CALOUNDRA BASKETBALL

COACHING MANUAL

www.caloundrabasketball.com.au

Welcome Coaches,

With the new season upon us, we are thrilled to have you all on board to help with our Caloundra Basketball Competition.

The purpose of this manual is to ensure we undertake this season with a shared vision and to provide our Coaches with all the support possible.

As a community we want everyone committed to constantly improve and grow our competition. We want commitment from everyone involved with Caloundra Basketball to uphold our high standards. This applies to all committee members, players, coaches, referees and spectators.

As a coach, you hold more power than just shaping players' skills—you have the incredible opportunity to shape their lives. Your influence extends beyond the court, as you set the tone for character, teamwork, and perseverance. Every practice, every drill, every interaction is a chance to lead by example and to inspire not only greatness in their game but in their hearts. Your actions help shape their love of basketball and being part of a team. Remember, the impact you have on your athletes reaches far beyond the final score. Be the role model they need, the mentor they respect, and the positive influence that drives them to become the best versions of themselves, both on and off the court.

We thank you for your passion and commitment and hope that this and future seasons exceed your expectations.

Welcome to the Team!

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Team Contact List

Name	Phone	Email	Parents

Caloundra Basketball Philosophy & Values

MAIN AIM OF THE SEASON

Play, Play, Play

- Focus on competitive games - even when training
- Develop self-esteem & confidence in athletes
- Athletes have the most fun they can

PHILOSOPHY

Offence

- The ball moves faster on the pass, than on the dribble
- 3 players offensive rebound, 2 get back to defensive positions
- Eyes up on the catch of the ball. See the ring, see your teammates

Defence

- Defence starts with STANCE and TALK
- Vision off the ball, see the ball and man with pistols pointed
- Defence finishes with rebounding; HIT, GO GET, RUN

VALUES

Relentlessly Positive

- View losses and setbacks as opportunities to learn
- Be excited for challenges
- Pick others up when they are down

Relentlessly Competitive

- Make every drill competitive
- Acknowledge and reward consistent effort and energy
- Aim to better your group every training and game

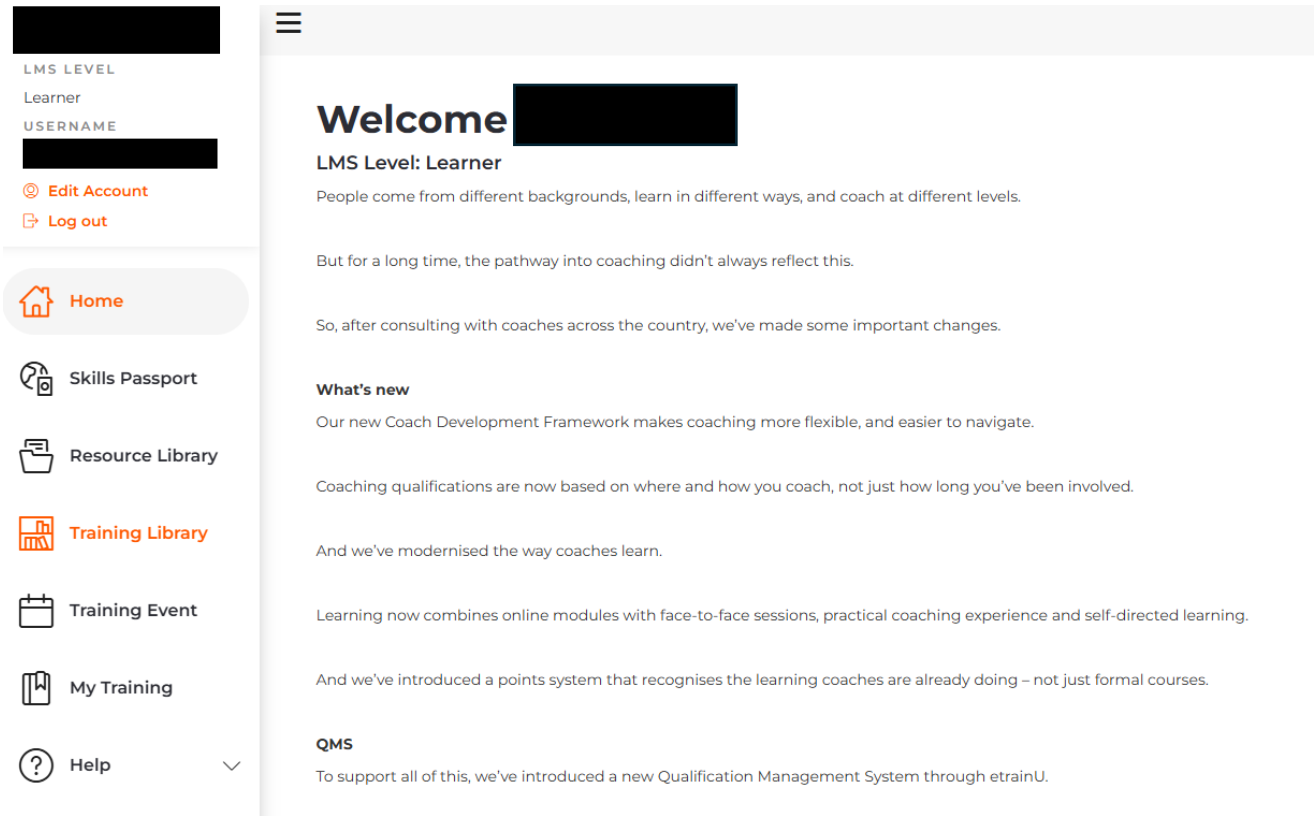
Caloundra Basketball Coach Training

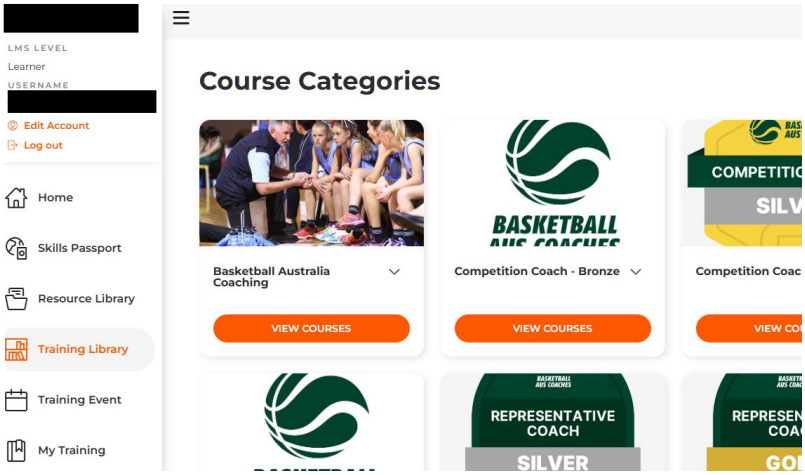
There is a requirement for **all Coaches** coaching for Caloundra Basketball to complete the Basketball Australia Community Coaching Course online. This is a brand-new free online course provided by Basketball Australia. The course is really informative and a good use of time even if you have completed the previous Level 0 Course.

