

ALL-STAR



**KIWI
HOOPS**



KIWI HOOPS ALL-STAR PROGRAMME

For more information visit the Players section of our website www.basketball.org.nz

BASKETBALL NEW ZEALAND - KIWI HOOPS ALL-STAR PROGRAMME

BASKETBALL NEW ZEALAND KIWI HOOPS – SUMMARY

Kiwi Hoops is the Basketball New Zealand junior basketball programme. It uses basketball activities and games to provide fun and enjoyable learning and participation experiences for young people from 5 to 13 years of age.

It provides coaches, teachers, parents, volunteers and administrators with a systematic and consistent approach to the development of players. Most importantly, it is great fun for everyone!

Kiwi Hoops has four stages aligned to the following school years:

Bounce: ages 5 to 7 or Year 1 and 2

Mini: ages 7 to 9 or Year 3 and 4

Pro: ages 9 to 11 or Year 5 and 6

All Star: ages 11 to 13 or Year 7 and 8

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

Kiwi Hoops is based on modified games and activities that provide fun and success for everyone. It's designed to meet the needs of young players while keeping the essence of the game.

Movement and fun are the focus for the first two stages, Bounce and Mini. Young players need to develop the ABC's of athleticism, agility, balance, coordination and speed to build a sound platform for learning and developing basketball skills. They are introduced to simple skills through modified games and activities.

- **Bounce** – the focus is on developing the ABC's through fun and inclusive modified games and activities.
- **Mini** – young players continue to develop the ABC's and are introduced to basic fundamental and basketball skills through fun and inclusive modified games and activities.

Learning skills, strategies and tactics are the focus for the next two stages, Pro and All Star. These are often called the “skill hungry years” with extensive research showing it is a critical phase for motor development. Children are developmentally ready to acquire fundamental movement and fundamental sport skills that are the cornerstone of all athletic development.

- **Pro** – young players learn and develop fundamental basketball skills and general concepts through modified games and activities in a fun inclusive way.
- **All Star** – young players further develop basketball specific skills and concepts. They participate in modified games preparing them for secondary school development and competition.

HOW TO USE THE KIWI HOOPS PROGRAMME

The Kiwi Hoops programme is designed to be used in any setting including schools, basketball clubs and associations, after school and holiday programmes.

The programme is flexible to fit the needs of both class or group programmes and teams playing in local leagues.

Each Kiwi Hoops stage has a Session Guide like this one includes five session plans. Progressions are included so activities can be repeated for additional sessions. Coaches are also encouraged to create their own session plans once they have completed the first five.

The session plans are ideal for class or group programmes and can also be used as practice sessions by coaches of teams who also participate in school or association leagues.

Each stage of the Kiwi Hoops programme includes recommended session lengths and game formats for that age group. These have been developed by experts as the recommended best way to develop young players. Local flexibility may be needed due to available time, space, equipment and conditions. We encourage use of these national guidelines where possible.

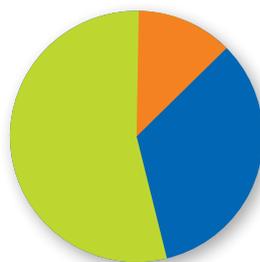
KIWI HOOPS – ALL-STAR

Develop basketball skills and decision making through games and activities and competing for fun and enjoyment.

ALL-STAR is the basketball skills programme for Year 7 and 8 children (11 to 13 years of age). The focus is on refining basic basketball skills and learning more technical skills. Sessions are a mix of activities and games with an emphasis on enjoyment. Basics are still important as some children will use this stage as an entry level. Emphasis is on applying skills and decision making to game-like situations (individual and multi-player decision making). Team offence and defence strategies are introduced.

This is still the major skill (motor) learning stage for children. They are developmentally ready to acquire the fundamental movement skills that are the cornerstones of all athletic development. Focus remains on the learning and developing, not the outcome (winning).

ALL-STAR Sessions



- Movement skills
 - Basketball skills
 - Modified game (All-Star Ball)
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Indicators of success: Player can demonstrate:

- Ability to perform basic basketball skills.
 - Developing more technical skills.
 - Enthusiasm and a desire to play, learn and perfect skills.
 - Understanding of being a team player, cooperation, responsibility, respect and fair play.
 - Decision making in individual and multi-player scenarios.
 - Understanding of offence and defence concepts.
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Tips for coaches

- Develop players technical and tactical understanding progressively.
- Promote communication to enhance teamwork.
- Focus on learning and performing to the best of players ability, not on winning.
- Promote training outside of formal practice.
- Provide a positive environment with lots of positive reinforcement.
- Assess the stage of players and adjust sessions to meet their individual needs.

ALL-STAR SESSION Plans

The Kiwi Hoops All-Star Programme includes 5 session plans and a range of basketball activities and games.

