike foul and in certain circumstances may be a disqualifying foul.

SCREENING

Screening is an attempt to delay or prevent an opponent without the ball from reaching their desired position on the court.

A legal screen consists of:

- Player is stationary inside their cylinder when the contact occurs.
- Have both feet on the court when contact occurred.

Illegal screening happens when the screening player:

- Was moving when the contact occurred.
- Did not give sufficient distance in setting a screen outside the field of vision of a stationary opponent when contact occurred.
- Did not respect the element of time and distance of an opponent in motion when contact occurred.

A screen inside the field of vision of a player to be screened may be set as close to the player as they wish provided no contact take place.

A screen outside of the field of vision of the player to be screened must permit the opponent to take 1 norma step towards the screen without making contact.

If the opponent is in motion, the elements of time and distance shall apply.

A player who is legally screened is responsible for any contact with the player who set the screen.

CHARGING

Charging is illegal personal contact, with or without the ball, by pushing or moving into an opponent's torso.

BLOCKING

Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball.

It is legal for a player to extend their arms or elbows outside of their cylinder in taking position on the court, but they must be moved inside their cylinder when an opponent attempts to pass by. If the arms or elbows are outside the cylinder and contact occurs it is a blocking or holding foul.

NO-CHARGE SEMI-CIRCLE

On any penetration play into the no-charge semi-circle area any contact caused by an airborne offensive player with a defensive player inside the no-charge semi-circle shall not be called as a team control foul, unless the offensive player is illegally using their hands, arms, legs, or body.

CONTACTING AN OPPONENT WITH HANDS AND/OR ARMS

The touching of an opponent with the hand(s) is in itself not necessarily a foul.

The referee will decide whether the player who caused the contact has gained an advantage. If contact caused by a player in anyway restricts the freedom of movement of an opponent, such contact is a foul.

Illegal use of the hand(s) or extended arm(s) occurs when the defensive player in a guarding position and their hand(s) or arm(s) are placed upon and remains in contact with an opponent with or without the ball, to impede their progress.

To repeatedly 'jab' an opponent with or without the ball is a foul, as it may lead to rough play.

It is a foul by the offensive player with the ball to:

- 'Hook' or wrap an arm or elbow around a defensive player in order to obtain an advantage.
- 'Push off' the defensive player to prevent them from playing or attempting to play the ball, or to create space for themselves.
- Use an extended forearm or hand, while dribbling, to prevent an opponent from gaining control of the ball.

It is a foul by the offensive player without the ball to 'push off' to:

- Get free to catch the ball.
- Prevent the defensive player from playing or attempting to play the ball.
- Create more space for them.

POST PLAY

The principle of verticality applies to post play.

The offensive player in the post position and the defensive player guarding them must respect each other's rights to a vertical position.

It is a foul by an offensive or defensive player in the post position to shoulder or hip their opponent out of position or to interfere with their opponent's freedom of movement using extended arms, shoulders, hips, legs, or other parts of the body.

ILLEGAL GUARDING FROM THE REAR

Illegal guarding from the rear is personal contact with an opponent, by a defensive player, from behind. The fact that the defensive player is attempting to play the ball does not justify their contact with an opponent from the rear.

HOLDING

Holding is illegal personal contact with an opponent that interferes with their freedom of movement. This contact (holding) can occur with any part of the body.

PUSHING

Pushing is illegal personal contact with any part of the body where a player forcibly moves or attempts to move an opponent with or without the ball.

