

School Sport SA Basketball

Statewide year 5 and 6 rules of the competition

Ball Size

Boys and girls competitions will both use size 5 basketball

Three-Point Line

The three-point line will not be in effect for this competition

Team Composition

Teams may consist of up to 12 players. Coaches must aim to provide equal playing time for all participants.

Late penalty

If a team is late then the opposing team will get 1 point for every minute the team is late. If a team does not arrive to play a game then a forfeit is declared. A team can start with less than 5 players but must have 5 players by the end of the game otherwise a forfeit is declared.

Possession

Alternating possession arrow will be used where they are available. At the jump ball to start the game, the team that does not gain control of the ball the arrow is turned to point in the direction they are playing. On each jump ball situation or start of the following quarter the ball is given to the team indicated by the direction of the arrow. When the throw-in has occurred the arrow direction is reversed indicating that it is now the other teams turn to have the ball. If no arrow is available, the scorer must make note of possession and communicate this with the referees when required.

Mercy Rule

If a team leads by 20+ points, they must not apply pressure to the opposition until after the ball has crossed the half court line.

Rules

Other basketball game rules will be consistent with Under 12 Basketball SA competitions.

The 'No Zone' rule is to be applied

Rationale

The "no zone" rule was introduced as zone defences in this age group can limit the development of individual and team skills. Whilst the "no zone" rule focuses on the defence, it was introduced to enhance the development of both offensive and defensive skills.

Zone Defence Definition

Any defence played in the half court which does not incorporate normal 1-on-1 defensive principles shall be considered to be a zone. For this purpose, trapping defences which rotate back to 1-on-1 defensive principles are acceptable.

Zone defence is a form of team defence where each player becomes responsible for defending both an area of the court, and any opponent who may be in that area. When five players work together in a zone it can become a very formidable defence.



Zone defences are primarily designed to protect the area near the basket. This essentially means that the offensive team will be forced to take lower percentage, perimeter shots.



Violations of 1-on-1 Defence

Violations of the “no zone” rule will generally fall within one of the following categories:

1. One or more players were not in an acceptable 1-on-1 defensive position in relation to the player they are guarding and the player with the ball
2. A cutter moved all the way through the key and was not defended using acceptable 1-on-1 defensive techniques (for example, “bumping” the cutter, following the cutter or switching)
3. Following a trapping or help and recover situation the team made no attempt to re-establish 1-on-1 defensive positioning
4. The team zone pressed and did not assume 1-on-1 defensive positioning once the ball had been advanced into the quarter court.

Penalties for use of Zone Defence

Essentially it is an honour system with the onus on the coach to develop acceptable 1-on-1 principles.

If there are concerns about the defence played by a particular team during the carnival, then a “zone buster” (School Sport SA court supervisor) could be asked to observe the team.

During the game, the “zone buster” may speak to the coach if they are concerned that the team (or any player) is not playing to acceptable 1-on-1 defensive principles. It is preferable that the zone buster speaks to the coach prior to any penalty being imposed, however the deliberate and premeditated use of a zone defence at a critical time in a game may be penalised immediately.

Consider the following

Don't worry about the full court

The rule is only concerned with playing 1-on-1 principles in the quarter court (effectively the three-point line). Teams can play any defence they want in the full court.

Just because a player or a number of players run back to their defensive key does not make it a zone defence. Don't penalize bad 1-on-1 defence.

The intention of the rules is to teach good defensive principles and avoid passive, stagnant defences where a big player gets hidden. The rule is not intended to penalise:

- a) Lazy or poor defence
- b) Poor coaching
- c) Tired players
- d) Players lost in defensive rotations

It does not have to be aggressive defence

The rule does not require teams to be playing “denial” defence, where every pass is contested.

Take into account the intention of the defensive team – what is the coach telling the players to do?

Take into account the time and state of the game. The deliberate and pre-mediated use of a zone defence at a critical time in the game should be acted upon immediately.

Do NOT take into account the opinions of players, coaches or spectators.

Teams can trap: Teams may trap in the quarter court and may stay in a “zone” alignment for one pass, after which all players must resume man to man positions. For example, on the trap, 2 players are on the ball and the remaining 3 players may rotate to protect the basket. As 3 players are now guarding 4, they will legitimately “zone”.

School Sport SA codes of behavior

For players

- Be a good sport.
- Play for enjoyment.
- Work hard for your team mates as well as yourself.
- Treat all team mates and opponents as you enjoy being treated yourself.
- Play by the rules
- Cooperate with team and game officials.
- Control your behaviour on and off the field.
- Learn to value honest effort, skilled performance and improvement.
- Behave in a manner that respects the rights of others regardless of mediums of communication used eg digital mediums such as twitter, Facebook, email and texts.

For teachers and coaches

- Set a good example for your players.
- Encourage and create opportunities.
- Teach a wide range of team skills.
- Ensure that the sport is appropriate the age group and the skill development level of the players involved.
- Teach your players to be friendly towards officials and opponents.
- Give all interested students a chance to participate in training and games.
- Remove from the field of play any of your young players whose behaviour is not acceptable.
- Keep your own knowledge of coaching and the developments of the game up to date.

For parents

- Encourage participation by your children.
- Provide a model of good sporting spirit for your child to copy.
- Be courteous in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.

For spectators

- Demonstrate appropriate social behaviour.
- Remember children play for enjoyment. Don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.

