



Your Basketball League C.I.C.

Game Regulations Game Addendum Booklet

2025/2026 Season

September 2025
version 6.4

Picture by Martin Lansley



Game Play Overview – All Divisions

Addendum One

	All Play Recommended	Half-Court Defence	Can I Play Zone?
Under 9 – 3x3			
Under 11 – 4X4			
Under 13 Zonal U13 LTG Cup			
Under 13 All-Girls			
Under 15 Zonal U15 LTG Cup			1 st & 3 rd 2 nd , 4 th & o/t
Under 15 All-Girls			1 st & 3 rd 2 nd , 4 th & o/t
Under 17 Zonal			1 st & 3 rd 2 nd , 4 th & o/t
Under 17 All-Girls			1 st & 3 rd 2 nd , 4 th & o/t
Under 21			
Women2			
M Division			
Women1			
The Challenge Cup U17			
Beth Matthews Cup			
The Challenge Cup (Senior)			



When a team reaches a 10-point or 20-point lead must play half-court defence a 10 (U11) or 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.



Under 9 3x3 Central Venue League

Club Based Central Venue Leagues

Addendum Two

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 6 years or below 	Aged 7 years 	Aged 8 years 	Aged 9 years
National League Players for this division as of 1 September to start the season	Aged 12 years old or below 	Aged 14 years old or below 	Aged 16 years old or below 	Aged 18 years old or below
Game Play	10:00 minutes RUNNING-CLOCK	OR game ends when a team reaches 21 points	12 seconds SHOT CLOCK	Half Court (Or marked out 3-point line)
Players	3 Players on court at any time	4 Players in the squad		
Mixing players at the discretion of the club. Teams can be different at each 3x3 event except the last scheduled event of the season (Play-off tournament). Winning team will be chosen from that play-off tournament event to advance to play-offs.	Event 1 mixing players 	Event 2 mixing players 	Event 3 mixing players 	Event 4 mixing players
				Play-Off tournament
				Play-Off Rounds
	The final Play-off tournament, the teams chosen for that event will then be set and any teams advancing forward will stay the same for the play-offs and finals.			
Time-Outs	1 (30 seconds) Coach and players may call at any time in a dead ball situation (not after a basket)	Substitutions	Yes Rolling subs from end-line (at a dead ball situation with the permission of the referee	
Ball size	5	Height of Basketball	8ft	
Points	2 points For any field basket outside 3-point line (or marked line)	1 point For any field basket inside 3-point line (or marked line), or made free-throw		
Fouls	2 shots For 7 th team foul and over, no personal foul count (except technical fouls)	2 shots For 10 th team foul and over with possession at the top (outside) of the 3point arc, after last made or missed free- throw.		
Additional notes	The clock does not stop in the last two minutes. On a score, a member of the scoring team takes ball outside of 3-point (or marked) line. Using a bounce pass, passes to a player from opposition who is positioned inside 2-point line. The opposition player returns the bounce pass. The next period of play commences This division does not display game results on the website. It will show participants and 3x3 event winners.			

Official Requirements

These are the minimum requirements per-game,

	MINIMUM PER-GAME	WITH	For Development PER-GAME	Overseen by
Referee	Level 2 or above	Level 1 or above	two Level 1s	Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Table Official	Level 2 or above	Level 1 or above	two Level 1s	



