



BASKETBALL

**NEW
NOUVEAU BRUNSWICK**

Coaches Handbook

2025-26 Season

Welcome Coaches!

Basketball New Brunswick is the non-profit organization dedicated to the growth and development of basketball in the province. It's our vision that all participants have a pathway to strive for excellence and participate for life through playing, coaching, officiating, volunteering or administrating.

This handbook is meant to be a one-stop shop for all the information required to coach a rep basketball team in New Brunswick. From rules to policies to important dates and coaching resources, we have included everything we think can help you have a successful season.

The two main goals of every great youth coach should be to make sure players love the game and that they have the skills and understanding to play at the next level. We call on all of our coaches to operate according to Basketball New Brunswick's values:

Integrity

- Demonstrate an ethical standard in all actions and abide by the spirit of the rules.

Respect

- All players, coaches, officials, administrators and spectators must honor and respect each other as well as the game.

Education

- To become NCCP certified at the appropriate levels, and then continually strive to learn to be better coaches, leaders and teachers.

Communication

- To deal with all of your players, parents, officials and opponents in an open and transparent manner.

Inclusion

- Accept all participants regardless of ethnicity, race, gender, age, class, sexual orientation, religion and ability

We hope you have a great season. Should you encounter any issues or questions along the way, the simplest way to reach us is to send an email to info@basketball.nb.ca and we will be more than happy to help,

Thanks,

Basketball New Brunswick

We are requiring all Rep Team Coaches to register with BNB - Please contact your Member Group and register through the RAMP system as soon as possible

Table of Contents

(Click on the Blue Text to go directly to that section)

Rules of the Game

- [U13/14](#) Page 4
- [U12](#) Page 4
- [U11](#) Page 5

Code of Conduct

- [General](#) Page 7
- [Coaches](#) Page 9
- [Athletes](#) Page 9
- [Disciplinary Action](#) Page 10

Coaching Certification

- [NCCP Course Descriptions and BNB Requirements](#) Page 11
- [NCCP Coaching Course Calendar for 2025-26 Season](#) .. Page 12

All about Games

- [Age Classifications](#) Page 13
- [Season Outline](#) Page 15
- [Game Limit Recommendations](#) Page 16
- [BNB Provincial Basketball League](#) Page 16
- [Exhibition Games](#) Page 16
- [2026 Provincial Championships](#) Page 17
- [Booking Officials](#) Page 17
- [Bench Decorum](#) Page 18
- [Hosting an Event](#) Page 19

Fair Play Rules Page 20

Dealing with Parents / Spectator Behaviour

- [Parent meeting Recommendations](#) Page 22
- [Spectator Code of Conduct and Parent Resources](#) Page 23
- [What to do when an issue occurs](#) Page 24

Coaching Resources

- [Coaches Curriculum](#) Page 26
- [Virtual Coaches Clinics](#) Page 26
- [Video Drill Library](#) Page 26
- [BNB Age Specific Season Planning Support and Planning](#) Page 26
- [Coach Support Session Calendar](#) Page 26
- [Sample Practice Plans](#) Page 27
- [Skill & Concept Recommendations](#) Page 27
- [Mental Health Resources for Coaches & Athletes](#) Page 27
- [Contact Us for Technical Support](#) Page 27

Rules of the Game

Resources

- Rules Section of BNB Website - [Click Here](#)
- Fiba Rules of Basketball - [Click Here](#)
- BNB Tie Breaking Procedures - [Click Here](#)
- BNB Disqualifying Foul Policy - [Click Here](#)
- Shot Clock Operating Procedures - [Click Here](#)
- Bench Decorum (Interactions between Coaches and Officials) - [Click Here](#)

Basketball New Brunswick U13 & U14 RULES OF PLAY

All BNB games will be played according to FIBA Rules, with the following modifications:

1. The ball will be size 6 for both boys and girls. Boys games can be played with a size 7 at exhibition events.
2. A backcourt violation will be 10 seconds in length.
3. A 30 second shot clock is in effect.
4. Teams must play half-court defense if they lead by 20 points or more.
5. Quarters will be 8 minutes in length. Games can be played at 10 min quarters at exhibition events
6. Fair Play Participation rules will apply. Each player on the roster, provided they are not fouled out, ejected, or injured, must play at least 8 minutes of game time.
7. Fair Play is administered on the honor system during the game itself and not officially tracked by officials or minor officials.
8. Teams found to be repeatedly violating the spirit of the rules will be subject to discipline from BNB following our FairPlay Rules and Guidelines Procedure ([Click Here for the FairPlay Rules](#))
9. The overtime period will be 4 minutes in length, Time-outs do not carry over to the overtime period, but each team will be granted 1 time-out per overtime period. Each overtime period begins in the direction of the possession arrow.
10. Teams may play any type of full court defense (unless up by 20 or more points).
11. Teams may not play any type of zone defense in the half court (once the ball has crossed half). Active double teaming is allowed.

Basketball New Brunswick U12 RULES OF PLAY

All BNB games will be played according to the BNB U13 & U14 Rules of play , with the following modification:

1. NO zone defense of any kind whether that be in the full court or halfcourt, active double teaming is allowed

Rules of the Game

RULES OF U11 BASKETBALL

- U11 Game Format
 - All Tournament Play must be Jamboree / Round Robin / Exhibition style format only. No semi-final/final playdowns, medals or banners at this age group.