Session length	60 minutes
Session Format	1 x Movement game 2 x Basketball skills 1 x Small sided game
Equipment	One ball per player, marker cones, whistle, first aid kit

ALL-STAR SESSION ONE

Focus: Ball Handling, Passing and Shooting

Learning Intentions We are learning to:

- Pass quickly.
- Move into spaces.
- Perform the set shot with consistency and accuracy.

Success Criteria I am successful when I can:

- Pass the ball ahead of players.
- Shoot the ball and make a basket using the 'BEEF' principles.

PASSING TAG

MOVEMENT SKILLS

Aim: To tag the opposition with the ball.

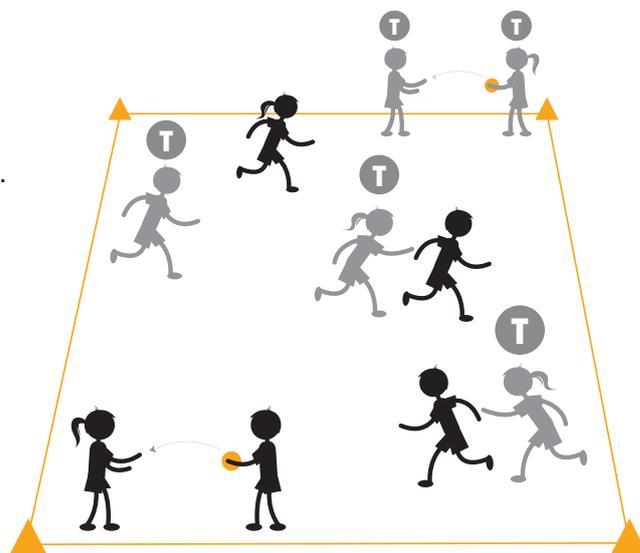
Points of Emphasis: Communication, working together as a team and using the correct pass.

How to Play

1. Divide the players into 2 teams.
One team is the tagging team.
2. The tagging team must pass the ball to their teammates and tag the opposing team.
3. Once they have made 10 tags the teams swap roles.
4. Players cannot tag a person by throwing the ball at them; they must have control of the ball in two hands when making the tag.

Progression

- Add an additional 2 – 3 balls.
- Increase the playing area.
- If the ball is dropped tagged the count begins from zero.



3 MAN WEAVE

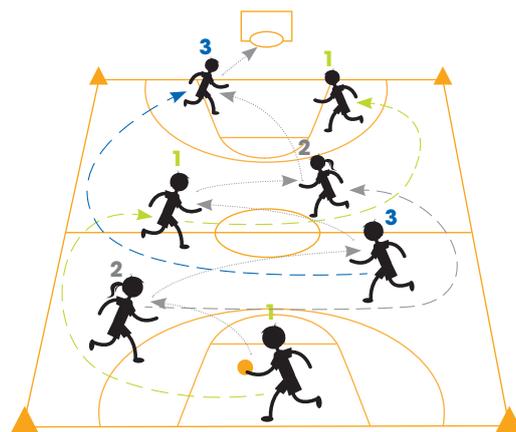
BASKETBALL SKILLS

Aim: To pass and move to make your way down court as a team.

Points of Emphasis: Communication, working together as a team, accuracy of passing and footwork.

How to Play

1. Divide players into groups of three.
2. Each group lines up along the baseline and start with the ball in the middle.
3. Player two starts running, player 1 passes to player 2. Player 1 wraps around player 2, player 2 passes to player 3 and wraps around player 3.
4. They continue until they get to the other end of the court and then the next group begins.



Player moving
 Player's pass

Progression

- Shorten or increase the distance between the three players.
- Add an extra player (four man weave).
- Shoot a layup as they get to the basket. Complete it three times or until all three players have made a layup.

TWENTY ONE

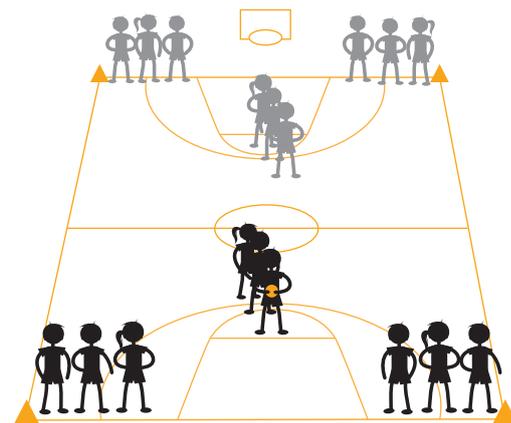
BASKETBALL SKILLS

Aim: To be the first team to sink 21 baskets.

Points of Emphasis: Shooting technique (BEEF) Communication.

How to Play

1. Divide players into six teams.
2. Mark three shooting spots in front and 3m away from each basket.
3. Each group lines up at one spot.
4. On the coach's whistle the teams commence shooting. Shooters can only use one hand to shoot (preferably their shooting hand and excluding the guide hand).
5. Shooters rebound the ball and pass it back to the next player in their team.
6. Players count goals.
7. The winner is the first team to 21.