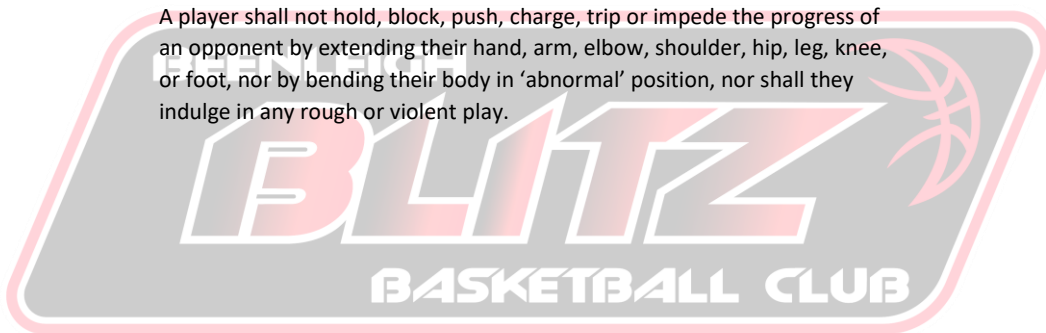
FAKE BEING FOULED

Fake is any action by a player to simulate that they have been fouled or to make theatrical exaggerated movements in order to create an opinion of being fouled and therefore gaining an advantage.

PERSONAL FOUL

A personal foul is a player's illegal contact with an opponent whether the ball is live or dead.

A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, leg, knee, or foot, nor by bending their body in 'abnormal' position, nor shall they indulge in any rough or violent play.



UNSPORTSMANLIKE FOULS

An unsportsmanlike foul is a player contact which in the judgement of the referee is:

- Contact with an opponent and not legitimately attempting to directly play the ball within the spirit and intent of the rules.
- Excessive, hard contact caused by a player in an effort to play the ball or an opponent.
- An unnecessary contact caused by a defensive player in order to stop the progress of the offensive team in transition. This applies until the offensive player starts their act of shooting.
- An illegal contact caused by a player from behind or laterally on an opponent who is progressing towards the opponent's basket and with no opponents between the pressing player and the basket.

DISQUALIFYING FOUL

A Disqualifying foul is any fragrant unsportsmanlike action by players, substitutes, head coaches, assistant coaches, excluded players and accompanying delegation members.

A head coach who has received a disqualifying foul shall be replaced by the first assistant coach as entered on the scoresheet, if no first assistant is entered on the scoresheet, the captain shall replace them.

VIOLENCE

Violence is not tolerated at Beenleigh Blitz, any violence involving a participant/Member/Parent of Beenleigh Blitz will be investigated. This may result in suspension or permanent removal of your membership to the club. We have a ZERO tolerance on violent behaviour or conduct.

Any players, coaches, substitutes, or authorised persons on the bench involved in any violent actions including fighting will be discharged from the game immediately.

FIGHTING

Fighting just like Violence is not tolerated at Beenleigh Blitz and will undergo the same treatment.

If a fight happens during a game only the Coach is permitted to enter the court to help restore order with the referees. If the coach enters the court and does not assist in restoring order they will receive a disqualifying foul.

TECHNICAL, UNSPORTSMANLIKE, AND DISQUALIFYING FOULS

These fouls are against the spirit of the game, here at Beenleigh Blitz we do not tolerate the violation of these rules. Each infraction will be investigated and may result in the suspension/termination of your membership if deemed necessary.



AT HOME DRILLS WITHOUT A HOOP

BALL WRAPS

Wrap the ball around your body using your hands. Try to keep the ball off your body, make sure you are moving the ball high and low around your whole body.

FIGURE 8'S

Get down into the athletic stance, step forward and put the ball from one hand to the other through your legs. Now repeat with the other side. Make sure we do it in both directions outside in, and inside out.

STATIONARY DRIBBLES

Get down into the athletic stance, dribble the ball 30 times in your right hand, 30 times in your left hand, 30 cross overs, 30 between the legs, and 30 behind the backs. Making sure we stay in our athletic stance, keeping our eyes up, and we are pounding the ball hard.

JUMP STOPS

Best done with a partner to pass the ball, if not then spin the ball backwards so it bounces back to you. Jump forward to catch the ball with two hands, making sure we land with both feet at the same time. Try a running start to make it harder.

CRAB WALKS / DEFENSIVE SLIDE

Pick two points in a line, stand at the first point, and get into the athletic stance with your arms up in the guarding position. Now slide sideways to the other point. Make sure we stay level in our stance, and our heels do not cross or touch. The wider and faster we move the better. Try turning 180 degrees every third slide to make it harder.