In New Brunswick, U11 basketball will follow BNB-modified FIBA rules, with these exceptions:

1. Games shall be played in 4-on-4 format.
2. The basketball rim is 8 1/2 ft. (2.61m) from the floor.
3. The foul line is 13 ft. (4m) from the backboard.
4. The mini basketball (.6 - .73m in circumference) is used.
5. Games consist of 10 segments, each of which is 3 minutes long. Segments 1 through 5 constitute the first half of the game, while segments 6 through 10 constitute the second half. Stop time is played.
6. Teams are recommended to carry a minimum of 10 players on their rosters, and must play all players in attendance in each game, except for reasons of illness, injury or discipline.
7. Penalty situation begins on a team's 8th foul of the half.
8. There is an interval of 5 minutes between the 5th and 6th segments (halftime) and an interval of 30 seconds between all other regulation segments.
9. Overtime periods shall be a duration of 3 minutes (stop time). There will be a 2-minute interval before the first overtime period and a 1-minute interval before all other overtime periods.
10. The game begins with a jump ball. The next held ball situation will be awarded at the nearest point to the team that did not gain possession from the jump ball. For the remainder of the game, held ball situations will continue to be awarded alternately out of bounds. A "center check" may be held at the beginning of each segment.
11. No player may participate in more than one (1) segment more than his/her teammates in the same game.
12. When a player enters a game segment, that player receives a "floor time check mark".
13. Players may ONLY be removed (subbed out) of a segment for reasons such as illness, injury, discipline or foul trouble. A player who has been removed from a segment may re-enter the SAME segment. This player will be considered to have participated in ONE segment, and will receive no additional "floor time check mark" for the re-entry. The player who was subbed into the game will also receive a floor time check mark. There are no playing time or substitution restrictions during overtime periods.
14. All players, except those fouled out or disqualified, are eligible to play in overtime periods. Rule # 11 does not apply in the overtime period(s).
15. There is NO three point field goal.
16. Screening of any kind is NOT permitted (including ball screens, area screens, and dribble weaves/handoffs).

17. Double-teaming an offensive player is NOT permitted, both while inbounding the ball and while the ball is in play, with the exception of inside the "Doubling Area". This area is considered to be inside the key and extended diagonally from the elbow to the corners of the baseline.
18. Zone defenses of any kind are NOT permitted (including "in the key", half-court, and full-court zone presses). In the half-court, this is an "in the key" call, intended to prevent a player (or players) from "plugging up the key", and guarding the basket rather than a player. When playing help side defense (on the weak side of the court) a player may have one foot on the basket-line, but must be adjusting their position in accordance with their offensive player. (Example: If the ball is on the wing and a player's check moves to the opposite baseline corner, the defensive player may continue to stay on help side with one foot on the basket-line. If the weak side offensive player moves to the top of the key, the defensive player would then adjust accordingly and the helpline would no longer be considered the basket-line.)
19. Proximity Rule - A defender must be within one (1) meter of the ball handler once the ball is below the top of the semi-circle extended (top of 3pt line).
20. When a team has established a 20 point lead, no full court defense is permitted. NOTE: Violations of Rules 16, 17, 18, 19 and 20 will be called at the DISCRETION OF THE OFFICIALS, who will consider the intent involved when making the call. A warning will be issued for a team's first violation in the game. All subsequent violations will be treated as follows: - Offensive Violation (i.e., screening): An offensive violation of these rules (i.e., screening) will result in a turnover and the possession will be given to the defending team. - Defensive Violation (i.e., double teaming/zone/pressing when up 20+): If the possession of the ball changes due to a defensive violation (i.e., double teaming/zone/pressing when up 20) the play will be called and the ball will be returned to the offensive team. - Teams who are frequently and deliberately in violation of these rules will be penalized by awarding a technical foul to the coach.
21. The 30 second rule will be in effect during the last shift of the game and all overtime periods. The table officials will be responsible for the 30 second rule time count.
22. A team shall have 10 seconds to move the ball to the front court.

Code of Conduct

Resources

- BNB Constitution - [Click Here](#)
- BNB Safe Sport Policies - [Click Here](#)
- BNB Code of Conduct - [Click Here](#)
- Spectator / Parent Code of Conduct - [Click Here](#)
- Event Discipline Procedure - [Click Here](#)
- Discipline and Complaints Policy - [Click Here](#)
- FairPlay Sanctions(**New for 2025-26**) - [Click Here](#)

As members of Canada Basketball, members of Basketball New Brunswick are also required to abide by the Universal Code of Conduct to prevent and address maltreatment in Sport. ([Canada Basketball UCCMS](#)). More information on the UCCMS and the New Brunswick Safe Sport Dispute Resolution Process used to address complaints related to maltreatment are available on our [Safe Sport](#) page.

Please also refer and follow your own association/club Code of Conduct forms for more information. If you have not been given one by your association it's recommended that you ask them for all of their policies.

