



Basketball Otago BNZ KiwiHoops All Stars Match Rules



Competition Match Rules

Revised January 2026

Basketball Otago BNZ KiwiHoops Competition uses basketball and games to provide fun and enjoyable learning experiences for young people aged between 5-13.

Basketball Otago BNZ KiwiHoops Competition is based on modified games that provides fun and enjoyment for everyone involved. Its design is targeted to meet the needs of young players whilst keeping the essence of the game.

Basketball Otago BNZ KiwiHoops Competition has four stages aligned to the following school years:

- **BNZ KiwiHoops Bounce** - Year 1 and 2
- **BNZ KiwiHoops Mini** - Year 3 and 4
- **BNZ KiwiHoops Pro** - Year 5 and 6
- **BNZ KiwiHoops All Stars** - Year 7 and 8

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

Control Room

- The Control Room will be located in Lounge 1.
- The Control Room will contain iPads, basketballs, bibs, bands, and other required game equipment.
- Equipment is provided for each game. It is the responsibility of the coach or team representative to collect the required equipment before the game and return it immediately after the game has been completed.
- One Basketball Otago staff member or work force will be present in the Control Room to distribute and receive equipment.

Punctuality / Timing of Games

- Teams must be on court at least 30 seconds before the start of the scheduled game time.
- The clock will start whether teams are ready or not. For year 1 – 6 and all non- A Grade games for Year 7 and 8, the time will run off one clock (court one and/or court four).

Teams

- Each player can only play for one team throughout the league unless permission has been granted by the Competitions Administrator.
- Where players are playing for another team with dispensation they may only play up in grades. After the player has played FOUR games in the grade above, they are no longer permitted to play in their initial grade.
- Dispensation will only be given under exceptional circumstances.
- Any player playing twice without permission will default both games played in.

Uniforms

- All Mini, Pro and All Stars teams are required to wear a uniform.
- P.E. School Uniforms are accepted and numbers are not required.
- If you need to apply for uniform dispensation, please get in contact with the Leagues & Events Manager.

Behaviour

- Swearing/abuse to other players/referees/coaches will result in the player being sent from the court for the rest of the game.
- Spectators agree when at attendance of Basketball Otago competitions, they agree to the code of conduct. Breach within these scopes, may result in being asked to leave the premises without warning and further action being made.



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Score Benches

- Teams have to supply 1 person for the score bench for their own games. If each team supplies a score bench person, no disputes can occur.
- Please note once game is finished the score on the scoresheet is final.

Points Table

- Points Tables will be maintained only for the competitive Year 7 A and Year 8 A grades.
- If teams are tied at the end of section play the final standings will be determined as follows:
 - Two-way tie: result of the game between the two teams involved or if no game is played between the teams, overall points differential will decide the rankings.
 - Three-way tie: the winner shall be decided on the basis of the greatest points differential in the games between the teams involved.

Mercy Rule

- When teams are up by more than 20 points, they will retreat to their own three-point line and only play defence once the opposition team crosses halfway.

Zone Defence

- Zone Defence is not permitted. Teams must play man to man at all times. This can be full court however every player should be marking one player ONLY; this means no double teams.
- Half-court defence must also be man to man with no traps in the front court.

Mixed Gender Teams

- All mixed gender teams must have at least two girls on at all times, if you aren't able to field a team with at least one girl (due to sickness injury etc), you should inform BBO and your opposition. You may be unable to 'win' that game if you cannot field any girls, if your grades has a points table. Mixed gender teams in Years 1-6 are not required to have a certain number of girls/boys on court at any time and will play all boys and all girls teams. Year 7 & 8 single gender grades are not allowed mixed gender teams to enter.

Mouthguards

- Basketball Otago requires all players in all Basketball Otago competitions to wear a mouthguard.

Referees

- **B Grade and below:**

1 Coach (coaches swap at half time) and 1 Basketball Otago Appointed referee will referee

- **A Grade Only:**

Referees will be supplied by Basketball Otago. However, on the occasion that referees cannot be sourced, coaches will be asked to referee



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Year 7 & 8

Match Rules

The focus of **ALL STARS** is on refining basic basketball skills and learning more technical skills. The emphasis is on applying skills and decision making to game-like situations and introducing team offence and defence strategies. The general game focus remains on the learning and developing, not the outcome (winning) while some players will have reached a developmental stage to be able play competitively.

Game format	5 v 5 – (8-10 players per team)
Game Duration	A Grade: 32 minutes (4 x 8-minute quarters, one minute break) Running Clock. Stop Clock in the last minute of the game. One time out per half Other Grades: 30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
Score Bench	One adult representative from each team will do score bench (A Grade only)
Court Size	Full Court
Hoop Height	10 foot
Ball Size	Girls: Size 5 Boys: Size 6
Scoring	Score will be kept, 3-point goals will count, free-throws in A grade only (1 shot only). 1 point for the foul and 1 point if the free throw goes in.
Substitutions	Subs through the score bench, rotations are to be equal.
Start of Play	Ball Toss to start and then possession arrow.
Referee	B Grade and below: 1 Coach (coaches swap at half time) and 1 Basketball Otago Appointed referee will referee A Grade Only: Referees will be supplied by Basketball Otago. However, on the occasion that referees cannot be sourced, coaches will be asked to referee
Rules	The role of the Basketball Coach is to help players learn these rules as their development allows.

RULE 1 – PLAYING THE BALL

When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

RULE 2 – OUT OF BOUNDS

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

RULE 3 – ILLEGAL DRIBBLE

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

RULE 4 – TRAVELLING

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.

Coaching tip: teach your players to jump stop and pivot without shuffling their feet.

RULE 5 – FIVE SECOND RULE

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.

Coaching tip: teach your players to look after the ball in the triple threat position, develop good passing techniques and look for the pass early.



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RULE 6 – PERSONAL 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.

Coaching tip: teach your players to move their feet and get in front of the player with the ball to play defence. Continue to reinforce that defenders should not reach across players with the ball.

RULE 7 – 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 point and possession at the centreline.

Coaching tip: there should be no technical fouls at this level of basketball. Coaches should lead by example and demonstrate positive behaviour for their players to emulate. No player should question the referee's decision.

RULE 8 – RETURN TO BACKCOURT

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.

A Grade Only:

RULE 9 – THREE SECOND RULE

An offensive player remains in the restricted area (keyhole 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 (keyhole in front of the hoop) after three seconds when the ball is in their frontcourt. This resets after an attempted shot is made.

Coaching tip: teach your players spacing on offence and have players in motion moving to the ball, the hoop or another position. Encourage controlled offensive movement as opposed to random movements.

RULE 10 – EIGHT SECOND RULE

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.

Coaching tip: teach your players to look up the court and initiate fast break opportunities through good passing.