Anyone is able to create a profile and complete the online courses which should take less than an hour. If you have already completed certifications, please log on, ensure they are linked to your profile. If not, you can contact BQ to request your prior qualifications are recognised.

Sign Up at this link https://caloundrabasketball.com.au/coaches

- Log In or Sign Up
- At the Welcome Page select Training Library on Left
- Choose Basketball Australia Coaching
- Choose Participation Coach
- When you are prompted to purchase, please enter the code provided to you for discount.
- Start





There are a number of other free courses you can complete online once you have created the profile and we encourage you to gain all the information that is on offer.

Please forward through a copy of your certificate which can be found under the 'My Training' Tab. Once completed we will provide you a Caloundra Basketball Coach Shirt.

We also hope to run a Competition Coach course for those coaches wishing to take their coaching to the next level. Please let us know if you are interested in completing this course. The online work is available to anyone to complete at any time and then there is a course you are required to attend for the qualification. You will be advised of dates as soon as they are confirmed.

Player Expectations

Establish these expectations at the first opportunity

Training

- Be on time ready to train 5 minutes before the commencement of the training session.
- Any problems make sure the program (coach/teammates/manager) is informed.
- Dressed in Caloundra Basketball uniform with appropriate footwear and a full water bottle
- Improvement every day, in any way. Aim to improve as players and as people.
- Listen
    - No talking while the coach talks
    - No bouncing Basketballs
    - Use good eye contact
- Communication
    - Is expected and required as it is the most important aspect of Basketball play.
    - Talking on defence, supporting your teammates positively or solving problems with coaches and teammates.
    - Effective and clear communication is the cornerstone of Caloundra Basketball.
- Always say hello and goodbye to your coach & manager and show gratitude.

Games

- Arrive 10-20 minutes prior to tip off.
- Be dressed in the correct uniform and be ready to play.
- Support fellow teammates, teams, opposition players and coaches with respect and enthusiasm.
- Respect the referee's decisions, no matter what the circumstances may be.
- Respect the coach's decisions.
- Thank the opposition, referees and score bench at the end of every game.

Coach Expectations

- Ask every player how they are BEFORE you start training or a game.
- ALL sessions start on time, if athletes are late, they can jump in when they get there.
- Do not wait for late athletes
- Consistently do the warm-up. Part of both the mental and physical preparation of the sport
- Provide a piece of positive feedback to every athlete at least once a training session and game
- Aim to limit correction to every 30-60 seconds
- Provide feedback in games following substitutions use the PRAISE PROMPT LEAVE approach
- Introduce yourself to the Referee and opposition coach and confirm any special rules or requirements
- Congratulate and acknowledge at least one player on the opposition team after a game
- Try not to look at your phone during any training session or game
- Be efficient with your coaching time, it is precious. Do not waste it!
- Be positive and enthusiastic about the sport, training and competition, but remember you are their coach NOT their friend.
- Be a role model for young athletes
- Be aware of and make reference to the Basketball Queensland Codes of Behaviour

Coach Quick Guide

Game Format & Timing

- Four 10-minute quarters (running clock unless specified).
- One-minute breaks between quarters and a two-minute halftime break.
- Overtime periods are three minutes (Finals Only)
- No shot clock for most junior levels.

Bench Allocation

- Home team (listed first on the draw) sits on scorer's table's left (facing the court) and warms up at the opposite end.
- Away team sits on the right side and warms up at the opposite end.

Time-Outs & Substitutions

- Five (5) charged time outs to each team per game.
- Two charged time outs can be requested by either team during the first half (1st and 2nd periods)
- Three timeouts during the second half (3rd and 4th periods). – a maximum of two (2) timeouts can be used during the last two minutes of the second half.

- Unused timeouts may not be carried over to any extra period, but each team may be granted one time out for each extra period (finals only)
- Time outs cannot be used in the last 2 minutes of the 1st, 2nd and 3rd quarters on a running clock.
- Time-outs can only be called during a dead ball by the coach or player.
- Unlimited substitutions but only allowed on dead balls.

Defence Rules

- Man-to-man defence is required in U10-U14 competitions; zone defence may be restricted.
- No full-court press if leading by 20+ points.
- Offensive players cannot stay in the key for more than three seconds.

Fouls & Free Throws

- A player is disqualified after five personal fouls.
- Teams enter the bonus after five team fouls per quarter.
- Shooting fouls result in two free throws (or three if fouled on a three-point attempt).
- If a shot is made while being fouled, the basket counts and one free throw is awarded.

Game Play Rules

- Teams must cross half-court within eight seconds.
- Once the ball crosses half-court, it cannot return to the backcourt (backcourt violation).
- Standard FIBA rules apply for traveling and double dribbles.

Sportsmanship & Conduct

- Coaches, players, and spectators must respect officials and their decisions.
- Technical fouls result in one free throw and possession for the opposing team.
- Two technical or unsportsmanlike fouls result in an automatic ejection.

Coaching Checklist

- Coaches of new teams should try to complete as many of these as possible throughout a season
- Coaches of more skilled players should aim to complete the checklist by the end of the season.