Progression

- Use less dominant hand to shoot.
- Increase the distance from the basket.
- Add guide hand.

ALL-STAR SESSION TWO

Focus: Ball Handling, Passing and Shooting

Learning Intentions We are learning to:

- Perform set shots from different passes and positions on court.

Success Criteria I am successful when I can:

- Shoot the ball and make a basket using the 'BEEF' principles.

FOUR BY FOUR

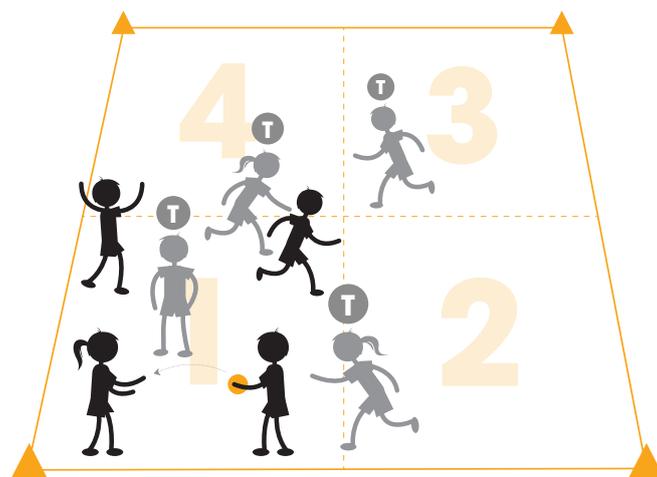
MOVEMENT SKILLS

Aim: To make four consecutive passes in four areas.

Points of Emphasis: Communication, passing accuracy, speed and footwork.

How to Play

1. Divide a playing area into four.
2. Play 4 v 4.
3. One team starts with the ball, they attempt to make four passes between themselves without being tagged by the defence.
4. Once four passes have been made, the ball is passed to a player who moves into the next area and the team attempts to make four consecutive passes in that area.
5. Continue until the team has made four passes in all four areas.
6. Swap over.



Progression

- The defence can intercept the ball. The winning team is the first team to make four passes in all four areas.
- Each team has a ball. The winner is the first team with the ball and all their players in the end zone.

RAPID

BASKETBALL SKILLS

Aim: To be able to use the correct shooting technique.

Points of Emphasis: Communication, footwork and shooting technique (BEEF).

How to Play

1. Divide players into two groups.
2. Both groups start at both free throw lines and are then divided again into groups of 3. One line at the 2 'elbows' and 1 in the middle of the free throw line.
3. The coach blows the whistle and both groups commence shooting. They have a time limit of 2 minutes and must make as many shots as they can.
4. Once they have attempted and rebounded their shot they pass the ball to the line they have shot the ball from and run to halfway and then join the next line and so on.



Progression

- Change position on the court.
- Person that rebounds and passes back to the line challenges the shot by flying at the shooter carrying a hand.

SKIP TO SHOOT

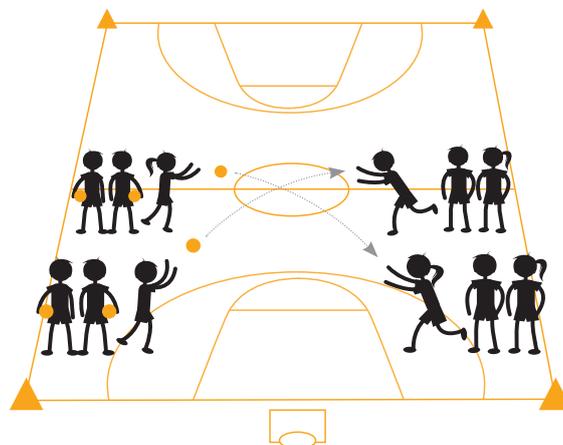
BASKETBALL SKILLS

Aim: Shoot the ball quickly from a cross-court overhead pass.

Points of Emphasis: Communication, accuracy of passing, footwork and shooting technique (BEEF).

How to Play

1. Divide players into four groups. Two groups line up diagonally opposite each other at either end of the court.
2. The balls start on the same side of the court.
3. The first person in each line throws an overhead diagonal pass across to the first person in the other line. They shoot the ball and rebound their shot passing back to the next person in line and then joining the passing line.
4. The winner is the first team to make 15 successful shots.



Progression

- Push the lines back further (increases the distance of the shot and the pass)
- Pass the ball so that the shooter has to relocate to catch the ball in order to shoot it.

ALL-STAR SESSION THREE

Focus: Defending and Lay Ups

Learning Intentions We are learning to:

- Defend the player with the ball.
- Work defensive slides and anticipate the pass.
- Perform lay ups from different positions on the court.