Under 11 4x4 Divisions

Club Based Central Venue Leagues

Addendum Three

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 8 years or below 	Aged 9 years 	Aged 10 years 	Aged 11 years
National League Players for this division as of 1 September to start the season	Aged 12 years old or below 	Aged 14 years old or below 	Aged 16 years old or below 	Aged 18 years old or below
Game Play	7:00 minutes quarters RUNNING-CLOCK	2:00 minutes OVERTIME RUNNING-CLOCK	Cross-Court PLAY	8ft BASKET HEIGHT
Additional notes	If at the end of the third quarter the losing team feel they are unable to continue due to their points different, the head coach can call to finish the game at this point.			
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES	10:00 EARLIEST TIP TIME	18:00 LATEST TIP TIME	
	You cannot schedule regular season games mid-week as your preferred slot. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.			
Players	4 Players on court at any time	12 Maximum players in the squad at event	Ball size	5
Player rotation	PLAYERS 1, 2, 3 & 4 QUARTER 1	PLAYERS 5, 6, 7 & 8 QUARTER 2	PLAYERS 9, 10, 11 & 12 OR any players if used QUARTER 3	ANY PLAYERS QUARTER 4
Bonus Points The court captain will receive two points at the start of Q1 & Q2 if the team has eight players or more for each game.	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
			 OVERTIME	 OVERTIME
Half-Court Defence	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
			 OVERTIME	 OVERTIME
Half-Court Defence (Quarter 4 and Overtime)	Yes 	When a team reaches a 10-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.		
Time-Outs	(2) - 1 EACH HALF.		Substitutions	Yes – SECOND HALF
Zone Defence	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
			 OVERTIME	 OVERTIME
Additional notes	This division does not display game results on the website. It will so participants and 4X4 event winners.			
Official Requirements	MINIMUM PER-GAME		WITH	For Development PER-GAME
These are the minimum requirements per-game	Referee	Level 2 or above	Level 1 or above	two Level 1s
	Table Official	Level 2 or above	Level 1 or above	two Level 1s
	Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.			



Under 13 Zonal Addendum Four

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 10 years or below		Aged 11 years		Aged 12 years		Aged 13 years	
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 12 years old or below		Aged 14 years old or below		Aged 16 years old or below		Aged 18 years old or below	
	All players are required to play in this division of at least one quarter.							
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT			
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME			
	You cannot schedule regular season games mid-week as your preferred slot. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.							
Players	5 Players on court to start the game				Ball size		6	
Time-Outs	Yes		Substitutions		Yes			
Zone Defence	 QUARTER 1		 QUARTER 2		 QUARTER 3		 QUARTER 4	
							 OVERTIME	
Half-Court Defence	Yes 		When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.					
Additional notes	This division does not display game results on the website. It shows Points, Win, Loss, & Default/Void							
Official Requirements			MINIMUM PER-GAME		WITH		For Development PER-GAME	
	Referee	Level 2 or above	Level 1 or above		two Level 1s		Experienced Level 2 (approved by the YBL) or a Level 3+ official.	
	Table Official	Level 2 or above	Level 1 or above		two Level 1s			
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.							
		LEVEL 1	LEVEL 2+		MILLAGE		MAXIMUM CLAIM	
	Referee	£15.00	£24.00		0.45p		£37.00	
	Table Official	£10.00	£15.00		per-mile			



Under 13 All-Girls Addendum Five

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 10 years or below				Aged 11 years				Aged 12 years				Aged 13 years																			
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 12 years old or below				Aged 14 years old or below				Aged 16 years old or below				Aged 18 years old or below																			
All players are required to play in this division of at least one quarter per player.																																
Game Play	10:00 minutes quarters STOP-CLOCK				5:00 minutes overtime STOP-CLOCK				10ft RING HEIGHT																							
	Saturday & Sunday SCHEDULED HOME FIXTURES				10:00 EARLIEST TIP TIME				18:00 LATEST TIP TIME																							
You cannot schedule regular season games mid-week as your preferred slot. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.																																
Fixture Scheduling																																
Players Players on court to start the game	5								Ball size				5																			
Time-Outs	Yes				Substitutions				Yes																							
Zone Defence																																
	QUARTER 1				QUARTER 2				QUARTER 3				QUARTER 4																			
Half-Court Defence	Yes																															
When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.																																
Additional notes This division does not display game results on the website. It shows Points, Win, Loss, & Default/Void																																
Official Requirements These are the minimum requirements per-game					MINIMUM PER-GAME				WITH				For Development PER-GAME																			
					Referee Table Official				Level 2 or above Level 2 or above				Level 1 or above Level 1 or above																			
Official Payments													For Development PER-GAME																			
													Overseen by																			
These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.																																
				LEVEL 1				LEVEL 2+				MILLAGE				MAXIMUM CLAIM																
				Referee				£15.00				£24.00				0.45p																
				Table Official				£10.00				£15.00				per-mile																
																£37.00																



