

NCBA 4D Freight FNBB Handbook



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NCBA – Developing pathways for a inclusive, passionate basketball community

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Success is not the work of an individual, but the work of many.

INTRODUCTION

The NCBA 4D Freight Friday Night Basketball Handbook has been created to provide clarity on the purpose, and structure of the competition for athletes, parents, coaches and administrators.

The PURPOSE of North Canterbury Basketball is Building a passionate basketball community and our FNBB program is an integral part of this.

Each year we have over 140 teams involving over 1100 primary aged tamariki from years 5-8 playing at the MainPower Stadium, Rangiora High School, New Life School, Oxford, Southbrook, Swannanoa, Kaiapoi, Woodend, Amberley, and Ohoka. Participating teams come from primary schools all over the local area which includes Kaiapoi, Rangiora, Oxford, Loburn, Sefton, Ashley, Leithfield, Fernside, Ohoka, Amberley and Woodend. There are two seasons of competitions annually:

A 6-week competition in Term 1 (approx. February – April)

A 10-week competition in Terms 3 and 4 (September – December)

These 1100+ players are the foundation which feeds into our representative and community program's and is the backbone to North Canterbury Basketball Association.



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FRIDAY NIGHT BASKETBALL KEY CONTACT DETAILS

Matt Cunninghame

Community Operations Manager
ops@northcanterbury.basketball

Callum Bryan

Competitions & Community Lead
competitions@northcanterbury.basketball

Millie Knight

Girls Got Game Ambassador
girlsgotgame@northcanterbury.basketball

Nicky Simpson

Community Administrator Coordinator
admin@northcanterbury.basketball

Pip Lewis

Finance Manager
accounts@northcanterbury.basketball



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COMMUNICATION GUIDELINES

Point of Contact:

The North Canterbury Basketball Competitions & Community Lead should be your first point of contact for anything relating to Friday Night Basketball registration, draws, grading. For refereeing enquiries please contact the Referee Coordinator. If you have any questions around coaching, or player development, please contact the Ops Manager.

Forms of Communication:

It is important that professional boundaries are maintained, therefore all communication should preferably be email, direct text message, NCBA Social Media or phone call.

Personal social media channels of staff and committee members (i.e. Personal Facebook messenger, Snapchat etc) are not acceptable forms of communication.

North Canterbury will share all competition information and updates across our social media channels and website.

THE PURPOSE OF FRIDAY NIGHT BASKETBALL

The NCBA Friday Night Basketball (FNBB) competition firmly sits within the development space of North Canterbury Basketball Association. The NCBA 4D Freight FNBB competition provides athletes, coaches and parents with an introduction to basketball. Ultimately FNBB is about getting as many of our community, especially our tamariki, involved in, and enjoying basketball by delivering a FUN, inclusive program so that they become an active participant for life.

THE STRUCTURE OF FRIDAY NIGHT BASKETBALL

In Term 3 & 4 of 2021 we made an amendment to our FNBB program by having our **years 5 & 6 tamariki** playing the 3x3 half court game. This style of play has seen us lift the skills level for all tamariki via touches of the ball through passing, shooting and teamwork. A fast paced game that is the largest urban team sport in the world !



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The **years 7 & 8 tamarki** will play the traditional 5v5, full court game and during terms 3-4 we will have our grading games to assist with making the pools (to the best of our ability) more enjoyable for everyone.

The Friday Night Basketball competition as 2 competitions annually – a 6-week competition in Term 1, (March - April) and a 10-week competition in Terms 3 and 4 (September – December)

The 6-week season in Term 1 is generally referred to as the 'non-competitive' season, as this is a time that many children are first introduced to basketball, and playing in a team. The Term 1 season is about getting acquainted with your school year group teams, and learning the basic skills and gameplay, in advance of the Term 3/4 competition. The intention behind the term 4 competition is to provide an environment that exposes the children to a little more competition, but still sitting well within our developmental philosophy (see next page).

NCBA DEVELOPMENT PHILOSOPHY

NCBA follows the guidelines set out in the American Development Model (ADM) in regards to our athlete development and pathway. Basketball is a late development sport, and that NCBA are only one link in the multiyear chain of that athletes' development, and our goal is to continue to grow that chain and not break it.

The ADM is athlete centred, in which all decisions regarding development considers the individual's basic needs as an athlete and person. It promotes the holistic understanding of each athlete's different physical, mental, emotional and cognitive development before progressing into the next levels of training and competition.

The majority of the FNBB competition sits within stage 1; Discover, Learn and Play of the ADM model; some teams and players in yr 7-8 may sit within stage 2; develop and challenge, however this wouldn't be the majority of players, and the main emphasis of FNBB. Players in stage 2 have additional programs that are targeted for them. For more information, visit our player handbook.

Stage 1; Discover, Learn and Play requires coaching that promotes fun and enjoyment through discovery and exploration, and helps players cultivate a passion for sport and active lifestyle,



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FNBB Basketball is not part of Stage 3; Train and Compete or Stage 4 - Excel for High Performance where “winning”, specialisation and other performance aspects are introduced.

To help promote an environment of optimal athlete development, Sport NZ has debunked some myths around developing and identifying athletes. NCBA has incorporated these components into our program design, and overall development philosophy.

Early Specialisation is not Good

- Outcomes that become more likely with early specialisation include, overuse injuries, decreased motivation, burnout.
- Sport sampling helps athletes develop a wide range of transferable skills, increased creativity and decision making.