Responsibility

7. Individuals have a responsibility to:

- a) Maintain and enhance the dignity and self-esteem of BNB Members and other Individuals by:
 - i. Treating each other with the highest standards of respect and integrity;
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
 - iii. Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct.
 - iv. Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory.
 - v. Consistently treating individuals fairly and reasonably.
 - vi. Ensuring that the rules of the sport, and the spirit of such rules, are adhered to.
- b) Refrain from any behaviour that constitutes Harassment, Workplace Harassment, Sexual Harassment, Workplace Violence, Abuse, or Discrimination Page 4 of 6
- c) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, BNB adopts and adheres to the Canadian Anti-Doping Program. Any infraction of such Program shall be considered an infraction of this Policy and shall be subject to disciplinary action, and possible sanction, pursuant to BNB's Discipline and Complaints Policy. BNB will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by BNB or any other sport organization.
- d) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport, who has incurred an anti-doping rule violation and is serving a sanction involving a

period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES)

e) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities

f) Refrain from consuming tobacco products, or recreational drugs while participating in BNB's programs, activities, competitions, or events

g) In the case of minors, refrain from consuming alcohol, cannabis or tobacco products while participating in BNB programs or events

h) Use social media responsibly and strategically, modeling appropriate behavior expected of representatives of BNB.

i) In the case of adults, not consume cannabis in the Workplace or in any situation associated with BNB's events (subject to any requirements for accommodation), not consume alcohol during competitions and in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations associated with BNB's events

j) Respect the property of others and not willfully cause damage.

k) When driving a vehicle with an Individual:

i. Not have his or her license suspended;

ii. Not be under the influence of alcohol or illegal drugs or substances; and

iii. Have valid car insurance.

l) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.

m) Always comply with the Bylaws, policies, rules and regulations of BNB, as adopted and amended from time to time.

n) Refrain from engaging in deliberate cheating which is intended to manipulate the outcome of a competition and/or not offer or receive any bribe which is intended to manipulate the outcome of a competition.

o) Adhere to all Federal, Provincial, Municipal or host country laws.

p) Comply, at all times, with the bylaws, policies, procedures, and rules and regulations of Basketball Canada, as applicable and as adopted and amended from time to time.

q) Report any ongoing criminal investigation, conviction, or existing bail conditions involving an Individual to Basketball Canada, including, but not limited to, those for violence, child pornography, or possession, use, or sale of any illegal substance.

r) Not engage in a sexual relationship with an Individual under the age of majority.

s) Not engage in a sexual or intimate relationship with a person of any age in which an Individual is in a position of trust or authority.

Code of Conduct

Coaches

In addition to responsibility(above), coaches have additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:

- a) Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by BNB Screening Policy, so that the community is satisfied it has minimized the risk of an unsafe environment.
- b) Report any ongoing criminal investigation, conviction or existing bail conditions, including those for violence; child pornography; or possession, use or sale of any illegal substance.
- c) Under no circumstances provide, promote or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcoholic beverages, cannabis and/or tobacco.
- d) Respect all other teams and athletes from other teams and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless first receiving approval from the coach who is responsible for the team or athlete(s) involved.
- e) Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights.
- f) Dress professionally, neatly and inoffensively.
- g) Use offensive language, taking into account the audience being addressed

Athletes

In addition to responsibilities (above), athletes will have additional responsibilities to:

- a) Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete.
- b) Participate and appear on time, well-nourished and prepared to participate to one's best abilities in all competitions, practices, training sessions, events, activities, or projects.
- c) Properly represent oneself and not attempt to enter a competition for which one is not eligible, by reason of age, classification, or other reason.
- d) Adhere to BNB's rules and requirements regarding clothing and equipment
- e) Never ridicule a participant for a poor performance or practice.
- f) Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other players, officials, coaches, or spectators. Page 6 of 6
- g) Dress in a manner representative of BNB with focus being on neatness, cleanliness, and discretion. Designated official clothing, if applicable, must be worn when traveling and competing.
- h) Act in accordance with BNB's policies and procedures and, when applicable, additional rules as outlined by coaches or chaperones.

Disciplinary Action

Coach Ejection

- Any coach who is ejected from a game is automatically suspended for the next game, whether that is during the same event or their next game falls on a later date.
- The one game suspension is to be served immediately.
- This coach could also be subject to further disciplinary action at the event itself according to the Events Discipline Procedure or afterwards if a complaint is filed pursuant to the Discipline and Complaints Policy

Incidents during a BNB Sanctioned Event

- This Procedure will be applied to all BNB-sanctioned events including, but not limited to, provincial championships, minor association or club team hosted tournaments, exhibition games, camps, clinics or other basketball related activities hosted by BNB or members of registered Minor Associations/Clubs
- This can refer to incidents that take place during a competition, away from the area of competition, or between parties connected to the Event can be handled according to the Events Discipline Procedure.
- This Procedure does not replace or supersede BNB's Discipline and Complaints Policy. Instead, this Procedure works in concert with the Discipline and Complaints Policy by outlining, for a designated person with authority at an event sanctioned by BNB, the procedure for taking immediate, informal, or corrective action in the event of a possible violation of [BNB's Code of Conduct and Ethics](#)
- For the complete **Events Discipline Procedure** - [Click HERE](#)
- FairPlay Automatic Sanctions (new for 2025-26) - [Click Here](#)

Incident Reporting

- BNB is committed to providing an environment in which all participants are treated with respect and characterized by the values of fairness, integrity and open communication. Membership in BNB, as well as participation in its activities brings with it many benefits & privileges. At the same time, individuals are expected to fulfill certain responsibilities and obligations including, but not limited to, complying with BNB's policies, Bylaws, rules and regulations, and the Code of Conduct and Ethics. Non-compliance may result in sanctions pursuant to this Policy
- The Discipline and Complaints Policy applies to all Individuals. This Policy applies to matters that may arise during BNB's business, activities, programs and events. This Policy also applies to Individuals' conduct outside of BNB's business, activities, and events when such conduct adversely affects relationships within BNB. Applicability will be determined by BNB at its sole discretion.
- To report an incident or complaint please follow the [Discipline and Complaints Policy](#)
- [Code of Conduct Incident Report Form.](#)

