PREGNANCY GUIDELINES

Melbourne Central Basketball Association has adopted and will abide by Basketball Australia's Pregnancy & Basketball Participation Guidelines (https://resources.basketball-australia.pulselive.com/basketball-australia/document/2025/02/25/3d04cd06-2676-4d8e-8c7c-c8bf697da12b/BA-Pregnancy-Policy-v1.0-Dec-2024.pdf)

PURPOSE

These guidelines have been developed to provide Melbourne Central Basketball Association with assistance in dealing with pregnancy and basketball.

The Basketball Australia Pregnancy Guidelines adopted by Melbourne Central Basketball Association have been developed following consideration of current medical and legal advice. These guidelines outline some of the issues which should be considered by the pregnant player, the Association, the coaches, and the referees.

SCOPE

These guidelines apply to pregnant players participating in MCBA competitions, programs and activities.

They provide general guidance only, not medical or legal advice, and the decision to play remains the player's.

DISCLAIMER

The information contained in this publication is of a general nature only and is not intended to be relied upon as, nor to be a substitute for, specific professional advice. No responsibility for the loss occasioned to any person acting on or refraining from action as a result of any material in this publication can be accepted.

POLICY DETAILS

The pregnant player should:

1. Obtain expert medical advice (understand the advice & assess the risk)
2. Discuss the issues and implications of competing with other people in the basketball environment (Team Members, Coaches, Managers).
3. Use common sense and not take unnecessary risks.
4. Take into account their changed physical condition.
5. Do not attempt to increase the level of training or playing during pregnancy.

The ultimate decision to play will always be the player's.

Associations and Clubs should:

1. Be aware of the discrimination legislation which applies to them.
2. Review their rules and regulations in light of discrimination legislation.
3. Seek professional advice where there is uncertainty as to appropriate steps.
4. Provide relevant information for all players in relation to pregnancy and playing.
5. Develop general policies to minimise the risk of injury.
6. Consider obtaining appropriate releases and indemnities from players.

Coaches should:

1. Ensure players are aware of the medical implications of participating and should advise the player to discuss these implications with their treating medical professional.
2. Develop open communication.
3. Not pressure the player.
4. Remember the individual player comes first.
5. Seek professional advice where necessary.

Referees should:

1. Apply the rules equitably at all times.
2. Place the safety and welfare of all players above all else.
3. Be courteous and respectful.

In Summary, it is up to the individual player to weigh up the benefits of exercising during pregnancy against the perceived risk of injury to herself or her unborn child.

The information contained in these guidelines is in the nature of general comment only, and neither purports, nor is intended, to be advice on pregnancy and basketball participation. No responsibility or liability whatsoever can be accepted by Melbourne Central Basketball Association or Basketball Australia for any loss, damage or injury that may arise from any person acting on any statement or information contained in these guidelines and all such liabilities are expressly disclaimed.

APPROVAL / VERSION CONTROL	
Original Guideline Implementation Date	15 June 2023
Approved by:	MCBA Board
Updated:	24 November 2026
Next Review Date:	January 2029