Success Criteria I am successful when I can:

- Stay light on my feet.
- Keep my head up to see the ball and the players.
- React quickly.
- Make a lay-up by using the correct one-two step and simultaneous hand/opposite leg movement.

CROSSOVER

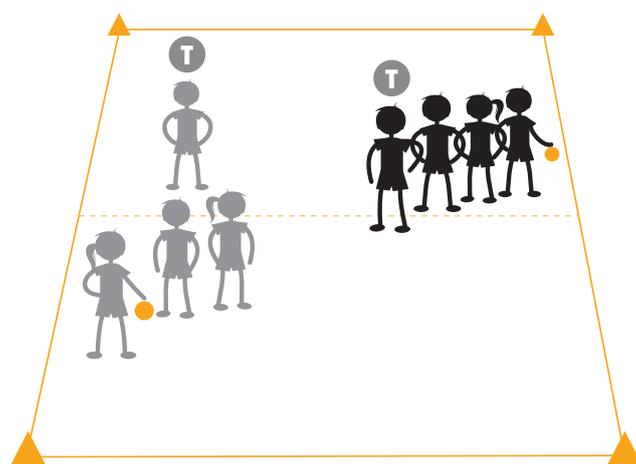
Aim: To avoid being tagged.

Points of Emphasis: Footwork, agility and evasion skills.

How to Play

1. Define an area to play in that has two small zones at each end.
2. Players are divided into two teams. Each team begins either side of half way.
3. Players attempt to run through the defensive area into to their end zone. Players can be tagged when they cross the centre line.
4. When players are tagged they are frozen. Teammates can save players by linking arms with them to bring them back to their side of half way. Players cannot be tagged when they are saving their teammates.
5. The first team to get all their players into their end zone wins the game.

MOVEMENT SKILLS



Progression

- Each player must dribble a ball.
- Each team has a ball. The winner is the first team with the ball and all their players in the end zone.

SIMON SAY'S

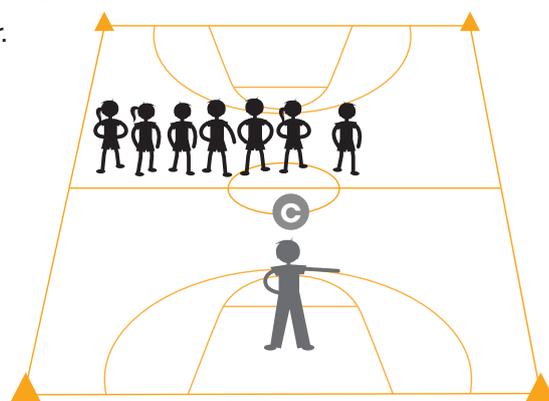
BASKETBALL SKILLS

Aim: To stay with your partner.

Points of Emphasis: Staying in 'defensive stance', footwork and agility.

How to Play

1. Players line up and pick a spot on the court in front of the coach and assume the defensive stance position.
2. On the coach's whistle and command players begin to perform 'pitter patter' feet on the spot.
3. Coach then points in a direction and players step and slide in that direction.
4. Players are then partnered up with band attached to each other.
5. 1 person becomes the offensive player and attempts to get away from the defending player. If they break the velcro the defence has lost, if not the defender has done a great job.



Progression

- Change the speed of the pitter patter feet.
- Add movements forward and backwards.

BEAT THE PASSER

BASKETBALL SKILLS

Aim: To make the most lay ups.

Points of Emphasis: Communication, Passing accuracy variety and speed. Footwork on the lay ups and shooting.

How to Play

Team Challenge

1. Divide players into two teams. A 'shooting' team and a 'passing team'.
2. The shooting team divides between the two baskets; the passing team form a circle with a passer in the middle at half way.
3. The passing team makes 50 consecutive passes while the shooting team make as many successful layups as possible.
4. When the passing team have made 50 consecutive passes the shooting team must stop.
5. Teams reverse roles with the winning team the one with the most lay ups.



Progression

- Run up from the opposite side.
- Change the passes / distance to pass.

ALL-STAR SESSION FOUR

Focus: Defending and Lay Ups

Learning Intentions We are learning to:

- Defend the player with the ball.
- Perform lay ups from both sides of the basket.

Success Criteria I am successful when I can:

- Make a lay-up by using the correct one-two step and simultaneous hand/opposite leg movement.