Coaching Certification

Resources

- BNB Coaching Course Schedule - [Click Here](#)
- Check out Canada Basketball's NCCP Coach Education Model - [Click here!](#)
- Check your NCCP certification here! - [The Locker](#)
- Coaching Certification FAQ's - [Click Here](#)
- Basketball Canada Coaches Section - [Click Here](#)

NCCP COURSES

- **FUNDamentals** - Previously referred to as Community Coach - includes both a theory and technical component and is aimed at recreational and youth level coaches.
- **Learn to Train (L2T)** - Previously referred to as Level 1 or Introduction to Competition - includes both theory and technical combined into one course, traditionally offered on a Friday-Saturday.
- **Train to Train (T2T)** - Previously referred to as Level 2 or Introduction to Competition Advanced - includes both theory and technical combined into one course, traditionally offered on a Saturday-Sunday.
- **Train to Compete (T2C)** - Previously referred to as Level 3 or Competition Development - this is the technical component only, the theory portion is offered through Coach NB (www.coachnb.com). The T2C technical component includes 3 weekends of training - 1) Teaching Basketball Skills, 2) Tactics & Strategies, 3) Planning.

We recommend the following levels of formal NCCP coaching education depending on the ages you are working with:

- 5 - 9 years old: NCCP FUNDamentals or Learn to Train
- 9 - 11 years old: NCCP Learn to Train
- 12 - 14 years old: NCCP Train to Train
- All youth teams participating in Provincial Championships must have a coach with a status of 'TRAINED' or CERTIFIED on the bench during games. Coaches must have completed the NCCP **Learn to Train** course giving them a status of 'TRAINED' **OR** their full NCCP Level 1 certification under the old system.
- Coaches unable to meet this requirement may apply for a One Year Extension (\$75). Coaches that have previously received this extension may not reapply.
- Once a coach has completed the "Learn to Train" or "Train to Train" course, they are considered "Trained". To become fully certified, coaches must then be observed in a practice or game by a learning facilitator. To coach at the BNB provincial championships, coaches are only required to have the "trained" status.

We also require the free NCCP [Safe Sport Training](#) and the Coaching Association of Canada's [Rule of Two Training](#) for all coaches.

All coaches must have an Enhanced Criminal Record Check from their local police station, RCMP detachment, [done online through Canada Basketball](#) or done directly through the RAMP system when you register with your club/association

Coaching Certification

[2025-26 NCCP Fall Course Schedule](#)

[Please sign up to our list for interested coaches](#) if you would like to be notified when a new course is added.

Link to Website which will be constantly updated with new schedule information - [Click Here](#)

Certification

September 26th-27th - L2T Course - South Region (Hampton)

- Friday, Sept 26th - 6:00pm - 9:00pm
- Saturday Sept 27th - 9:00am - 4:00pm
- Price: \$225 (includes evaluations)
- Log in to [gameplanbasketball.ca](#) or create an account (free or paid) and click "Workshops" to register for a clinic.
- Email ryan.chase@basketball.nb.ca for more information.

September 26th-27th - L2T Course - Moncton Region

- Friday, Sept 26th - 6:00pm - 9:00pm
- Saturday Sept 27th - 9:00am - 4:00pm
- Price: \$225 (includes evaluations)
- Log in to [gameplanbasketball.ca](#) or create an account (free or paid) and click "Workshops" to register for a clinic.
- Email ryan.chase@basketball.nb.ca for more information.

Oct 4th - L2T Course - Fredericton Region - Online / In Person Hybrid Model

- Online Component - Monday, Sept 29th - 6-9pm
- Saturday Oct 4th - 9:00am - 4:00pm
- Price: \$225 (includes evaluations)
- Log in to [gameplanbasketball.ca](#) or create an account (free or paid) and click "Workshops" to register for a clinic.
- Email ryan.chase@basketball.nb.ca for more information.

October 3rd-4th - South Region (St Stephen / Fundy)

- Friday, Sept Oct 3rd - 6:00pm - 9:00pm
- Saturday Oct 4th - 9:00am - 4:00pm
- Price: \$225 (includes evaluations)
- Log in to [gameplanbasketball.ca](#) or create an account (free or paid) and click "Workshops" to register for a clinic.
- Email ryan.chase@basketball.nb.ca for more information.

All about Games

Resources

- Looking for Exhibition Games - [Click Here](#)
- Score Reporting - [Click Here](#)
- Provincials FAQ - [Click Here](#)
- New Brunswick Officials Website - [Click Here](#)
- 4 Quarters Score Sheet - [Click Here](#)
- U11 Score Sheet - [Click Here](#)
- BNB Provincial League Standings / Schedule - [Click Here](#)

Determining Age

- All ages are calculated as of December 31 of the current playing season.
- Age Classifications - [Click Here](#)
- If you wish to apply for an exemption for participation outside of the age classifications described below please use the form by - [Clicking Here](#)
- For more information on the Exemption Criteria to see who should be applying and why please refer to our Exemption Guidelines by - [Clicking Here](#)

We are requiring all Rep Team Coaches to register with BNB - Please contact your Member Group and register through the RAMP system as soon as possible

Competitive (Travel Team) Divisions - 2025-2026

A travel (rep) team is one that has a high commitment level and would travel more often to games and practice more often than a local (recreational) team. Ideally membership on a team would come down to players choosing a commitment level, not necessarily skill level. Basketball New Brunswick offers end of season programming in the following age divisions:

DIVISION	BIRTH YEAR	END OF SEASON
U11	2015-2016	Spring Finale Tournaments
U12	2014	Provincial Championships
U13	2013-2014	Provincial Championships
U14	2012-2013	Provincial Championships
U16	2010-2011 (A maximum of 4 players may be born in 2011)	Provincial Championships

U18	2008-2011 (Players born 2007 only if attending NB High School)	Provincial Championships
Intermediate	Open (18+)	Provincial Championships
Masters	1991 or earlier (35+)	Provincial Championships
Grand Masters	1981 or earlier (45+)	Provincial Championships
Great-Grand Masters	1971 or earlier (55+)	Provincial Championships

Recreational (Local Team) Divisions - 2025-2026

A local team is on the continuum between a house league and a traditional travel (rep) team. The amount of travel for games is limited to the local area and the number of practices may be lower than for a travel team. They also may participate in their (or another) association's house league.

