



All-Abilities Program

**Trainings
and
Competition**

Operational Manual 2025

Official

The All-Abilities training sessions and competition games are official GSBA initiatives and will be managed by the GSBA in accordance with the terms and conditions outlined in this Operational Manual, the GSBA & Basketball Victoria Code of Conduct, Child Safe Victoria, and in alignment with the guiding principles and inclusive spirit upon which this truly unique program was founded.

Important note:

All parents, carers, support workers, and spectators are expected to respect the roles and responsibilities of GSBA Officials, Volunteers, Coaches, Team Support Staff and Playmakers, who act in accordance with the program's objectives and under the direction of GSBA. These individuals are present to ensure a safe, inclusive, and positive experience for all participants. Should anyone have concerns or feedback, they are welcome to contact the Program Coordinator or GSBA Management in writing after the relevant training session or game.

Email: info@gsba.com.au

All coaches, managers, playmakers and support personnel must sign the commitment declaration at the end of this manual to participate in this program and give this signed copy to the Program Coordinator.

Inclusive Trainings & Competition Management

1. Program Philosophy

- Promote respect, equity, and dignity for all participants.
- Focus on ability, not disability.
- Celebrate teamwork, effort, and personal achievement.

2. Roles & Responsibilities

- **Program Coordinator:** Oversees sessions, liaises with coaches, families, and support workers.
- **Inclusive Coaches:** Adaptive training drills accordingly and to communicate clearly.
- **Game Night Facilitators / Coaches:** Guide safe gameplay, manage and ensure inclusion.
- **Playmakers** (Support Players) Encourage inclusive play, assist when needed, never dominate. Your place on court is 'help' and 'guide' healthy outcomes.
- **Program leaders:** To wear GSBA Team Support vests.

3. Training Session Guidelines

- **Warm-Ups:** Gentle stretching and inclusive group activities.
- **Skill Stations:** Drills tailored to various ability levels, shooting, dribbling, passing.
- **Team Games:** Use modified rules and capable understanding referees to accommodate needs.
- **Visual & Verbal Cues:** Use whiteboards, diagrams, and simple spoken instructions.
- **Repetition & Routine:** Maintain consistency in activities, expectations and language.

4. Accessibility & Safety

- Venue must be wheelchair accessible.
- During training allow carers/support workers on the court as needed.
- Emergency response plan on-site. All support workers and coaches to be aware of such.
- Should a Carer/s or support worker/s be needed on court to assist a players experience, this must be pre-arranged prior to the actual game night to ensure conformance to the safety of all concerned. The GSBA must first approve this.

5. Communication

- Use simple, encouraging language.
- Create visual schedules and rule boards.
- Encourage two-way feedback with players and support workers.
- Use "show and tell" for instructions.

6. Inclusion Practices

- Group players by ability, not age. Fair and even experiences are a must.
- Use color-coded jerseys, or the like, for clarity during games. (Where applicable)
- Provide sensory-friendly environments (minimise whistles, loud music if needed).
- Offer quiet zones / spaces for players needing a break.

Game Night Playbook

Note: Players must be registered to their team via PlayHQ

1. Game Philosophy

- Focus on fun, friendship, and fair play.
- Commend good play, fair play and great sportsmanship.
- All players must feel included and valued.

Game Night Playbook

2. Coaches, Team Managers and Playmakers

- All coaches, team managers, and playmaker have a joint responsibility to deliver the programs objectives in total, and to confirm this they are required to acknowledge and adhere to all terms and conditions outlined in this document. Confirmation of understanding and agreement must be provided by signing the declaration on the final page and submitting it to the GSBA Operations Manager.

3. Modified Game Rules

- Coaches must wear the **GSBA team support** vest to denote their role / position.
- Team structure should not be unfairly weighted. This **MUST** be managed by the coach.
- Rings at varying heights if needed and where possible. (GSBA to apply accordingly)
- Travel and double dribble rules relaxed based on individual ability.
- Fouls must be called. Not so much the clumsy harmless ones as a result of ability.
- Substitutions made frequently to prevent fatigue and ensure involvement.
- Each player encouraged / assisted to score at least once per game.

4. Playmakers Role (Support Players)

- Your roles are to 'help' guide teammates into spaces.
- Only two Playmakers on court at any one time.
- Support ball movement, but always defer to an all-abilities player.
- Verbally support and celebrate all efforts by both teams.
- Seek to ensure nonaggressive or unfair play.
- Do not 'take over' the game.

Game Night Playbook

5. Code of Conduct

- Respect everyone's pace and space.
- No aggressive defence; only shadowing or soft play. Coaches and Playmaker persons must ensure this. This is a duty of care responsibility.
- Zero tolerance for exclusionary behaviour.
- Everyone is a cheerleader, and good play is to be commended to all.
- Respect the other team, the referee and the supporters.

6. Game Flow Structure

- Warm-up: 5 mins.
- Game: 2 x 20-minute halves, with two times-outs per team per half.
- Post-game circle: High-fives, MVP of the week (everyone eventually gets one), healthy inspiring feedback from coaches.

7. Coaching Tips

- Use 'show and tell' for instructions.
- Celebrate small wins (a pass, a smile, a shot attempt).
- Adapt and constantly ask yourself: 'How can I help all succeed?'

To acknowledge and accept these terms and conditions please sign the following page and hand to the Operations Coordinator.

6.



I (Full Name)

Address:

Contact phone number:

Email address:

Role (Circle): Coach / Team Manager / Support Worker / PlayMaker

Understand my role and accept the terms of the GSBA All Abilities Operational Manual and will do my utmost to play my part in delivering on its objectives.

Signed: Date