Under 15 Zonal

Addendum Six

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 12 years or below		Aged 13 years		Aged 14 years		Aged 15 years	
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 12 years old or below		Aged 14 years old or below		Aged 16 years old or below		Aged 18 years old or below	
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK				10ft RING HEIGHT	
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME				18:00 LATEST TIP TIME	
	You cannot schedule regular season games mid-week as your preferred slot. Friday is the exception for this division. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.							
Players	5 Players on court to start the game				Ball size		7	
Time-Outs	Yes		Substitutions		Yes			
Zone Defence	 QUARTER 1		 QUARTER 2		 QUARTER 3		 QUARTER 4	
							 OVERTIME	
Half-Court Defence	Yes 		When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.					
Official Requirements			MINIMUM PER-GAME		WITH		For Development PER-GAME	
	Referee	Level 2 or above	Level 1 or above		Level 1 or above		two Level 1s	
These are the minimum requirements per-game	Table Official	Level 2 or above	Level 1 or above		Level 1 or above		two Level 1s	
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.							
		LEVEL 1	LEVEL 2+		MILLAGE		MAXIMUM CLAIM	
	Referee	£15.00	£24.00		0.45p		£37.00	
	Table Official	£10.00	£15.00		per-mile			



Under 15 All-Girls

Addendum Seven

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 12 years or below		Aged 13 years		Aged 14 years		Aged 15 years		
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team..	Aged 12 years old or below		Aged 14 years old or below		Aged 16 years old or below		Aged 18 years old or below		
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT				
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME				
	You cannot schedule regular season games mid-week as your preferred slot. Friday is the exception for this division. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.								
Players	5 Players on court to start the game				Ball size		6		
Time-Outs	Yes				Substitutions		Yes		
Zone Defence									
	QUARTER 1		QUARTER 2		QUARTER 3		QUARTER 4		
Half-Court Defence	Yes		When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.						
Official Requirements			MINIMUM PER-GAME		WITH		For Development PER-GAME		
	Referee	Level 2 or above	Level 1 or above		Level 1 or above		two Level 1s		
These are the minimum requirements per-game	Table Official	Level 2 or above	Level 1 or above		Level 1 or above		two Level 1s		
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.								
		LEVEL 1		LEVEL 2+		MILLAGE		MAXIMUM CLAIM	
	Referee	£15.00		£24.00		0.45p			
	Table Official	£10.00		£15.00		per-mile		£37.00	



Under 17 Zonal Addendum Eight

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 14 years or below 	Aged 15 years 	Aged 16 years 	Aged 17 years
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 12 years old or below 	Aged 14 years old or below 	Aged 16 years old or below 	Aged 18 years old or below
Game Play	10:00 minutes quarters STOP-CLOCK	5:00 minutes overtime STOP-CLOCK	10ft RING HEIGHT	
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES Weekdays SCHEDULED HOME FIXTURES	10:00 EARLIEST TIP TIME 19:00 EARLIEST TIP TIME	18:00 LATEST TIP TIME 20:15 LATEST TIP TIME	
Please be mindful of visiting teams travelling for mid-week games. We'd prefer you schedule Friday games.				
Players Players on court to start the game	5	Ball size		7
Time-Outs	Yes	Substitutions		Yes
Zone Defence	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
Half-Court Defence	Yes 	When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.		
Official Requirements These are the minimum requirements per-game	MINIMUM PER-GAME Referee Table Official	WITH Level 2 or above Level 2 or above	FOR DEVELOPMENT PER-GAME two Level 1s two Level 1s	Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.			
	LEVEL 1 Referee Table Official	LEVEL 2+ £17.00 £12.00	MILLAGE £25.00 £17.00	MAXIMUM CLAIM 0.45p per-mile £37.00