DIVISION	BIRTH YEAR	FORMAT
U7 (Puppy)	2019	3x3
U9 (Jr Mini)	2017 or later	3x3, 4x4
U11 (Mini)	2015-2016	3x3, 4x4
U12	2014	5x5
U13	2013-2014	5x5
U14	2012-2013	5x5

All about Games

Season Outline

Fall / Winter Season Calendar

Sept 8th	- First day that member activities can begin including Team tryouts, Skills and Drills / Training groups
Oct 6th	- First day that Team Practices can begin
Oct 17th	- First day that Games can begin
Feb 6-7	- No games
Feb 13-14	- Only U11 Spring Finale games allowed
Mar 1st	- End of Competitive Season - (ability to play games/travel) ends

****U11 Game Format****

- All Tournament Play must be Jamboree / Round Robin / Exhibition style format only. No semi-final/final playdowns, medals or banners at this age group

Spring/Summer Season Format

Start of Competitive Season - Apr 17th	- No competitive / travel games will be sanctioned between the end of Fall/Winter season and Apr 17th - Training groups, skills and drills sessions, and local spring leagues/academies will be allowed
Returning U11 Athletes (2016 and younger athletes who will be age eligible for U11 the following Fall/Winter season)	- No competitive / travel games during spring season - Training groups, skills and drills sessions, and local spring leagues/academies will be allowed
Graduating U11/U12/U13/U14 Athletes (2015 and older athletes who will be eligible for U12 and up for the following fall/winter season)	- Competitive games / travel can begin Apr 17th - No competitive / travel games will be sanctioned between the end of Fall/Winter season and Apr 17th - Training groups, skills and drills sessions, and local spring leagues/academies will be allowed
Aug 2nd (End of Season)	- Spring/summer season (ability to play games/travel) ends for teams Aug 2nd

Game Limit recommendations

BNB recommends the following game limits before Provincial Championships/end of season tournaments:

Age Groups	U11 - Grades 4&5	U12 & U13 - Grades 6&7	U14 - Grade 7&8
Game Maximum (Not including Provincial Championships)	20 (for 4v4 games)	28 (for 5v5 games)	30 (for 5v5 games)

- For questions or further information please contact Ryan Chase - ryan.chase@basketball.nb.ca
- To have your team included in our "Looking for Games" section please fill out the team listing form by [Clicking Here](#)
- To see the list of contact info for booking games - [Click Here](#)

BNB Provincial Basketball League - New for 2025-26

- League Structure Document - [Click Here](#)
- League Dates

U12		U13		U14	
Boys	Girls	Boys	Girls	Boys	Girls
Oct 25th	Oct 25th	Oct 26th	Oct 26th	Oct 26th	Oct 26th
Dec 6th	Dec 6th	Dec 6th	Dec 6th	Dec 7th	Dec 7th
Jan 10th	Jan 17th	Jan 11th	Jan 18th	Jan 11th	Jan 18th
February 1-2nd, 2026: BNB REGIONAL SEEDING TOURNAMENTS					
February 21-22nd, 2026: BNB PROVINCIAL CHAMPIONSHIPS					

- League Inclusion Team Interest Form - [Click Here](#)
- League Game Hosting Application - [Click Here](#)

Exhibition Games

- Exhibition games can be played throughout the year at the discretion of each team. Be mindful of BNB League game dates, dates where officials are unavailable, and Game Limit recommendations
- To post a looking for games info or info about a Tournament you are Hosting - [Click Here](#)
- To See other teams who have posted about looking for exhibition Games - [Click Here](#)
- To see Tournament Postings - [Click Here](#)

All about Games

2026 PROVINCIAL CHAMPIONSHIPS & SPRING FINALES - DATES:

- Feb 14-15 - **U11 Spring Finales**
- Feb 21-22 - **U12/U13/U14 Provincials**
- Feb 28th - **U9 Jamboree**
- March 14-15 - **Middle School Provincials**
- March 21-22 - **U16/U18 Provincials**

Booking Officials

To book officials, coaches/managers will be required to contact the assigner in their zone to secure officials for games. The more notice you can give the better.

List of Assigners

Looking to schedule a basketball game in the province? Below are the assignors for each zone.