Team Checklist	
Offensively	
Receiver Spots	
Transition	
Press Breaker	
Motion Half Court	
BLOB	
SLOB	
Late Clock	
Zone O	
Points of Emphasis	
Run hard & wide every possession	
Kick Ahead	
Floor Spots	
Dribble Penetration	
Passing & Catching in Pressure Situations	
Post Passing & Catching	
Defensively	
Man to Man	
Rotations	
Transition Defence (2 Safety)	
On Ball Coverage (1 type) plus switching	
Press	
Zone D	
Points of Emphasis	
Contain the ball	
Jam rebounder & outlet / deny kick aheads	
Communication	
Hand Pressure	
Help / GAP positioning	

Game Day Suggestions

Choose one or two of these each week to get your team focused and into the game play mode.

Pre-Game

1. Each player and coach will say one thing they are going to focus on in the game.
2. Go around the circle say what you would like the person to your left to do in the game
3. Go around the circle and say something new you are going to try today.

Post-Game

1. Go around the circle and say what you think the person to your left did well in the game.
2. Go around the circle and say one thing you are proud you did today.
3. Favourite part of today's game.
4. Suggestions on what we should focus on next week.

Game Breakdown

Name	#	LB	D	FT	S	C	BS	FL	R	A

LB – Loose Ball	D - Deflection	FT – Forced Turnover	S - Steal	A - Assist
C – Charge	BS - Block Shot	FL – 1st to Floor	R – Shot from Rebound	

Equal Playing Time Rotation Charts

AI is a great tool to use to develop a equal playing time rotation chart for your team. Otherwise here are some suggestions to get you started.

6 Player Rotation

For a **6-player basketball rotation** during **10-minute quarters** (40 minutes total) with **5 players on the court at any time**, we can distribute playing time as equally as possible while ensuring everyone gets ample court time. Each player will get **about 6.67 minutes per quarter**, or roughly **6 minutes and 40 seconds**, totaling **26 minutes and 40 seconds** for each player over the course of the game.

Key Points:

- Each player plays **6 minutes and 40 seconds per quarter**, totaling **26 minutes and 40 seconds** for the game.
- The **substitutions occur every 6:40** to ensure equal playing time while maintaining 5 players on the court at all times.
- The rotation is balanced, and all players get ample time to play while the team maintains a competitive edge.

This setup ensures that every player gets a fair amount of court time while allowing for constant rotation. If there are special situations, like foul trouble or specific matchups, slight adjustments can be made, but this rotation provides a solid structure for equal time distribution.

7 Player Rotation

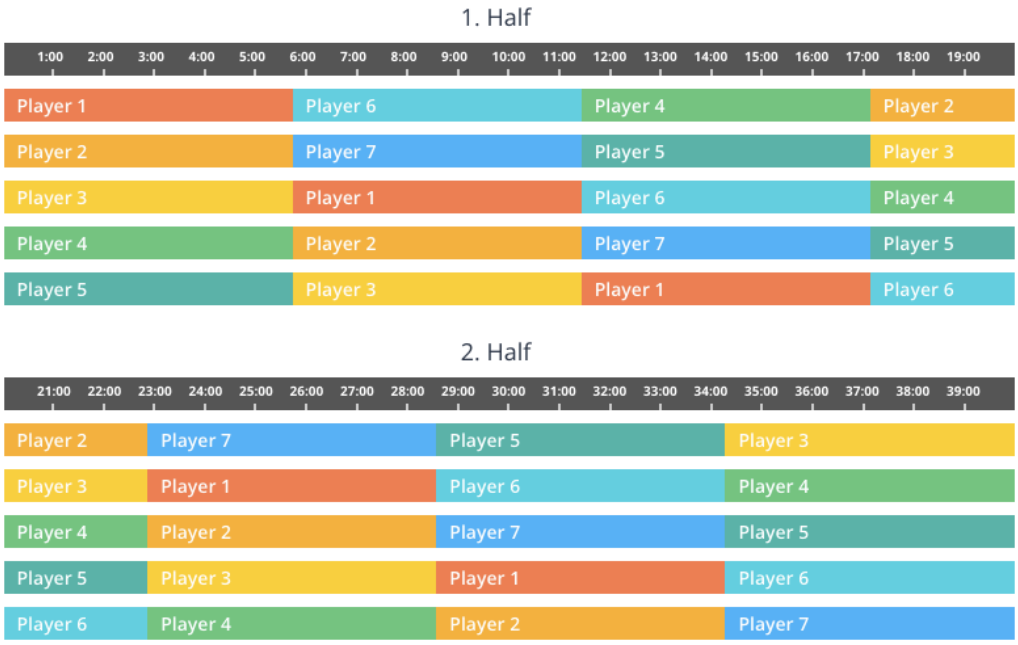
For a 7-player basketball rotation during 10-minute quarters (40 minutes total), with **5 players on the court at any time**, each player will get roughly **28.57 minutes** of playing time over the course of the game. This can be divided by rotating players in and out every 4 minutes, which keeps playing time as even as possible while ensuring no player sits out too long.

Here's a rotation chart that allows for equal time while keeping 5 players on the court at all times:

Key Points:

- **5 players are on the court at all times**, with substitutions made every **4 minutes**.
- Each player plays for **28 minutes** in total across the game (7 x 4-minute segments), ensuring equal playing time.
- The rotation allows for fresh legs and provides every player the opportunity to stay involved in the game, while also allowing all players to sit for reasonable intervals.

This setup ensures that each player gets a balanced share of time on the court while maintaining the proper number of players on the floor. Adjustments can be made based on foul trouble or specific game needs, but this is a solid starting point for a 7-player rotation.



8 Player Rotation

To create an **8-player basketball rotation** for **10-minute quarters** (40 minutes total), with **5 players on the court at any time**, each player needs to play for **20 minutes** in the game. The strategy is to substitute players every **5 minutes** to ensure everyone gets equal playing time.

Here's a **rotation chart** for 8 players, ensuring 5 players are on the court at all times and that the playing time is balanced:

Key Points:

- **Each player plays 25 minutes** during the game, which is split into **4 segments of 5 minutes each**.
- **Substitutions happen every 5 minutes** to ensure that **5 players** are always on the court at all times.
- The rotation is designed to keep things fair and give every player an equal amount of time on the court.