REVERSE TAG

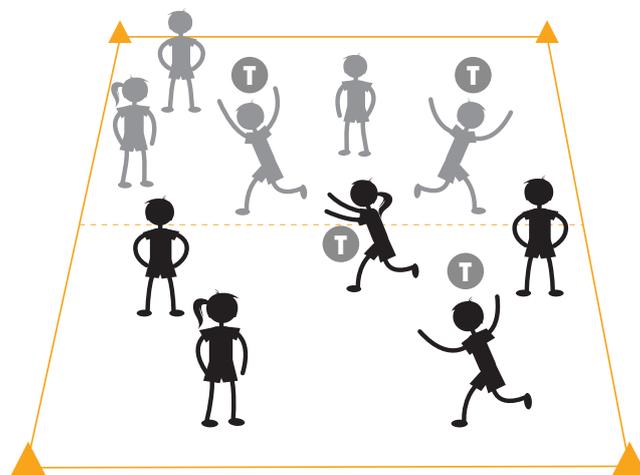
MOVEMENT SKILLS

Aim: To cross the end line as 'it' to score a point.

Points of Emphasis: Communication, Team work, Footwork.

How to Play

1. Divide the players into two teams. Each team starts on the either side of half way.
2. Nominate one player to be 'it', they run with their hand in the air, attempting to get to the other side.
3. The defending player that tags 'it' becomes 'it' and runs with their hand in the air, attempting to get to the other side.
4. Players cannot tag players who tagged them.
5. If players run out of bounds, the game restarts from the middle of the area in line with where the player ran out.
6. The winner is the first team to five points.



Progression

- 'It' dribbles a ball. The ball may be passed to players on the same team, who then become 'it'. When a tag is made players quickly pass the new 'it' the ball.
- Defensive players may pivot while keeping one foot on the marked line to take offensive players from all directions.

20 PASSES

BASKETBALL SKILLS

Aim: To stop the team making 20 passes.

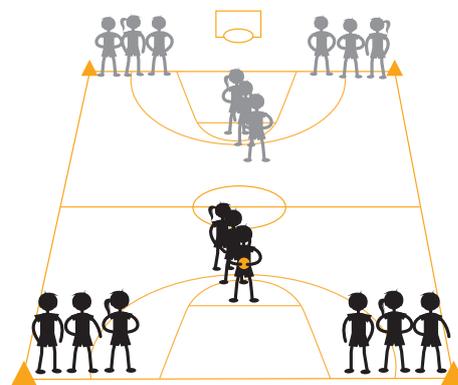
Points of Emphasis: Communication, team work, passing accuracy and speed, agility, defensive stance.

How to Play 20 Passes

1. Players split into even teams with a maximum of 6 players
2. One team starts on offense and one on defence
3. Offense tries to make 20 consecutive passes and the defence tries to intercept the ball.
4. If the defence is successful in gaining possession, they then become the offensive team and try to make 20 consecutive passes.
5. First team to make 20 consecutive passes wins.

Progression

- Coach can call out change of pass i.e. Chest pass, baseball pass and hand off.
- If the defence deflects 2 passes then it's a hand over.
- Reduce/increase the passing area.



HUMPTY DUMPTY

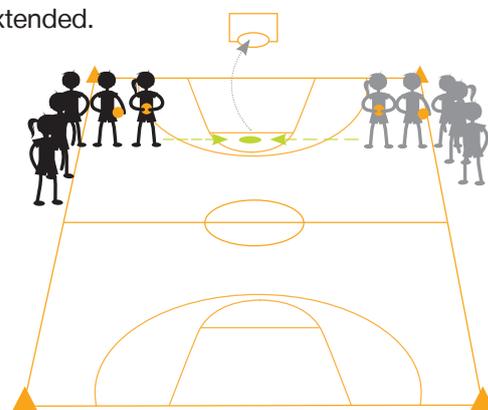
BASKETBALL SKILLS

Aim: To make as many layups as possible.

Points of Emphasis: Footwork, passing, shooting technique (BEEF).

How to Play Team Challenge

1. Divide the players into two groups. One group at each basket.
2. Each group divides into two smaller groups at both free throw lines extended.
3. The first player in one line has a ball, and the second person in the other line has a ball.
4. Activity starts with the first person that doesn't have the ball cutting to the free throw and receiving a pass from the other line and dribbling towards the basket and making a layup with the correct hand.
5. The first team to make 21 layups wins.
6. If a team misses a layup they minus 1 point.



Player moving →
Player's pass →

Progression

- Start the lines under the basket and have the players curl around the coach.
- Coach stands further back from the basket and players are limited to one dribble to the basket.
- Add a jump shot and change the shooting distance from the basket.

ALL-STAR SESSION FIVE

Focus: Putting it all Together

Learning Intentions We are learning to:

- Execute all the skills learnt in the previous lessons into a competitive situation.

Success Criteria I am successful when I can:

Effectively shoot, pass, dribble and defend a player in a competitive situation.