- Zone 1 - Woodstock/Western Region - (Contact: Peter Demerchant - pademerc@mccain.ca)
- Zone 2 - Fredericton Region - (Contact: Adam Humphrey - jah@unb.ca)
- Zone 3 - St. Stephen Region - (Contact: Jeff McGinley - jmcginley@aehorne.com)
- Zone 4 - Saint John Region - (Contact: Jeff MacDonald - jeff_2col@yahoo.ca)
- Zone 5 - Moncton Region - (Contact: Jeff Smith - jeffsmithcma@gmail.com)
- Zone 6 - Miramichi - (Contact: Matt Sturgeon -- Matthew.Sturgeon@nbed.nb.ca)
- Zone 6 - Bathurst - (Contact: Patrick Cameron - patrick.cameron@nbed.nb.ca)
- Zone 6 - Campbellton/Dalhousie (Contact: Trevor McNally - McNally.Trevor@brunswicknews.com)

Game Fees - [Click Here](#)

All about Games

Bench Decorum

Prepared in collaboration with the NBAABO

Each team shall do its best to secure victory, but this must be done in the spirit of sportsmanship and fair play. Any deliberate or repeated non-cooperation or non-compliance with the spirit and intent of this rule shall be considered as a technical foul. Referees may prevent technical fouls by giving warnings.

- The head coach may communicate in a courteous manner with the referees during the game to obtain information only when the ball is dead and the game clock is stopped. Assistant coaches shall not communicate with the referees.
- Either the head coach or assistant coach, but only one of them at any given time, is permitted to remain standing during the game. They shall remain within their team bench area. All others on the bench shall remain seated.
- Coaches and substitutes shall communicate in a courteous manner with the scorer's table.

The following (but not limited to) are all considered inappropriate and subject to penalty:

- All questioning, arguing, or attempts to influence referee calls, either directly or indirectly.
- Verbal comments such as "That's a foul"; "She traveled"; "Call it both ways"; "You missed that call"; etc.
- Gestures demonstrating displeasure with the officiating such as raising arms as to question referee decisions; demonstrating signals for fouls and/or violations as to question referee decisions; or any other non-verbal communication intended to undermine the referees.
- Communicating with referees while the ball is live.
- Communicating with referees at excessive volume.
- the use of profanity

[Interacting With Officials - Virtual Presentation \(Click Here\)](#)

All about Games

Hosting an Event

Gym monitors / Host managers are **required for all games** & they must introduce themselves to officials and both team coaching staffs before games begin.

Tie Breaking Procedure

Should ties occur , division standings will be decided according to the following priorities:

1. In the event two teams have the same number of points in the placings (based on win/loss records), the classification will be established taking into account only the result of the game between the two teams involved.
2. If more than two teams have equal points in the placings (based on win/loss records), a second classification will be established taking into account only the results of the games between the teams involved.
3. If the situation is not resolved and teams have equal points in the placings after the second classification , then goal average (by division), taking into account only the results of the games between the teams involved will be made to determine the classification.
4. If it is not finally resolved, the classification will be determined by goal average, taking into account all the results of the games from the group in question.

NOTE: Goal average = points for, divided by points against - highest quotient is the winner.

Check out this printable version to have at your venue - [click here](#)

Incidents during a BNB Sanctioned Event

- This Procedure will be applied to all BNB-sanctioned events including, but not limited to, provincial championships, minor association or club team hosted tournaments, exhibition games, camps, clinics or other basketball related activities hosted by BNB or members of registered Minor Associations/Clubs
- This can refer to incidents that take place during a competition, away from the area of competition, or between parties connected to the Event can be handled according to the Events Discipline Procedure.
- This Procedure does not replace or supersede BNB's Discipline and Complaints Policy. Instead, this Procedure works in concert with the Discipline and Complaints Policy by outlining, for a designated person with authority at an event sanctioned by BNB, the procedure for taking immediate, informal, or corrective action in the event of a possible violation of BNB's Code of Conduct and Ethics
- For the complete **Events Discipline Procedure** - [Click HERE](#)

Hosting BNB Provincials

- To apply to host a BNB Provincial Championship Event - [Click HERE](#)
- To view the Hosting Manual - [Click HERE](#)

FairPlay Policy and Procedure

What the Rule is

- Each player on the roster, provided they are not fouled out, ejected, injured, or for disciplinary reasons:
 - **For U12/U13/U14**, must play at least **8** minutes of game time.
 - **For U11**, No player may participate in more than **One** (1) segments more than his/her teammates in the same game.

BNB believes strongly in the spirit behind this rule and the need for all members of any team to be given the opportunity to develop and therefore need the opportunity to test the skills they are learning during training within a game setting.

This year the rule will no longer be done on a honor system, BNB will be enforcing the adherence to the rule and there will be ramifications if/when an infraction occurs

It's important we understand the intention of this rule. We are not looking for people to sit in the stands with stop watches or to punish someone if a player only gets 7 minutes of playing time in a game. We are looking to remove the situations where players do not play at all or they receive one short shift and that's all in a game, those instances have no place in Youth Basketball.

Fair Play Incident Report

As it is impossible for BNB representatives to be in the gym for every game that is played all year we will need the cooperation of coaches and association members in order to track this.

When there is a violation of the Fairplay policy we are asking that it be reported as soon as possible using our FairPlay Incident Report Form. Reports will then be investigated and dealt with by the BNB Technical Staff

For the Link to the Fair Play Incident Report Form please [CLICK HERE](#)

Dealing with Complaints

All reports submitted through the Fairplay Incident Report form will be investigated by BNB Technical Staff

The below process will be followed when teams are found to be in violation of the Fairplay policy:

- 1st Offense - Written warning to coach and Minor Association / Club
- 2nd Offense - Suspension of coach for 1 game
- 3rd Offense - Team will be ineligible to compete in that seasons Provincial Championships/Spring Finale
- Further offenses - will be dealt with on a case by cases involving the Club/association
- Coaches/teams and Associations/Clubs who are found to be in violation of the Fairplay Policy may be required to show proof through the tracking of minutes that they are abiding by the rules and the spirit of the game that's intended