Under 17 All-Girls Addendum Nine

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 14 years or below					Aged 15 years					Aged 16 years					Aged 17 years									
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 12 years old or below					Aged 14 years old or below					Aged 16 years old or below					Aged 18 years old or below									
Game Play Fixture Scheduling	10:00 minutes quarters STOP-CLOCK					5:00 minutes overtime STOP-CLOCK					10ft RING HEIGHT					18:00 LATEST TIP TIME 20:15 LATEST TIP TIME									
	Saturday & Sunday SCHEDULED HOME FIXTURES					10:00 EARLIEST TIP TIME																			
	Weekdays SCHEDULED HOME FIXTURES					19:00 EARLIEST TIP TIME																			
Please be mindful of visiting teams travelling for mid-week games. We'd prefer you schedule Friday games.																									
Players 5 Players on court to start the game										Ball size 6															
Time-Outs Yes					Substitutions Yes																				
Zone Defence																									
	QUARTER 1					QUARTER 2					QUARTER 3					QUARTER 4									
Half-Court Defence	Yes 					When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.																			
Official Requirements These are the minimum requirements per-game						MINIMUM PER-GAME					WITH					For Development PER-GAME									
						Referee Table Official					Level 2 or above Level 2 or above					Level 1 or above Level 1 or above									
																two Level 1s two Level 1s									
Official Payments						These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.																			



The Challenge Cup Under 17s

Addendum Ten

The Challenge Cup is designed as a hybrid competition for the development of participating players, mixing YBL Zonal players and/or Junior National League of the correct age as of 1 September. This competition is to bridge the gap for playing YBL players with development JNBL players.

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 14 years or below 	Aged 15 years 	Aged 16 years 	Aged 17 years
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	U12 JNBL 	U14 JNBL 	U16 JNBL 	U18 JNBL
Game Play	10:00 minutes quarters STOP-CLOCK	5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES	10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME
	Weekdays SCHEDULED HOME FIXTURES	19:00 EARLIEST TIP TIME		20:15 LATEST TIP TIME
Please be mindful of visiting teams travelling for mid-week games. We'd prefer you schedule Friday games.				
Players	5 Players on court to start the game		Ball size	7
Time-Outs	Yes			
	Substitutions Yes			
Zone Defence	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
			 QUARTER 4	 OVERTIME
Official Requirements These are the minimum requirements per-game	MINIMUM PER-GAME		WITH	For Development PER-GAME
	Referee	Level 2 or above	Level 1 or above	two Level 1 s
	Table Official	Level 2 or above	Level 1 or above	two Level 1 s
				Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.			
		LEVEL 1	LEVEL 2+	MILLAGE
	Referee	£17.00	£25.00	0.45p
	Table Official	£12.00	£17.00	per-mile
				MAXIMUM CLAIM £40.00



Under 21 Addendum Eleven

Players Age as of 1 September to start the season	Aged 14 years or below		Aged 15, 16 & 17 years		Aged 18-20 years and below		Aged 21
Players can turn the next age up during the season							
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 14 years old or below		Aged 17 years or below				
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT		
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME		
	Weekdays SCHEDULED HOME FIXTURES		19:00 EARLIEST TIP TIME		20:15 LATEST TIP TIME		
Players	5 Players on court to start the game		Ball size		7		
Time-Outs	Yes						
			Substitutions		Yes		
Half-Court Defence	When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.						
Zone Defence							
	QUARTER 1		QUARTER 2		QUARTER 3		QUARTER 4 OVERTIME
Official Requirements			MINIMUM PER-GAME		WITH		For Development PER-GAME
These are the minimum requirements per-game	Referee	Level 2 or above	Level 1 or above		two Level 1s		Overseen by
	Table Official	Level 2 or above	Level 1 or above		two Level 1s		Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.						
		LEVEL 1	LEVEL 2+		MILLAGE		MAXIMUM CLAIM
	Referee	£17.00	£25.00		0.45p		£37.00
	Table Official	£12.00	£17.00		per-mile		



The Challenge Cup (Senior)

Addendum Twelve

Players Age as of 1 September to start the season	Aged 14 years or below	Aged 15, 16 & 17 years	Aged 18+ years and over	Aged 18+ Other local league players
Players can turn the next age up during the season				
NBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 14 years old or below	Aged 15, 16 & 17 years	Aged 18+ SNBL Senior NBL Div3 or NBL Conference Senior Female SNBL players and Div3 players or Div2 player	
			 	Div2 player
	Players that play exclusively for a Junior NBL team do not count towards your senior SNBL quota.			
Game Play	10:00 minutes quarters STOP-CLOCK	5:00 minutes overtime STOP-CLOCK	10ft RING HEIGHT	
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES	10:00 EARLIEST TIP TIME	18:00 LATEST TIP TIME	
	Weekdays SCHEDULED HOME FIXTURES	19:00 EARLIEST TIP TIME	20:15 LATEST TIP TIME	
Players	5 Players on court to start the game	Ball size		7
Time-Outs	Yes			
	Substitutions Yes			
Zone Defence	 QUARTER 1	 QUARTER 2	 QUARTER 3	 QUARTER 4
			 QUARTER 4	 OVERTIME
Official Requirements	MINIMUM PER-GAME		WITH	
These are the minimum requirements per-game	Referee	Level 2 or above	Level 1 or above	For Development PER-GAME
	Table Official	Level 2 or above	Level 1 or above	two Level 1s two Level 1s
				Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.			
	LEVEL 1	LEVEL 2+	MILLAGE	MAXIMUM CLAIM
	Referee	£17.00	£28.00	0.45p per-mile
	Table Official	£12.00	£17.00	£40.00