We should be focusing on the process and not the outcome of winning

- Positive and negative experiences of performance provide constant learning experiences, which can help foster behaviours and a mindset of sustained performance.

Success as a youth rarely leads to success as an adult

- Every athlete is different, and development is non-linear, especially in a sport like basketball.

For more information, visit [“Balance is Better”](#), & [“Keep Up with the Play”](#) by Sport New Zealand, while visit [ADM](#) by the United States Olympic Committee.

NCBA FRIDAY NIGHT BASKETBALL COMPETITION OBJECTIVES

The following is what we define as “winning” for our FNBB competition

- Cultivate the community’s passion for sport and active lifestyle
- Allow athletes to socialise with their peers and friends and build interpersonal skills
- Provide a space where everyone has an equal chance to play in competition specific to their stage and development
- Promote practice, and skill development over competition and winning
- Develop and foster athletes, coaches and officials love for basketball so they thrive in our game for life



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FRIDAY NIGHT BASKETBALL ALL STAR DAY

The FNBB All Star Day is an opportunity for the wider basketball community to get together and celebrate the successes of their teammates and opposition throughout the year.

Additionally, the All Star Day is about a wider promotion of basketball in the community, especially to new players and parents in FNBB, and exposing them to what basketball has to offer within the region, and inspire other players to develop and improve their skills.

Since 2014 It has been held annually towards the end of the term 4 competition, and is growing with more popularity each year.

The All Star Day has 2 main events:

NCBA 3X3 Tournament

3X3 Basketball is rapidly growing in popularity across the world and is now an Olympic and Commonwealth game event.

Schools from across the FNBB competition can enter teams into the 3X3 event, and try and take out the trophy in this fast paced, nonstop version of basketball.

NCBA All Star Game

Schools from the Friday Night competition are split into 2 regions North, and South. 10 players from each region are chosen to represent their region and to compete in a game that's watched by 100s of people across the NC Basketball community.



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NCBA FRIDAY NIGHT BASKETBALL RULES & REGULATIONS

North Canterbury Basketball's FNBB competition games are played by FIBA rules, except when otherwise stated in the North Canterbury Basketball bylaws, rules and regulation document.

Furthermore, due to repeated issues and concerns that we are facing continually across our Friday Night Basketball competitions, and club competitions. North Canterbury Basketball is adopting a new Behavioural Technical Foul policy to help reduce poor behaviour on the basketball court to go alongside our Code of Conduct.

For more information on specific referee signals, calls and what they mean. Please note below the following sections of our By-Laws, Rules and Regulations that are specific to Friday Night Basketball.

School Responsibilities

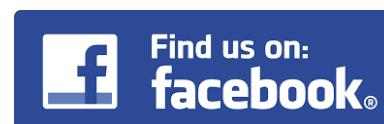
On arrival, the team coach/ manager shall report to the Venue/ Floor Controller.

The Score Sheet is to be completed within 10 minutes of the game start. Players' full names and numbers are to be written clearly on the score sheet. Team coaches/ managers are responsible for the diligent supervision of the team within the venue. Any damage to the venue will be the collective responsibility of the schools in the competition. Score bench duty – 1 person per team required. First Aid – each school is responsible for bringing a First Aid Kit.

Code of Conduct Schools are expected to honour this code and to ensure that only players, coaches and managers who support this Code are selected to be involved with teams playing under their name.

PLAYERS

Players are to abide by all decisions made during the course of a game and do not argue with the referee or score bench. Players are to play the game in a clean spirit without fighting, unsportsmanlike play or abusive language. Each player should do his/her best to play at his/her highest level and by doing so his/her own and his/her team's performance will benefit. Players are expected to display good sportsmanship and be prepared to recognise good play whether by their own team or the opponents.



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COACHES and MANAGERS

Coaches and managers are responsible for the conduct of their players on and off the court. Players should be encouraged by positive means and never ridiculed. A coach/manager may discuss a ruling with an official in a reasonable manner at an appropriate time but must not argue with officials in front of the players. A coach/manager must demonstrate a positive example of good sportsmanship at all times. Coach/managers must be prepared to treat junior players as individuals and recognise that each player is at their own individual level of ability. Coach/managers must encourage each player to make the best effort they are capable of and discourage a "win at all costs" attitude.

PARENTS and SUPPORTERS

Parents and supporters must support players and officials and not abuse them. Parents and supporters must put emphasis on genuine effort ahead of victory and encourage junior players to accept the result of all games. Parents and supporters must maintain dignified behaviour at all times. Parents and supporters should recognise good play by both teams and never ridicule an individual player in either team. The use of any form of violence must be actively discouraged



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"Hey coach, here are 5 simple tips to help me have a great season".

- 1 Keep it FUN
- 2 Keep it SAFE & SUPPORTIVE
- 3 Reward MY EFFORT & IMPROVEMENT
- 4 Let ME PLAY
- 5 Remember, ALL OF US MATTER

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GOOD SPORTS®

"Hey Mum and Dad, this is how you can help me make this season a great one!"

- 1 Keep it FUN
- 2 Remember MY MISTAKES ARE FOR LEARNING
- 3 Focus on MY EFFORT & IMPROVEMENT
- 4 Please SUPPORT EVERYONE, INCLUDING THE OPPONENTS
- 5 After every game say to me "I LOVE WATCHING YOU PLAY"



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