



Basketball Otago BNZ KiwiHoops Pro, Mini, and Bounce 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 Junior Basketball 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 three 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

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 BBO 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 competitions 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.
- In BNZ Kiwihoops Mini and Bounce Grades, coaches will referee.

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.

Mouthguards

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

Referees

- Referees will be supplied by Basketball Otago for All Star and Pro games. However, on the occasion that referees cannot be sourced, coaches will be asked to referee.



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Bounce

Year 1 & 2

Match Rules

The focus of **BNZ KiwiHoops Bounce** is on developing fundamental movement skills and basic basketball skills. Modified games are non-competitive with the focus on enjoyment and participation.

Game format	3 v 3 - (6 -8 players per team)
Game Duration	30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
Court Size	Half Court
Hoop Height	7.5 foot
Ball Size	Size 5
Scoring	Score will be kept but not visible, no 3-point goals, no free throws, 1 point for fouls.
Substitutions	Rolling substitutions.
Start of Play	Ball toss at the start of the game, team who did not win will get it at the next half.
Referee	A coach from either team will referee one half with the other coach to referee the second half.
Rules	A liberal interpretation should be applied to keep the game flowing as best as possible.

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 – 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 play defence with their outside arms and not reach across players with the ball.



Basketball Otago BNZ KiwiHoops Pro, Mini, and Bounce Match Rules



Mini

Year 3 & 4

Match Rules

The focus of **Junior Ballers** is on developing basic basketball skills and refining fundamental movement skills. Modified games are non-competitive with the focus on enjoyment and participation.

Game format	4 v 4 – (6-8 players per team)
Game Duration	30-minutes (2 x 15min halves, one minute break) Running clock only, no time outs
Court Size	Half Court
Hoop Height	8 foot
Ball Size	Size 5
Scoring	Score will be kept but not visible, no 3-point goals, no free throws, 1 point for fouls.
Substitutions	Rolling substitutions.
Start of Play	Ball toss at the start of the game, team who did not win will get it at the next half.
Referee	Team coaches will be required to referee.
Rules	The role of the Otago Junior 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 – 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 play defence with their outside arms and not reach across players with the ball.



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Pro

Year 5 & 6

Match Rules

The focus of **BNZ KIWIIHOOPS PRO** is on developing basketball skills while continuing to practice and refine movement skills. The emphasis is on applying the basic skills and decision making to game-like situations and introducing basic offence and defence concepts.

Games focus remains on the learning and developing, not the outcome (winning).

Game format	5 v 5 – (8-10 players per team)
Game Duration	30-minutes (2 x 15-minute halves, one minute break) Running clock only, no time outs
Court Size	Full Court
Hoop Height	10 Foot
Ball Size	Size 5
Scoring	Score will be kept, no 3-point goals, no free throws, 1 point for fouls.
Substitutions	No rolling substitutions. Substitutions can only be made on a whistle.
Start of Play	Ball toss for first half. The team that did not win the toss will start the second half with possession
Referee	Two Junior Referees or a Community Referee each game. 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.



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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.