NB: A competitive situation is a game like activity

SLIDE TAG

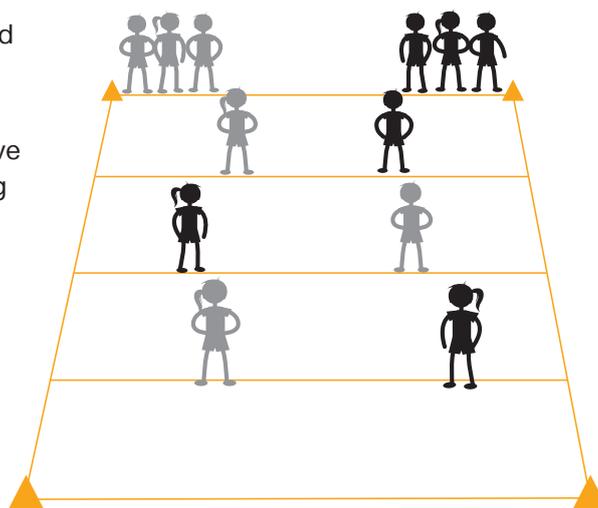
MOVEMENT SKILLS

Aim: To get to the other side without being tagged.

Points of Emphasis: Defensive stance, Lateral Speed and Movement, Vision.

How to Play

1. Divide the group into teams of three or four. One or two teams place themselves on the marked lines crossing the playing area. Each line should have 2 players (defence).
2. The other teams line up on the end line facing the 3lines (offense).
3. The offensive team attempts to cross each of the marked lines to get to the end line without being tagged
4. The defensive players, who must keep both feet on the marked line they are standing on, attempt to tag offensive players as they pass. The defenders can only slide along their line and can reach out to tag other players without coming off their line. Once a player passes them safely they can no longer tag that player.
5. If an offensive player is tagged, they must exit the game via the sideline and return to the start.
6. If an offensive player gets to the end they score a point, go back to the start and try again.
7. Change the defending team every 2 – 3minutes.



Progression

- Players who make it to the end, collect a ball and dribble it back to their hoop (around the outside of the game).
- Start by dribbling a ball through the defending lines and place in a hoop at the other end.

DEFENSIVE STEP AND SLIDE

BASKETBALL SKILLS

Aim: To stay in the defensive stance and move laterally as quickly as you can.

Points of Emphasis: Defensive stance, Lateral Speed and Movement, Vision.

How to Play

Knee Taps

1. Players are partnered up facing each other in the defensive stance.
2. Attempt to tap the back of your opponents knee.
3. The first player to get 3 knee taps is the winner.
4. Move quickly to avoid being tapped.



Progression

- Add an extra player.
- Reduce the area that players are in.

KING OF THE COURT

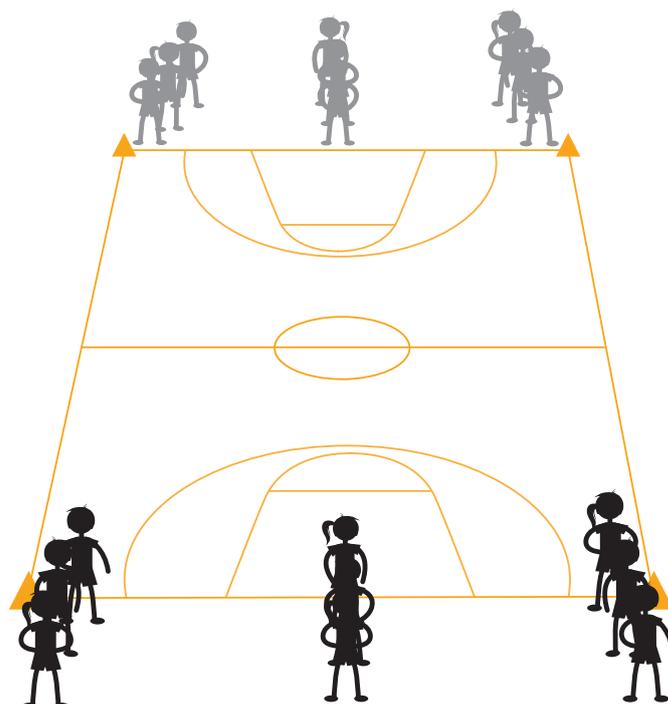
BASKETBALL SKILLS

Aim: Outscore the opposition teams.

Points of Emphasis: Team work, communication, ball movement and shooting.

How to Play

1. Divide the players into two teams. They line up in groups of three at each base line.
2. One group of three starts with the ball (offense). The first group of three at the other end of the court start as defence.
3. The first team to score a basket stays on court. The losing team returns to their base line and the next group of three starts as offense.
4. Offensive team can keep shooting if they get an offensive rebound.
5. The winner is the group with the most baskets at the end.



Progression

- Offense allowed to make two passes when they cross halfway.
- Offense can only take one shot.

SPARE ACTIVITIES

PIRATES

Aim: To use a number of dribbling variations to evade a defender.

Points of Emphasis: Ball control and Court vision.