How It Works:

- **Quarter 1**: Players 1, 2, 3, and 4 play for the first 5 minutes, and Players 5, 6, 7, and 8 play for the next 5 minutes.
- **Quarter 2**: Players 5, 6, 7, and 8 take over for Players 1, 2, 3, and 4.
- This pattern continues for **Quarter 3** and **Quarter 4**, making sure all players have equal time on the court.

This setup ensures everyone gets 20 minutes of playtime while maintaining 5 players on the court at all times. Adjustments can be made for specific game situations (like foul trouble or matchups), but this provides a balanced structure for equal playing time.

9 Player Rotation

For an **9-player basketball rotation** during **10-minute quarters** (40 minutes total), with **5 players on the court at any time**, the goal is to ensure each player gets equal playing time while maintaining the correct number of players on the floor.

Since each player should play roughly **22.22 minutes** (about 22 minutes and 13 seconds) in total across the game, we'll create a rotation that substitutes players every **4 minutes** to achieve a balanced rotation.

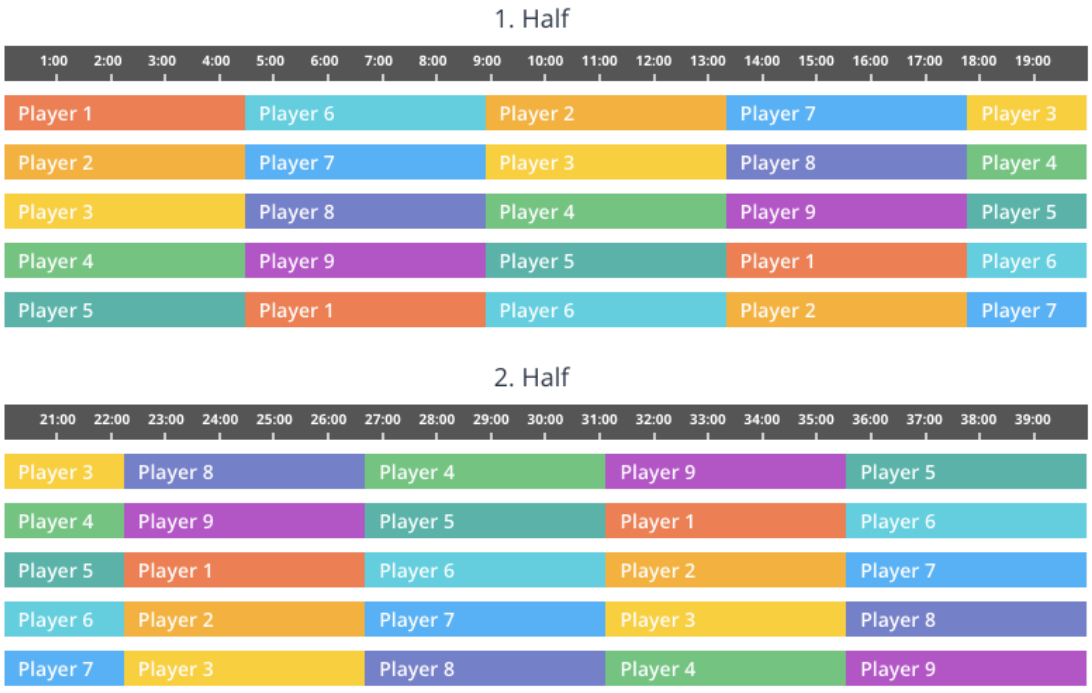
Key Points:

- **Each player plays 22 minutes and 13 seconds** over the course of the game, split into four **4-minute intervals**.
- Substitutions are made every **4 minutes** to ensure there are always 5 players on the court.
- This rotation ensures every player gets equal playing time while keeping the court balanced and fresh.

How It Works:

- **Quarter 1**: Players 1, 2, 3, 4 play the first 4 minutes. Players 5, 6, 7, 8 play the next 4 minutes, and Player 9 takes a 4-minute break.
- **Quarter 2**: Players 5, 6, 7, 8 play for the first 4 minutes. Players 1, 2, 3, 4 return for the next 4 minutes.
- This rotation continues for **Quarter 3** and **Quarter 4** ensuring that no player sits for extended periods and everyone plays a balanced amount of time.

This rotation setup gives every player approximately equal court time while ensuring there are always 5 players on the court, and it ensures that all players get time to rest and recover.



Post Game Review

Work on these points weekly at the conclusion of each game

What did we do well?
1.
2.
3.
4.
5.
What do we need to work on at training / game next week?
1.
2.
3.
4.
5.

Player Skills Matrix

The purpose of the Player Skills Matrix is to:-

- assist coaches to understand what skills and concepts should be developed at certain ages
- assist coaches to assess their player's current skill proficiencies and deficiencies and incorporate skill development into practice sessions to meet age group needs outlined in the matrix
- provides a pathway for developing and preparing players for next level age group in planning their season.

It is the expectation that all junior coaches become familiar with the matrix and begin using the matrix to plan their program for their junior team.

Key

I = Introduced (skill/ concept has been introduced and the player has had some basic practice on it)
B = Beginning (player is using the new skill in trainings/ games however requires significant development)
D = Developing (skill is used in trainings & in games at an average level of proficiency)
C = Competent (skill or concept is executed by player in games at a reasonably high level)
P = Proficient (skill/ concept is used effectively in games)

Body Movement Fundamentals	U8	U10	U12	U14	U16	U18
Running technique	D	D	C	C	P	P
Running – forwards & backwards	D	D	C	C	P	P
Change of pace	I	B	D	C	P	P
Change of direction, stutter step	I	B	D	C	P	P
Stopping – jump stops & stride stops	I	B	D	C	P	P
Jumping – landing on balance	I	B	D	C	P	P
Pivoting – forward & reverse	I	B	D	C	P	P
Combination running, stopping & pivoting etc.	I	B	D	C	P	P
Squat – walking lunge – glute bridge – push up			I	B	C	P

Cutting, Leading & Sealing	U8	U10	U12	U14	U16	U18
Straight lead	I	D	C	P	P	P
Blast Cut	I	D	C	P	P	P
V- Cut Lead		I	D	C	P	P
Triangle lead (seal defender)			I	D	C	P
Back cut		I	D	C	P	P
Give and go cut (basket cut)	I	B	D	C	P	P
Flash cut		I	B	D	C	P
Post sealing			I	D	C	P

