



**LEOPOLD
LAKERS**

PLAYERS HANDBOOK



Welcome

Welcome to the Leopold Lakers Basketball Club Inc. (LLBC) or more affectionately known as 'The Lakers'.

We hope you enjoy your time playing basketball for our club. The aim of this handbook is to provide you & your family with the information that you may need throughout your time playing with the Lakers.

Our club is a member of the Geelong United (GU) and Bellarine Peninsula Basketball Association (BPBA), which means our teams play in both the Geelong and Bellarine domestic community competitions.

To celebrate our 30th anniversary the Lakers are taking this milestone as an opportunity to refresh our logo and reinvigorate our club uniforms, while also paying homage to our long history and aligning ourselves to other sporting & education groups in Leopold.

Based on the previous logo, this update is now a simplified monochrome version. This is a clean & modern interpretation and we will retain our previous logo as our 'retro' logo for future potential use.

For 2025 we are introducing a dark green accent to our colour palette. Sporting teams in Leopold are well-known for their predominately green kit. To ensure we are also part of this community we are including dark green in recognition of our place within Leopold.

Culture



Our Club Values

Fair Play

We adhere to the rules of the game and conduct ourselves with pride on and off the court.

Respect & Responsibility

We take ownership of all we do.

We do what we say, and we say what we mean.

Care

We take care and put energy & effort into everything we do. We also look out for others.

Inclusiveness

We encourage, develop, and welcome anyone who is interested in playing basketball and being a member of our sporting



Volunteers

Leopold Lakers needs volunteers to be involved each season. We encourage parents to lend a hand and any help is greatly appreciated. Both coach and team manager positions are roles that need to be filled by parents / care givers in each team.

In addition, each team will be asked once per season for volunteers to assist with fundraising and/or activities for the club (e.g. BBQ at Bunnings).

If there is anyone interested in taking on a role within the committee, we ask that they contact the Committee Secretary by email leopoldlakersbc@gmail.com

Parents of children in Aussie Hoops are requested (where possible) to engage with their training. The coaching role is to focus on skill development. No prior knowledge of basketball is required, just a willingness to get in and do your best!



Key Contacts

President	Jayson Newman	0407 530 727
Vice President	Troy Kelberg	0419 401 350
Secretary	Belinda Evans	0448 884 247
Treasurer	Kellie Donald	0421 841 302

General Committee Members

Amanda Wintle	Britta Reynolds	Sue Virgona
Tammy Lewis	Tim Gallichan	

Leopold Primary School is our largest source of players and we recognise this important relationship with our school community.



Leopold Primary School
Learning for life

#StrongerAsOne

While we are extremely proud of the 300+ players each week that take to the courts in Lakers colours, and with the support of over 240 passionate families, our most important number is one!

One represents the unity between our community and the Lakers.

STRONGER AS ONE

Communication



Currently each team defines it's own methods of communication with coaches, parents and care givers. This might be by WhatsApp messaging, messenger or Facebook group chat.

'myHOOPS' is a great app to keep track of team fixtures, game times and venues (especially if you have multiple hoopers in a family). 'Teammo' is used by Team Managers to collect game fees.

For Winter 2024 season, the club is trialling 'Heja' (sports team management and communication platform) with 3 teams as a single application. We will advise the outcome of this trial by mid-season.

Heat Rules

BPBA **may** implement the following:

- Each quarter reduced by one (1) minute;
- A hydration timeout called following the first stoppage of play at the halfway mark of the second and fourth quarters.

**When it's
30 degrees**

BPBA **will** implement the following:

- Each quarter reduced by one (1) minute;
- A hydration timeout called following the first stoppage of play at the halfway mark of the second and fourth quarters.

**When it's
35 degrees**

Games will be abandoned.

- Each team will be contacted by team managers or age group coordinators when this occurs.

**When it's
40 degrees**



Uniforms

Our Lakers uniforms are reversible and we play in the predominantly white 'home' jersey.

When we play fellow Lakers sides, it is the team listed second in the fixture that is advised to play in the blue 'away' reverse side of our jersey.

Shorts can be purchased from the club, or other outlets, as long as they do not have pockets and are solid "royal blue" colour.

For summer 2025 season, we have some exciting announcements which will be shared with the entire club in July, with new uniforms to be distributed in September... just in time to celebrate our 30th anniversary in October 2024.

Because we have been able to secure sponsorship for this, there will be no cost to families for this change.

We will have a fresh new design, use our new logo, introduce a little bit of dark green (to acknowledge our place within Leopold), and for the first time we will have a female specific jersey and shorts for our female players.

Community Bank

Leopold



Bendigo Bank

Aussie Hoops



Our Mission

In Ford Aussie Hoops, we are passionate about nurturing the next generation of basketball stars and fostering a love for the game at every level.

Our mission is to provide a supportive and inclusive environment where players of all ages can learn, grow, and enjoy the thrill of basketball.

Why choose Aussie Hoops?

1. **Coaching:** Our programs is led by experienced coaches dedicated to helping players reach their full potential. Whether you're shooting hoops for the first time or aiming for a professional career, our coaches are here to guide you every step of the way.
2. **Inclusive Community:** Basketball is a sport for everyone, and at Aussie Hoops, we embrace diversity and inclusion. Join a community where individuals of all backgrounds come together to share a passion for the game and build lasting friendships.
3. **Skill Development:** Our program focuses on basic skill development, ensuring that players not only have fun on the court but also enhance their abilities in dribbling, shooting, passing, and teamwork.

From fundamental techniques to advanced strategies, we cover it all.