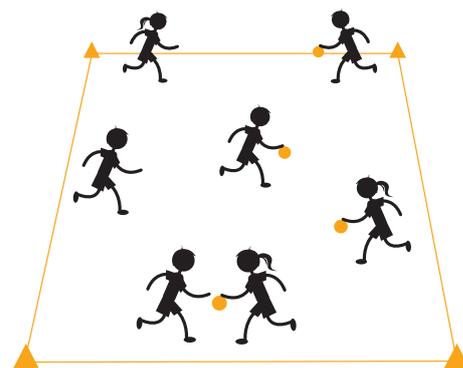
How to Play

1. Define an area for the game to be played in.
2. Players spread out in the area.
3. Three or four players are chosen to be 'pirates'.
4. All other players have a basketball.
5. Players must continuously dribble their ball while trying to avoid the 'pirates'. Pirates will try to knock the balls out of the defined space.
6. Once a player's ball is out of bounds they must complete a task (ankle wraps etc) before returning to the game.

Progression

- Dribble crossover between the legs.
- Dribble behind the back.
- Onside dribble.
- Enlarge the space (half court).
- Pirates become a dribbler and the other person becomes the pirate.

BASKETBALL SKILLS



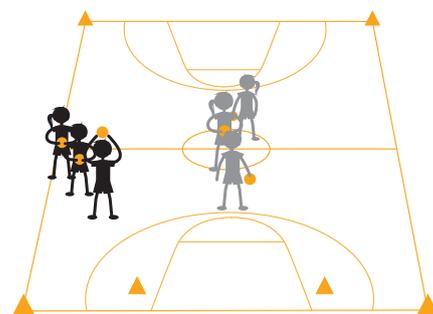
SET SHOT RELAY

Aim: To make as many set shots as possible.

Points of Emphasis: Passing, footwork and lay up technique.

How to Play

1. Divide the groups into two even teams.
2. One team lines up in the middle of the court at the 3-point line and the other team lines up on the free throw line extended (or wing). The team on the middle line has the basketballs.
3. One cone is placed at a distance at an angle of 45 degrees and 2m from the basket.
4. The first person in the middle line (the dribbler) dribbles the basketball into the middle of the keyhole, whilst the first person in the other line runs in line with them.
5. Once the dribbler arrives in the middle of the keyhole they make a chest pass to the other person (the receiver) once they've arrived at the cone.
6. The receiver then shoots a set shot.
7. The passer rebounds the ball and passes to the shooter who then passes the ball back to the middle line.
8. The passer then joins the shooters line and the shooter joins the dribbling/passing line.



RAPID

BASKETBALL SKILLS

Aim: To be able to use the correct shooting technique.

Points of Emphasis: Communication, footwork and shooting technique (BEEF).

How to Play

1. Divide players into two groups.
2. Both groups start at both free throw lines and are then divided again into groups of 3. One line at the 2 'elbows' and 1 in the middle of the free throw line.
3. The coach blows the whistle and both groups commence shooting. They have a time limit of 2 minutes and must make as many shots as they can.
4. Once they have attempted and rebounded their shot they pass the ball to the line they have shot the ball from and run to halfway and then join the next line and so on.

Progression

- Change position on the court.
- Person that rebounds and passes back to the line challenges the shot by flying at the shooter carrying a hand.

RABBITS

BASKETBALL SKILLS

Aim: To be the first team to score five baskets.

Points of Emphasis: Team work, Communication, Passing, Shooting.

Player moving 

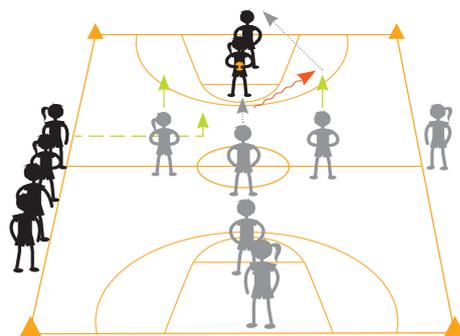
Player dribbling 

Player defense 

How to Play

 Team Challenge

1. Participants are divided into 2 teams.
2. Start the game with 3 players spread out at half court and the ball with the middle person. They are the commencing offensive team.
3. The other team starts on defence with 2 team members ready to defend the 3 attackers. As the offence crosses halfway with the ball, a 3rd defender comes in from halfway and touches the halfway circle before joining their team mates on defence.
4. On change of possession the offensive team steps off the court and re-joins their team line at halfway. The defenders then take the ball to the other end of the court to score, where 2 defenders await them.
5. As the ball crosses halfway the 3rd defender enters the game.
6. Offensive team can keep shooting if they get an offensive rebound.
7. The winner is the first team to score five baskets.



Progression

- Offense allowed to make two passes when they cross halfway.
- Offense can only take one shot.
- 3rd player comes in once the first shot is attempted by the offensive.

