



U10 BASKETBALL GUIDELINES

in accordance with Surfcoast Basketball Association (SBA)
and Basketball Australia (BA) guidelines

ITEM	GUIDELINE
Duration	2 x 20-minute halves
Ring Height	8-foot (244 cm) lowered ring height
Ball Size	Size 5
Scoreboard	Yes. Computer and On-Court
Defence – No Zone	Person-to-Person only (assign-find-stay on a player)
Defence – No Press	No full court press; Prevent swarming
Defence – Yes Steals	Steals permitted
Offence	Maximum 10 points per player
Violations – back court	Back court violation called
Violations – timing	No 8 (back court) or 3 (in the key) seconds called
Coaching – on court	Coach permitted on court (first 3 games only)
Coach Penalty	If a Coach breaches these rules the bench will be fouled
Coaching – tips	Encourage spacing, passing and above all enjoyment!
SBA VALUES - IRENE	<u>I</u> NCCLUSION, <u>R</u> ESPECT, <u>E</u> FFORT, <u>N</u> ETWORK, <u>E</u> NJOYMENT





COACHES CODE OF CONDUCT

in accordance with Surfcoast Basketball Association (SBA)
and Basketball Australia (BA) guidelines

COACHES CODE OF CONDUCT

- 1 Remember that basketball is for enjoyment.
- 2 Be reasonable in your demands.
- 3 Teach understanding and respect for the rules.
- 4 Give all players a reasonable amount of court time.
- 5 Develop team respect for the ability of opponents including their coaches.
- 6 Instill in your players respect for officials and acceptance of their judgement.
- 7 Guide your players in their interaction with parents and spectators.
- 8 Group players according to age, height, skills, physical maturity where possible.
- 9 Ensure equipment and facilities meet safety standards and are age appropriate.
- 10 Be prepared to lose sometimes.
- 11 Act responsibly when players are ill or injured.
- 12 Impart knowledge and skills; Promote desirable personal and social behaviours.
- 13 Keep your knowledge current.
- 14 Ensure that any physical contact with a player is appropriate.
- 15 Avoid personal relationships with players.
- 16 Respect the rights, dignity and worth of every person.
- 17 Always respect the use of facilities and equipment provided.