Dribbling	U8	U10	U12	U14	U16	U18
Right hand speed dribble	B	D	D	C	P	P
Left hand speed dribble	B	D	D	C	P	P
Control dribble – Stop, Retreat dribble (l & r)	I	B	D	C	P	P
Change of pace dribble – stop & start; hesitation	I	B	D	C	P	P
Crossover dribble	I	B	D	C	P	P
Reverse (spin) dribble		I	B	D	C	P
Behind back dribble			I	B	D	C
Fake crossover dribble (on-side / inside-out)			I	B	C	P
Between legs crossover dribble				I/B	D	C
Combination dribble moves			I/B	D	C	P

Passing	U8	U10	U12	U14	U16	U18
Catching (give target, move to ball, triple threat)	I	B	D	C	P	P
Push pass (left & right hand)	I	B	D	C	P	P
Push bounce pass (left & right hand)	I	B	D	C	P	P
Chest pass	I	B	D	C	P	P
Chest bounce pass	I	B	D	C	P	P
Overhead pass, lob	I	B	D	C	P	P
Baseball pass	I	B	D	C	P	P
Passing off a cut	I	B	D	D	C	P
Passing on the move	I	B	D	D	C	P
Passing off the dribble	I	B	D	D	C	P
Post Passing			I	B	D	C
Contested passing (pass fakes, pivots)	I	B	D	D	C	C

Shooting	U8	U10	U12	U14	U16	U18
Right hand speed lay up (off dribble & pass)	I	B	D	C	P	P
Left hand speed lay up (off dribble & pass)	I	B	D	C	P	P
Power lay up (left & right hand)	I	B	D	C	P	P
Reverse lay up (left & right hand)			I	B	D	C
Euro step into lay up (off either foot)			I	B	D	C
Bunny-hop-step into lay up				I	B	D
Baby hook (left & right hand)				I/B	D	C
Shot technique (set or ready position, body alignment, ball position, wrist cock, elbow position, lock and snap, arm extension)	I	B	D	D	C	P
Set shot	I	B	D	D	C	P
Jump shot				I	B/D	C
Set shot / Jump shot off the pass	I	B	D	D	C	P
Set shot / Jump shot off the dribble	I	B	D	D	C	P
Post move – drop step baseline power lay				I/B	D	C
Post move – drop step middle jump hook				I/B	D	C
Post move – Pivot, jump shot				I/B	D	C
Runners /floaters				I/B	D	C

1 on 1 Skills	U8	U10	U12	U14	U16	U18
Lead, catch & rip drive (left & right)	I	B	D	C	P	P
Lead, catch, triple threat, shot fake & drive (l & r)	I	B	D	C	P	P
Lead, catch, triple threat, jab fake & drive			I/B	D	C	P
Combo moves – shot fake, jab fake, pass fake			I	B	D	C
"Live" dribble moves (see dribble skills)	I	B	D	D	C	P
Post cut, seal; catch, drive/pass fakes				I/B	D	C
Pass, drive & shot fakes		I	B	D	C	P

Rebounding	U8	U10	U12	U14	U16	U18
Stance, timing, catch ball with both hands in air	I	B	D	C	P	P
Protect ball (chin the ball, elbows out, balance)	I	B	D	C	P	P
Blocking out (pivot & make contact with offense)			I	B/D	C	P
Defensive – outlet pass, breakout dribble	I	B	D	C	C	P
Offensive – V-cut, hit & spin off defender			I	B	D	C
Tipping				I/B	D	C

Individual On Ball Defense	U8	U10	U12	U14	U16	U18
Stance on the ball	I	B	D	C	P	P
Containment footwork (slide, run, slide)	I	B	D	D	C	P
Channelling the dribbler technique			I	B	D	C
Turning the dribbler			I/B	B/D	C	P
Close out technique			I/B	D	C	P
Taking the charge technique			I	B/D	C	P
Defending the low post player (chest blow)				I	B/D	C

Individual Off Ball Defense	U8	U10	U12	U14	U16	U18
Jumping to the ball		I	B/D	D	C	P
Defending cutters (strike cutters)		I	B	D	C	P
Defend the back cut – head snap / open up			I	B/D	C	P
Pass denial (closed stance - shuffle)			I	B	D/C	C

Team Defense	U8	U10	U12	U14	U16	U18
Defensive transition principles			I	B/D	D	C
Man to man defensive positioning			I	B/D	D	C
Off ball flat triangle positioning (point-the-pistols)			I	B/D	D	C
High & low split line help positions			I	B/D	D	C
Primary rotation principles			I	B/D	D	C
Help & Recover principles (hedging)			I	B/D	D	C
Full court run and jump/trap principles			I	B/D	D	C
Defending down screens; back screens				I/B	D	C
Defending on ball screens			I	B	D	C
Defending dribble hand-offs			I	B/D	D	C
Zone defense principles (2-1-2)				I/B	D	C
Zone press / trap principles				I/B	D	C

State Representative / Elite Level	U8	U10	U12	U14	U16	U18
Fronting the post / trapping the post					D/C	C
Ball Screen Defense - Hard Show				I/B	D/C	C
Ball Screen Defense - Drops				I/B	D/C	C
Ball Screen Defense - Switch				I/B	D/C	C
Ball Screen Defense - Under				I/B	D/C	C
Defending staggered screens					D/C	C
Defending screen-the-screener action					D	C
Xing out on screening action					I/B	D
Defending turn-outs				I/B	D/C	C
Low post "duck-in"; Slash arm				I/B	B/D	C
Ball screens – pick & pop; pick & roll; reads etc.				I/B	D	C
Trapping ball screens				I/B	D	C
Style of play concepts (see BACT document)				I/B	D	C

Rules	U8	U10	U12	U14	U16	U18
Scoring	I/B	D	C	P	P	P
Double dribble / carrying the ball	I	B	D/C	P	P	P
Travelling	I	B	D	C	P	P
Backcourt violation				I/B	D/C	P
Jump ball – start game	I	B	D/C	P	P	P
Held ball / possession arrow	I	B	D	C	P	P
Fouls – hands, holding, pushing	I	B	B/D	C	P	P
Fouls - blocking	I	B	D	C	P	P
Fouls - on shooter	I	B	D	C	P	P
Offensive foul (charge)	I	B	D	C	P	P
Five fouls on a player	I	B/D	C	P	P	P
Technical Foul				I/B	D/C	P
Unsportsmanlike Foul				I/B	D/C	P