Fair Play Violations at Provincial Championships

- Should be reported immediately through the same Fairplay Incident Report Form
- The reports will be monitored by BNB representatives in real time throughout the Provincial Championship / Spring Finale Weekends
- Any association/club and coach with prior offenses heading into the Provincial Championships will be notified prior to as a reminder of how many offenses have occurred and steps that could occur if further violations take place
- Any Fairplay Violation at Provincial Championships will result in a 1 game suspension for the coach(regardless of whether it is the 1st offense of the year)
- A second offense or more (at the championships) or cumulative from the season will result in the disqualification of the team from the event
- If a violation occurs in a team's final game of the event, the coach and/or association/club may be subject to further disciplinary action

Dealing with Parents / Spectators

Parents Meeting Recommendations

A thorough and informative Parents meeting is a great way to ensure there is an open line of communication set to start the season and that your expectations are explained and understood from the beginning of the season. We recommend holding one once the team is formed

Some information to include (**invite a member of your association board to also attend**)

- Schedule Details: Practice times, locations, games, tournaments, etc...
- Arrival Expectations: how long should an athlete be there prior to practice, prior to a game
- What the athletes will need to bring to practice: water bottle, reversible, etc...
- Expectations of the athletes: behavior, attendance, attitude. Work ethic, being a good teammate, etc.,
- Communication Standards
 - Gather information for a Contact List for parents to have
 - Consider having a parent volunteer become a Team Manager if this would be helpful from a time perspective for your coaching staff
 - Explain how you will communicate and share information and how parents can contact you(email, App, etc..)
 - Letting coaches know ASAP when an athlete cannot attend a team event
 - Consider having a rule for after games for communication with coaches. The 24 Hour Rule is a helpful standard to alleviate confrontations or emotional responses. Make parents aware that a parent is not to approach you after the game and if they have an issue to wait 24 hours before bringing it forward, if they still feel like it's something they want to bring forward then they can do so using the appropriate method of communication
- Share with them the corresponding Codes of Conduct (player, spectator, anything else your club/association may have)
- Share your stance on playing time
 - Who you are willing to communicate playing time with (player only, parent, etc..)
 - Be aware of the BNB FairPlay policy
- Budget Information
 - Registration fee , how payment can be made, contact info for club/association if alternate arrangements need to be made
 - Give of rough outline of the expected expenses so parents know what will be covered
 - Fundraising Information - what do you have planned, what do you need help with, ask for ideas from the group
- What else you may need help with
 - Tournament Organizing
 - Scorekeeping during home games
 - Transportation
 - Booking Accommodations

Spectator Code of Conduct

We are recommending that all parents watch the short video presentation and review the slides provided below before attending any games this season.

[Parents Role in Youth Sports Virtual Presentation - Click Here](#)

[Parents Role on Youth Sports Slide Deck - Click Here](#)

PARENTS/GUARDIANS and SPECTATORS In addition to paragraph 7 of Basketball New Brunswick Code of Conduct , parents/guardians of Individuals and Spectators at events will:

- a) Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence
- b) Never ridicule participants for a poor performance or practice
- c) Respect the decisions and judgments of officials and encourage athletes to do the same
- d) Not question the judgment or honesty of an official or a Basketball New Brunswick staff or board member
- e) Respect and show appreciation to all competitors and to the coaches, officials, and other volunteers who give their time to the sport
- f) Keep off of the competition area and not interfere with events or calls
- g) Not force your child or others to participate in basketball
- h) Remember that children play organized sports for their own fun and benefit. They are not there to entertain, and they are NOT miniature professional athletes
- i) Explain the importance of Fair Play to your child and their coach along with others involved in basketball
- j) Encourage your child to play by the rules and to resolve conflicts without resorting to hostility or violence
- k) Teach your child that doing one's best is as important as winning, so your child will never feel defeated by the outcome of the game
- l) Make your child feel like a winner every time by offering praise for competing fairly and trying hard
- m) Never ridicule or yell at your child or coach for making a mistake or losing a game
- n) Remember that children learn best by example and will applaud good plays by the home team and the visiting team
- o) Be on your best behavior at all times and do not use profane language or harass players, coaches, referees, administrators, volunteers or the opposing team
- p) Never question the referee or coach's judgment or honesty in public and respect their decisions and involvement in children's development
- q) Show respect for the visiting team without them there would be no game
- r) Make involvement in this basketball program for your child and others a positive experience
- s) Condemn the use of violence and verbal abuse in all forms
- t) Encourage players to always play according to the rules of basketball
- u) Attempt to relieve the pressure of competition, not increase it. A child is easily affected by outside influences.

What to do when an issue occurs

When you host a game, you have a few responsibilities that go beyond renting the facility and coordinating with referees and the opposing team. Gym monitors / host managers are **required for all games** and they must introduce themselves to officials and both team coaching staffs before games begin. They should be available during the game to respond in case of emergency, or deal with a code of conduct violation from parents or spectators.

The host manager should be familiar with the [BNB Code of Conduct](#), the [BNB Event Discipline Procedure](#) and have a copy of an emergency action plan for the facility in the case of a medical emergency.

We are trying to provide an environment that is safe and welcoming for all participants in a basketball game including players, coaches, officials, minor officials and spectators.