Under 10s

BALL SIZE

Size 5

RING HEIGHT

8 Feet (lowered)

TIMING RULES

Warm-up: Two (2) minutes

Quarters: Four (4) x eight (8) minutes each

Breaks:

Half time - two (2) minutes

1/4 & 3/4 - one (1) minute

Timeouts: Two (2) per team per half

At this age group leniency is given to players in regards to violations during the game. Referees are instructed to 'coach' players on the court.

SCORING CAPS

12 points per game per player.

Players can reach 13 points in a game if a field goal or successful free throws is scored when the player is on 11 points.

FOUL SHOTS

Modified free throw line closest to the basket.

3-POINT LINE

Not recognised. Points scored outside the 3-point line will be scored as two (2) points.

NO ZONE RULE

Zone defence is not allowed. Teams must defend using 'man-on-man' principles.
No double-teaming.

MERCY RULE

When a team leads by 20 points, they can only play defence inside the 3-point line.

Under 12s



BALL SIZE	Size 5
RING HEIGHT	10 Feet (full height)
TIMING RULES	Warm-up: Two (2) minutes Quarters: Four (4) x 10 minutes Breaks: Half time - three (3) minutes 1/4 & 3/4 - one (1) minute Timeouts: Two (2) per team per half Clock stops: Each whistle final minute of the last quarter (if scores are within 10 points).
SCORING CAPS	Does not apply to Division 1. 12 points per game per player. Players can reach 13 points in a game if a field goal or successful free throws is scored when the player is on 11 points.
FOUL SHOTS	Modified free throw line closest to the basket.
3-POINT LINE	Not recognised. Points scored outside the 3-point line will be scored as two (2) points.
NO ZONE RULE	Zone defence is not allowed. Teams must defend using 'one-on-one' principles.
MERCY RULE	If a team has only four (4) players on the court and is losing, the winning team must play half court defence. When a team leads by 20 points, they can only play defence inside the 3-point line.



Under 14s

BALL SIZE

Size 6

RING HEIGHT

10 Feet (full height)

TIMING RULES

Warm-up: Two (2) minutes

Quarters: Four (4) x 10 minutes

Breaks:

Half time - three (3) minutes

1/4 & 3/4 - one (1) minute

Timeouts: Two (2) per team per half (cannot be taken in the last minute of the each quarter).

Clock stops: Each whistle final minute of the last quarter (if scores are within 10 points).

SCORING CAPS

There are no scoring caps in Under 14s competition.

FOUL SHOTS

Standard free throw line

3-POINT LINE

The modified 3-point line is recognised in Under 14s competition.

NO ZONE RULE

Zone defence is not allowed. Teams must defend using 'one-on-one' principles.

MERCY RULE

If a team has only four (4) players on the court and is losing, the winning team must play half court defence. When a team leads by 20 points, they can only play defence inside the 3-point line.

Under 16s



BALL SIZE	Size 6 (Girls) Size 7 (Boys)
RING HEIGHT	10 Feet (full height)
TIMING RULES	Warm-up: Two (2) minutes Quarters: Four (4) x 10 minutes Breaks: Half time - three (3) minutes 1/4 & 3/4 - one (1) minute Timeouts: Two (2) per team per half Clock stops: Each whistle final minute of the last quarter (if scores are within 10 points).
SCORING CAPS	There are no scoring caps in Under 16s competition.
FOUL SHOTS	Standard free throw line
3-POINT LINE	Standard free 3-point line
NO ZONE RULE	Zone defence is allowed.
MERCY RULE	When a team leads by 20 points, they can only play defence inside the 3-point line.



2024

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



2025



January						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Committee meetings



Annual General Meeting (AGM)



Player's Code

The Player's Code of Conduct applies to all Lakers player's. This does not replace the clubs behaviour policy.

- Play by the rules.
- Never argue with an official.
If you disagree, have your coach or team manager approach the official during a break or after the game to clarify any decision or ruling.
- Control your temper.
Verbal abuse, deliberately distracting or provoking an opponent is not acceptable or permitted under any circumstance.
- Work equally hard for yourself and/or your team.
- Be a good sport.
Applaud all good plays whether they are by your team or the opposition.
- Treat all players as you would like to be treated.
- Do not interfere with, bully or take unfair advantage of any other player.
- Cooperate with your coach, teammates, officials and opponents. Without them there would be no competition.
- Play for fun, and not to please parents, coaches, officials, administrators or spectators.

FAQ



Below are some Frequently Asked Questions (FAQ) and responses are mostly taken from the BPBA by-laws. Different by-laws may apply for games at Geelong United.

While we aim to cover all required information, should you have any further questions your first point of contact is always your Team Manager.

Scoring:

Each team must provide a competent person (over 14yo) for the score table to either operate the scoreboard or register individual scores / fouls via the iPad provided.

Operation of the scoreboard also includes siren, jump ball, and game clock functions. Noting the clock stops on each whistle during the last one (1) minute of the game, when the score difference is less than 10 points (regular season games).

Playing up an age group:

A player may play in no more than one (1) age group above their current age competition (i.e. under 12s player can play under 14s - but not under 16s). This applies to regular season as well as filling in (refer below).

Filling in:

From time to time a team may be required to use a fill in player so they can take the court. A player may play in higher divisions and / or age group on a "fill in" basis, but if the player plays enough games to qualify for finals in the higher division they can no longer play in the lower division or age group.

Lakers Supporters

buxton



LIBBY.

**BETTER
TOGETHER**

**Alison
Marchant.**

Member for Bellarine

☎ 03 5250 1987



**Community Bank
Leopold**



Bendigo Bank