Team Offense	U8	U10	U12	U14	U16	U18
Fast break principles (2 on 1/3 on 2)		I	B	D	C	P
Court spacing / court balance		I	B	D	C	P
Ball movement, ball reversal principles		I	B	D	C	P
Dribble penetration & receivers principles		I	B	D	C	P
Pass, cut & replace		I	B	D	C	P
Playing out of a post pass			I	B/D	D	C
Pass and cut (give & go)		I	B	D	C	P
High post flash cut, back-cut action			I	B	D	C
Down screens (screener & cutter roles/options)			I	B	D	C
Back screens			I	I/B	D	C
Flare screens (up-screens)				I/B	D	C
Cross screens				I/B	D	C
On ball screens (separation, roll/pop, split etc.)				I/B	D	C
Dribble hand-offs			I	B/D	C	P
Zone press breaker principles (player behind, middle & side)			I	B/D	D	C
Man to man press breaker (circle in front/clear out, ball screen)			I	B/D	D	C
Motion offensive principles (5 out; 4 out or 3 out)			I/B	D	C	P
Offensive systems/alignments (Shuffle, Triangle)				I/B	D	C
Zone offense principles				I/B	D	C

Five team fouls (bonus situation)		I/B	D/C	P	P	P
3 seconds in key			I	B/D	C/P	P
5 seconds (closely guarded)				I/B	C/P	P
24 second shot clock				I/B	C/P	P
8 seconds in backcourt				I	B/D	C
Goal tending					I/B	D
Out of bounds	I	B	D/C	P	P	P
Free throws – player positions and rules		I/B	D	C	P	P
Time outs			I/B	D/C	P	P
Substitutions			I/B	D/C	P	P

Miscellaneous	**U8**	**U10**	**U12**	**U14**	**U16**	**U18**
Court terminology (e.g. baseline, key etc.)	I	B/D	C	P	P	P
Player positions / roles			I/B	D	C	C
Knowledge of game clock & score; 24" clock			I/B	D	C	C
Inbounds baseline / sideline			I/B	D	C	C

Caloundra Basketball Game Rules

GAME RULES 2026

Match Ball	Size 5 Under 10 and Under 12 Size 6 for Females and Under 14 Size 7 for Males Under 16, Under 18, Under 21's & Open's Match balls provided by Caloundra Basketball – Molten
Min no. of Players	5
Max no. of Players	8
Age Divisions	• Players may not play down. Any team found to have a player playing in a lower division may be subject to exclusion from the competition. • The single exception to this rule is that females may play down one calendar year when playing in a mixed competition only. Eg. Bottom age U16 female may play in U14 mixed competition. • Players may request to play up a division – where player is U18 permission is required by parent/guardian via an individual player request form. • Players playing up into the Opens Competition must be minimum 16 years old at time of registration.
Uniform	**Junior Uniform (U10 - U18)** • All players are to wear Caloundra Basketball Reversible Singlet. • All players are required to wear Caloundra Basketball Shorts or Plain Black shorts with no pockets. • Undershirts may be worn but must be black in colour and made of tight compression material. • First team listed on the draw is the home team. Home team wears black side singlet. **Senior Uniform (U21 & Open)** • Teams can opt to select their own uniform. Any opens teams wishing to supply their own uniform will be required to submit their design to the committee for approval. **All players are to ensure singlets are tucked in when they enter the playing court.**
Score table	Each team must supply 1 x bench official. Duties may be decided amongst officials, however if there is no agreement: • Team A will be responsible for game clock • Team B will be responsible for courtside scoring **In the event a team does not provide a scorer they may have 10 points deducted from their score.**
Seating	• The bank of seats adjacent to the score bench on each side are for team officials and players only. • Home team (listed first on the draw) sits on left of the score bench (facing the court). • Seating directly behind the score bench is not to be occupied.
Warm up	2 minutes – if time permits
Game Time	4 x 10-minute quarters with running clock. Last 2 minutes of 4th quarter fully timed clock if score is 10 points or less at any time in the last 2 minutes. This includes after a made basket. Clock starts when ball is touched by a player on the court. Once the clock is stopped during the last 2 minutes it will continue to be stopped for the remainder of the game disregarding the point difference.
Half time interval	2 minutes
¼ & ¾ intervals	1 minute

GAME RULES CONTINUED 2026

Extra Time	• No additional time for a draw (except in Grand Final or in a Semi Final match that promotes the winning team to a Grand Final Match) • In event of extra time - 3 mins overtime until result clock stops in last 2 minutes.
Late Starts & Forfeits	• The game clock will start at the scheduled start time with the team ready to play being awarded two points per minute if opposing team not ready. If the opposing team arrives within the first 10-minute period the game will be played from that moment (the clock will not be reset). If the team does not arrive within the first 10-minute period the game will be declared a 20-0 forfeit in favour of the present team. • 3 championship points are awarded to the winning team. 0 championship points are awarded to the forfeiting team.
Time outs per team	• Five (5) charged time outs to each team per game. • Two time outs can be requested by either team during the first half (1st and 2nd periods), • Three timeouts are available during the second half (3rd and 4th periods). • A maximum of two (2) timeouts can be used during the last two minutes of the second half. • Unused timeouts may not be carried over to any extra period, but each team may be granted one time out for each extra period (finals only) • Time outs cannot be used in the last 2 minutes of the 1st, 2nd and 3rd quarters on a running clock. • All time outs in the last 2 minutes of the 4th period will be a stopped clock regardless of score.
Time out duration	50 seconds with a 10 second warning. Both teams ready to play after 1 minute
Substitutions	• **Request must come from the players to the score table personnel.** • For both teams when the ball becomes dead. • For both teams when the ball becomes dead after a successful last free throw. • For the non-scoring team when a field goal is scored in the last two (2) minutes of the fourth period or the last two (2) minutes of each extra period.
Defence	• Man-to-man defence is required in U10-U14 competitions; zone defence may be restricted. • No full-court press if leading by 20+ points. • Offensive players cannot stay in the key for more than three seconds.
Points	• 3 points are awarded for a win • 1 point is awarded for a loss • 0 points are awarded for a Forfeit Loss
Mercy Rule	• The Mercy Rule is to be enforced upon request of a Coach / Referee in U10-U14 competitions. • Mercy Rule is enforced when there is a 20+ point difference in a game. • Mercy Rule requires all 'winning team' players to be remain within 3-point line until the ball progresses to that point. • Mercy Rule may be enabled several times within a game when the scores are 20+ point difference • Mercy Rule is not used in Semi-Finals or Grand Finals. • Mercy Rule may be used in Grading with a note made to Caloundra Basketball Committee for consideration to be made in final team grading.
Fill In Players	**Fill-in Players (U10-U21)** • If a team is short on players, the team may occasionally use 'fill-in' players. For a player to be eligible to fill-in they must be registered with Caloundra Basketball and meet one of the following criteria: • Be filling in for the same age group within a higher division.