WALL PASSES

Pick a spot on the wall about chest height. Stand back 2 or more metres. Pass the ball using different passing styles, like chest pass, outside passes, baseball passes and, bounce pass and try to hit the spot on the wall every time. Make it harder by changing the distance from the wall. You can replace the wall with a partner.

3 STEPS FORWARD 2 STEPS BACK

Dribble the ball forward for 3 steps, then take 2 steps back and crossover. Repeat from one side to the other. This should be done at a speed as though a defender is pressing, and you need to back up to make space and crossover. Add a defender to make it harder.

PIVOT RIP THROUGHS

Start with the left foot as the establish pivot foot. Step forward with the right foot and put the ball on your left hip. Slide your right foot to the neutral position and chin the ball. Step back with your right foot and rip the ball through to your right hip. Swap sides and repeat.

WALL SITS

Sit against the wall with your knees bent at 90 degrees Your back should be against the wall, and the top of your legs should be level with your knees.

Try to sit for as long as you can.

FORM SHOOTING

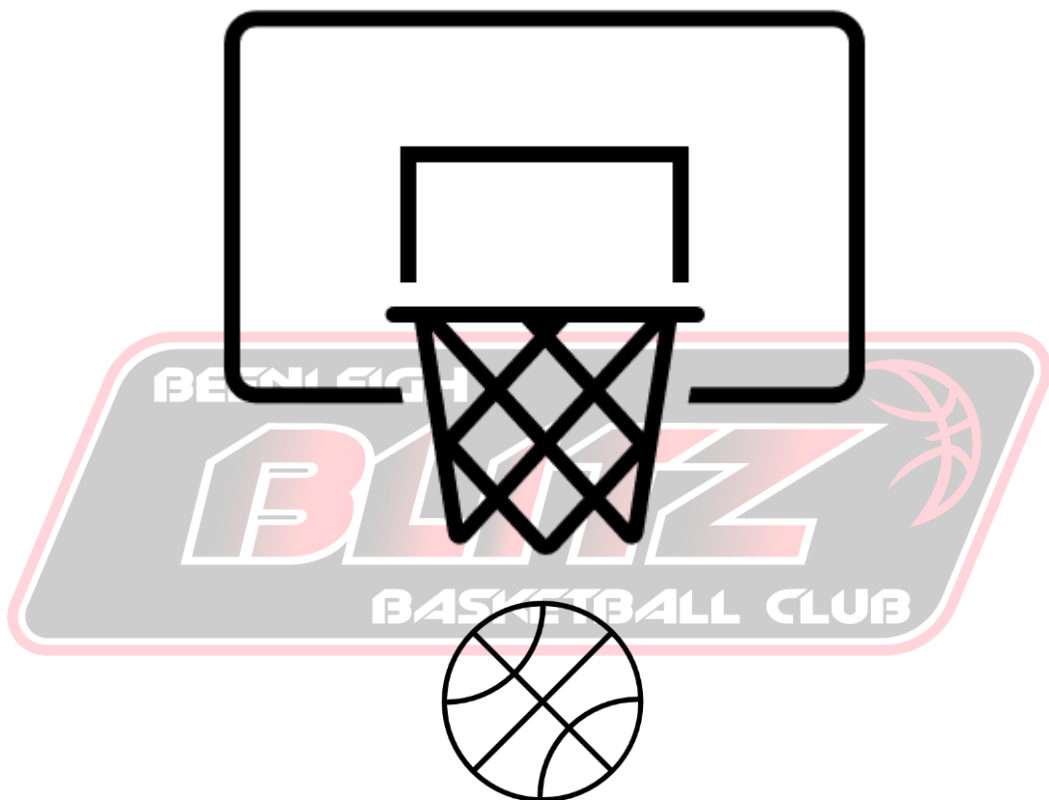
Mark a spot for the ball to land and take a few steps back. Get into the athletic stance and hold the ball in the triple threat position. Using the form shooting acronym B.E.E.F Shoot the ball with a high arc and try to land on the chosen spot. This drill is about practicing the form of shooting, not about trying to get the ball as far as possible. So, remember:

B – Balance.

E – Elbow.

E - Eyes on target.

F - Follow Through.



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