Referees have the authority, and are expected to address:

- Coach & Player behavior during the game. That could be dealt with **informally** (by talking to them and calming them down) or **formally** (official warning, technical fouls, ejections)

Host managers have the authority, and are expected to address:

- Spectators or Parents who are verbally abusive towards officials, minor officials, players or coaches. That could be dealt with **informally** by talking to them and calming them down or **formally** by giving a warning, or requiring the fan to leave the gym.

If a fan is abusive towards an official, **they have the authority to stop the game** until the **host manager** removes the offending fan from the gym.

What happens next?

- If a player, coach or spectator **is ejected by an official**, they submit a report to their assignor, who submits it to Basketball New Brunswick. We follow our guidelines to determine the next steps. We may reach out to the host manager for more information.
- If a host manager ejects a fan, or witnesses a violation of the BNB Code of Conduct, they are asked to fill out the [Incident Reporting Form](#) so that we have all of the details of the event and can proceed with our [Discipline and Complaints Policy](#).

What if the fan/coach/spectator won't leave or their behavior escalates?

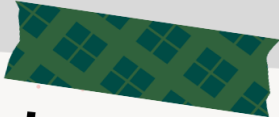
- All we can do is stop the game until they comply with the host manager's request to leave the facility. Do not try to physically remove them, or get into an argument with them. Try to calm them by reminding them that this is a youth basketball event.
- If at any time you fear for someone's physical safety, you should call the local police or RCMP to escort them out of the gym. This can also be used as a last resort for someone who is not complying with a request to leave.

Spectator Reminders



**Cheer and
applaud
loud!**

Spectating is supposed
to be fun!



**Let the
coaches
coach!**

You are here to watch
not work!



**Let the
referees do
their job!**

They know what they are
doing, we promise!



**Fans who
cross the line
will be asked
to leave.**

Respect is everyone's
responsibility

Ejected fans may be suspended and/or
required to take a respect in sport course
before being allowed back in a gym

Coaching Resources

BNB Coaches Curriculum

- Are you looking for age-appropriate drills, concepts ideas and videos to help support your team and development as a coach?
- Look no further than our Coaches Curriculum! Put together by our BNB technical staff using the latest information from basketball experts around the world, the curriculum is fantastic for coaches at any point on the development pathway. The curriculum contains coaching tips, building a basketball philosophy, age and stage appropriate skills, practice plans and a video library.
- Whether you are looking for a place to start, trying to get back up to speed, or want to challenge the way you look at the game, our curriculum should offer an excellent starting point! To view our Coaches Curriculum - [Click Here](#)

BNB Drill Library

- Looking for age appropriate drill ideas - view our full Drill Library [Here](#)
- U9+ - [Click Here](#)
- U11+ - [Click Here](#)
- U13+ - [Click Here](#)
- U14+ - [Click Here](#)

BNB Age Specific Season Planning Support and Planning

- House League Support - [Click Here](#)
- U11 Coaching Support - [Click Here](#)
- U12 / U13 Coaching Support - [Click Here](#)
- U14 Coaching Support - [Click Here](#)

Coach Support Session Calendar

- [CLICK HERE](#)

BNB Virtual Coaching Clinics

- Our [grassroots series](#) is focused on concepts and skills for coaches working with FUNDamentals (~6-10 year olds), Learn to Train (~10-12 year olds) or Train to Train (~12-14 year old) athletes with world renowned development experts.
- Our [high performance series](#) is geared towards coaches working with Train to Compete (15-18 year old) and Train to Win (18-23 year old) athletes and has hosted talks by coaches from the NBA, G League, Canada Basketball's National teams, USports and NCAA Coaches.
- To view all of our Virtual Clinics - [Click Here](#)

BNB Sample Practice Plans

- This folder contains over 100+ practice plans from BNB programming such as: sample plans from BNB curriculum, Next Wave, Jr EDP, Bantam Elite Camp, Sr EDP
- To view the BNB Practice Plan Database - [Click Here](#)
- Sorted by Age Group
 - U11+ - [Click Here](#)
 - U13+ - [Click Here](#)
 - U14+ - [Click Here](#)

BNB Video Library

- Video examples of Skill demonstrations plus explanations, demonstrations and live reps from drills from our Coaches Curriculum delivered by BNB Coaches and Technical Staff
- BNB Youtube Channel - [Click Here](#)
- For the Video Drill Library - [Click here](#)
- Skill / Concept Videos - [Click Here](#)
- U9+ Library- [Click Here](#)
- U11+ Library - [Click Here](#)
- U13/14+ Library - [Click Here](#)

BNB Skills and Concept Recommendations

- BNB is constantly trying to create supplemental documents for coaches with current trends of the game as it relates to skills, concepts and style of play and how to teach and implement them
- To view the Skill / Concept Document Database - [Click HERE](#)

Mental Health Resources for Coaches & Athletes

- During your season, you may encounter athlete needs beyond the basketball court including mental health and nutritional needs. While you should not go beyond the confines of your knowledge when caring for athletes, there are resources available so that you are equipped if ever the need arises.
- For athlete mental health resources, [click here](#). The CAC Mental Health and Sport Resource Hub is a one-stop shop for eLearning modules, infographics, research articles and videos all related to athlete mental health and support.
- [Visit here](#) for resources that are available to you in New Brunswick.

Contact BNB for Technical Support

- Reach out to one of our technical support staff members for more information, with questions, to setup a consultation or to book a coaching clinic in your area
- Ryan Chase (Director of Operations) - ryan.chase@basketball.nb.ca
- Peter Kelly - Women's Performance Lead - peter.kelly@basketball.nb.ca
- Kyle Woodworth - Mens Performance Lead - kyle.woodworth@basketball.nb.ca