GAME RULES CONTINUED 2026

	• Be filling in for an age group higher than their usual team, in any division.
	• Players filling in for their usual age group and a division above their usual team may only fill in three (3) times for a team before they must remain in the higher division for the remainder of the season.
	• Should players meet the criteria to fill-in, the club must alert the referee before the game begins and make the court controller aware of players being borrowed on the iPad.
	• The maximum number of fill-ins that can be used per game is listed below:
	  ○ 3 players will result in forfeit (players may be borrowed for a 'scratch match'
	  ○ 4 players – team can borrow 1 player from lower division or age group
	  ○ 5 players – no fill in allowed
	• Failure to adhere to above rules will result in a forfeit by the offending team and a loss of 3 ladder points.
	• If players arrive late to a game which started with fill in players, the fill in players may continue playing the game.
	• Players who arrive at a game after halftime cannot take court or be marked on the iPad as present to the game.
	• As U10 competition do not have a lower division to borrow players from. Teams are encouraged to 'player match' in the event an opposing team has less than 5 players. In the interest of fair play, teams are also encouraged to loan players to the opposing team if they are short.
	
	Fill-in Players (Opens)
	• An U21 player may fill in in the Opens Competition as per the above rules for U10-U21.
	• Casual fill ins are permitted for a maximum of 2 occasions per season before having to pay full fees prior to their 3rd game.
	• Casual fill-ins must make themselves known to the Court Controller and make payment of $20 per game before playing.
	• All fill in Casual players must have current Basketball Queensland registration & insurance. Any casual fill-in players found to be playing who has not reported to the Court Controller, paid the casual fee or does not have Basketball Queensland Insurance before commencing their game may result in the game forfeited by the Court Controller on the night.

Finals Eligibility	To be eligible for finals, players generally need to participate in at least 50% of the scheduled games for their team in that season. Forfeited wins and byes are subtracted when calculating the required number of games. • **Forfeits and Byes:** Forfeit wins (not losses) and byes are excluded from the total number of scheduled games when calculating eligibility. • **Example 1** - If a season has 14 scheduled games (including grading) the 50% eligibility would be 7 games. • **Example 2** - If a season has 14 scheduled games (including grading), with 1 bye and 2 forfeit wins, the 50% eligibility would be based on 11 games (14 - 1 - 2 = 11). This means a player would need to play 5 games (rounding down 5.5) to be eligible. • The Executive Committee may review and overrule the above in extenuating circumstances.
Referee Discretion	All decisions made during the game are at the discretion of the referees. Their judgment on rule interpretation including FIBA and Club Rules, game management, and enforcement is final. Players, coaches, and spectators are expected to respect and uphold the responsibility/role of the referees at all times.

GAME RULES CONTINUED 2026

Technical Foul for Tech / Unsportsmanlike / Disqualifying Fouls by Players / Coaches or Spectators	Technical fouls for use of foul language, derogatory remarks directed towards Officials or behaviour related technical fouls which are deemed to be not playing in the spirit of the game or bringing the game into disrepute, shall be dealt with as follows: **1st offence in game** • Player is substituted from the game and is required to sit five minutes of playing time on the Team Bench, irrespective of score, number of players on the court or remaining time in the game. • When the Official calls the technical foul, they look at the clock and quote the time remaining. Score table officials are to note this on the match report sheet (eg. 7:41 1st quarter), and the player can then re-enter the game at 2:41 or after (via substitution through the bench) • All tech/disqualifying fouls will be officially reported to the Executive Committee by the officiating referee of the game. • If player receives multiple single tech/disqualifying fouls within a season the Executive Committee reserves the right to review the situation where warnings and/or suspension may occur. **2nd offence in game** • In event that a player receives a second tech/disqualification foul in a game the player will be ejected from the game and the stadium for the remainder of the game. • The player is automatically suspended for the following game (this includes finals and will carry over to the following season). • A second Behavioural Technical Foul ejection within a single season - the player will receive an automatic 2 game suspension. • If a player is ejected more than twice in a season the player will be reviewed by the Executive Committee and may be subject to tribunal / suspension / removal from competition. **Coaches and Spectators are subject to the rules above. Zero Tolerance may result in the immediate removal of an offending Coach or Supporter on first offence.**

All Caloundra Basketball participants & spectators **MUST** abide by Basketball Queensland **ZERO TOLERANCE & CODES OF BEHAVIOUR**

Basketball Glossary: Terms & Acronyms

Assist (A): A pass that leads directly to a made basket.

Backcourt: The half of the court a team defends; also refers to the guards.

Ball Screen: A pick set by an offensive player to free a teammate with the ball.

Baseline: The boundary line behind each basket.

Baseline Out of Bounds (BLOB): An inbounds play from the baseline.

Box Out: A defensive move to position oneself for a rebound.

Charge (C): An offensive foul when the ball-handler runs into a defender in a legal guarding position.

Closeout: A defensive move to contest a shot or pressure a ball-handler.

Crossover Dribble: A dribble move where the ball is quickly shifted from one hand to the other.

Cut: A quick movement by an offensive player to get open or create space.

Deflection (D): A partial block or touch on a pass or shot.

Double-Team: Two defenders guard one offensive player.