ALL-STAR-BALL Game format

Game format	5 v 5										
Game Duration	32 minutes (2 x 16 minute halves, two minute break; or 4 X 8 minute quarters) Running clock only, one time out per half (last minute of play in the second half the clock is stopped for violations)										
Court Size	Full court (28m x 15m)										
Court Set Up	2 hoops at each end of each court										
Hoop Height	10 foot (full size)										
Ball Size	Size 6 for boys, size 5 for girls										
Positions	Guard x 2, forward x 2, centre x 1 Player to player defence										
Scoring	Score will be kept. Free throws 1 point, field goals 2 points										
Substitutions & Player Rotations	Substitutions to scorebench Rotations throughout the game to ensure equal opportunities for all										
Start of Play	Ball toss and then possession arrow										
Referee	Two Kiwi Hoops or Community Referees per game if available										
Rules	The following rules are applied from the Kiwi Hoops Rules Guide. The Referee's role is to help players learn and apply these rules as their development allows. <table border="0" style="width: 100%;"> <tr> <td>Playing the Ball (Rule 1)</td> <td>Three second Rule (Rule 7)</td> </tr> <tr> <td>Out of Bounds (Rule 2)</td> <td>Five Second Rule (Rule 8)</td> </tr> <tr> <td>Illegal Dribble (Rule 3)</td> <td>Eight Second Rule (Rule 9)</td> </tr> <tr> <td>Travelling (Rule 4)</td> <td>Personal Fouls (Rule 10)</td> </tr> <tr> <td>Return to Back Court (Rule 6)</td> <td>Technical Fouls (Rule 11)</td> </tr> </table>	Playing the Ball (Rule 1)	Three second Rule (Rule 7)	Out of Bounds (Rule 2)	Five Second Rule (Rule 8)	Illegal Dribble (Rule 3)	Eight Second Rule (Rule 9)	Travelling (Rule 4)	Personal Fouls (Rule 10)	Return to Back Court (Rule 6)	Technical Fouls (Rule 11)
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Out of Bounds (Rule 2)	Five Second Rule (Rule 8)										
Illegal Dribble (Rule 3)	Eight Second Rule (Rule 9)										
Travelling (Rule 4)	Personal Fouls (Rule 10)										
Return to Back Court (Rule 6)	Technical Fouls (Rule 11)										

Please note: Game format may vary due to available time, space, equipment and conditions.
Please check with your provider.

RULES OF THE GAME

The following rules are applied from the Kiwi Hoops Rules Guide. The role of the Kiwi Hoops Coach is to help players learn these rules as their development allows.

PLAYING THE BALL (RULE 1)

Violation: When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist.

During the game the ball is played with the hand(s) only. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

Apply from age 5. Young and new players may need help from the referee to learn this rule.

OUT OF BOUNDS (RULE 2)

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

Apply from age 5. Young and new players may need help from the referee to learn this rule.

ILLEGAL DRIBBLE (RULE 3)

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

If a player in control of the ball wants to move with it, they may dribble, that is to bounce the ball on the floor with one hand.

Apply from age 5. Young and new players will need help from the referee to learn this rule.

At a beginner level referees should encourage players to bounce the ball with one hand. As players develop physical and mental skills for the game then referees can help players understand this rule.

TRAVELLING (RULE 4)

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

At a beginner level this rule is simply that players cannot run with the ball. As players develop physical and mental skills for the game then referees can help players understand this rule.

Apply from age 5. Young and new players will need help from the referee to learn this rule.

RETURN TO BACKCOURT (RULE 6)

Violation: Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team.

Once the ball is in a team's frontcourt it cannot be returned to the backcourt unless it is touched by a player in the other team.

Apply from age 9. Young and new players may need help from the referee to learn this rule.

THREE SECOND RULE (RULE 7)

Violation: An offensive player remains in the restricted area (key hole in front of the hoop) for more than three seconds when the team has the ball in their frontcourt.

Offensive players must move out of the restricted area (key hole in front of the hoop) after three seconds when the ball is in their frontcourt.

Apply from age 9. Young and new players may need help from the referee to learn this rule.

FIVE SECOND RULE (RULE 8)

Violation: A player holds the ball for more than five seconds while being closely guarded.

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

Apply from age 9. Young and new players may need help from the referee to learn this rule.

EIGHT SECOND RULE (RULE 9)

Violation: : The ball remains in the backcourt for eight seconds.

A team in control of the ball in the backcourt must get the ball to go into the frontcourt within eight seconds.

Apply from age 11. Young and new players may need help from the referee to learn this rule.

PERSONAL FOUL (RULE 10)

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

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

Apply from age 5. Young and new players will need help from the referee to learn this rule. At a beginner level referees should encourage players to avoid contact with opponents. As players develop physical and mental skills for the game then referees can help players understand this rule.

TECHNICAL FOUL (RULE 11)

Technical Foul: A Technical Foul involves unsportsmanlike behaviour by a player, coach or substitute that does not involve contact.

The opposing team is awarded one free throw and possession at the centre-line. The shot can be taken by any player of the team.