Dribble Penetration: A drive into the defence by a ball-handler.

Drop Step: A post move where a player steps back to gain position for a shot.

Fast Break: An offensive push to score quickly before the defence sets up.

Flare Screen: A screen set for a player moving away from the ball.

Flex Offense: A motion offense using screens and cuts.

Forced Turnover (FT): A defensive action that causes the offense to lose possession.

Full-Court Press: Defensive pressure applied across the entire court.

Gap Defence: A defensive principle where help defenders sag off their man to clog driving lanes.

Give and Go: A play where a player passes the ball, then cuts to receive it back.

Help Defence: Defenders providing support to a teammate guarding the ball.

High Post: The area near the free-throw line where post players operate.

Isolation (ISO): A one-on-one offensive play designed for a specific player.

Jump Ball: The referee tosses the ball up at the start of a game or when possession is unclear.

Jump Shot (J): A shot taken while jumping, usually from mid-range or three-point distance.

Kick Ahead: A quick pass up the court to initiate a fast break.

Lane Violation: When an offensive or defensive player enters the key too early on a free throw.

Loose Ball (LB): A ball not controlled by either team, often leading to a scramble.

Man-to-Man Defence: A defensive scheme where each player guards a specific opponent.

Motion Offense: A fluid offensive system that emphasizes movement and spacing.

On-Ball Defence: Directly guarding the player with the ball.

Outlet Pass: A pass made after a defensive rebound to start a fast break.

Paint: Rectangle Box under the hoop at each end

Pick and Roll: A play where a player sets a screen and then moves towards the basket for a pass.

Post Move: A move made by a player in the low post to create a scoring opportunity.

Press Breaker: A structured offensive strategy to beat a full-court press.

Rebound (R): Gaining possession of the ball after a missed shot.

Safety (2 Safety in Transition Defence): Two defenders staying back to prevent fast breaks.

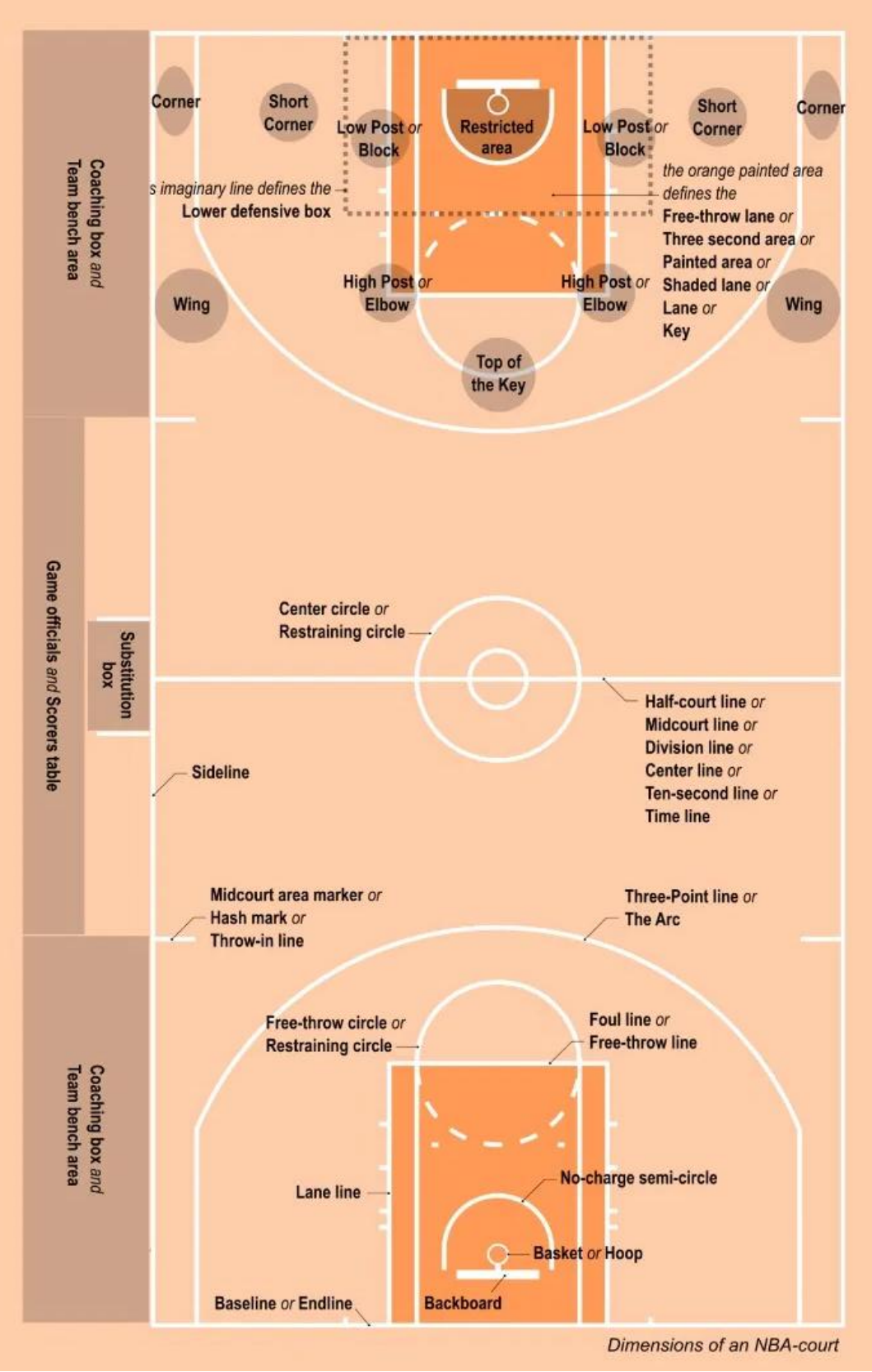
Screen (Pick): A stationary player blocking a defender to free up a teammate.

Sideline Out of Bounds (SLOB): An inbounds play from the sideline.

Shot Fake: A deceptive motion to make a defender jump before attempting a real shot.

Steal (S): A defensive move where a player legally takes the ball from an opponent.

Transition Defence: The defensive effort to prevent an easy fast-break score.

Zone Defence: A defensive scheme where players cover areas instead of individual opponents.

Basketball Court