M Division

Addendum Thirteen

Players Age as of 1 September to start the season	Aged 14 years or below	Aged 15, 16 & 17 years	Aged 18+ years and over	Aged 18+ Other local league players
Players can turn the next age up during the season				
NBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 14 years old or below	Aged 15, 16 & 17 years	Aged 18+ SNBL Senior NBL Div3 or NBL Conference Senior Female SNBL players and Div3 players or Div2 player & Div 3 player	
	Players that play exclusively for a Junior NBL team do not count towards your senior SNBL quota.			
Game Play	10:00 minutes quarters STOP-CLOCK	5:00 minutes overtime STOP-CLOCK	10ft RING HEIGHT	
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES	10:00 EARLIEST TIP TIME	18:00 LATEST TIP TIME	
	Weekdays SCHEDULED HOME FIXTURES	19:00 EARLIEST TIP TIME	20:15 LATEST TIP TIME	
Players	5 Players on court to start the game	Ball size		7
Time-Outs	Yes			
Substitutions		Yes		
Half-Court Defence	Yes When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.			
Zone Defence				
	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Official Requirements	MINIMUM PER-GAME		WITH	
	Referee Table Official	Level 2 or above Level 2 or above	Level 1 or above Level 1 or above	For Development PER-GAME two Level 1s two Level 1s
Official Payments	Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.			
	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.			
	LEVEL 1	LEVEL 2+	MILLAGE	MAXIMUM CLAIM
	Referee Table Official	£17.00 £12.00	£28.00 £17.00	0.45p per-mile
				£37.00



The Beth Matthews Cup

Addendum Fourteen

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 14 years or below			Aged 15, 16 & 17 years		Aged 18+ years and over	
NBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 14 years old or below			Aged 15, 16 & 17 years		Aged 18+ Senior Female NBL Players	
Game Play	10:00 minutes quarters STOP-CLOCK			5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT	
	Fixture Scheduling			10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME	
Players	5 Players on court to start the game			Ball size		6	
	Time-Outs Yes			Substitutions Yes			
Zone Defence							
	QUARTER 1			QUARTER 2		QUARTER 3	
Official Requirements These are the minimum requirements per-game	MINIMUM PER-GAME			WITH		For Development PER-GAME	
	Referee	Level 2 or above	Level 1 or above	Level 1 or above	Level 1 or above	two Level 1s	Overseen by
	Table Official	Level 2 or above	Level 2 or above	Level 1 or above	Level 1 or above	two Level 1s	Experienced Level 2 (approved by the YBL) or a Level 3+ official.
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.						
		LEVEL 1	LEVEL 2+	MILLAGE	MAXIMUM CLAIM		
	Referee	£17.00	£28.00	0.45p	£40.00		
	Table Official	£12.00	£17.00	per-mile			



Women1 Division

Addendum Fifteen

Players Age	as of 1 September to start the season				Players can turn the next age up during the season							
	Aged 14 years or below				Aged 15, 16 & 17 years							
NBL Players	for this division as of 1 September. Played and or listed on a JNBL team.				Aged 18+ years and over							
	Aged 14 years old or below				Aged 15, 16 & 17 years							
Game Play	10:00 minutes quarters				5:00 minutes overtime							
	STOP-CLOCK				STOP-CLOCK							
Fixture Scheduling	Saturday & Sunday				10ft							
	SCHEDULED HOME FIXTURES				RING HEIGHT							
Players	5				10:00							
	Players on court to start the game				EARLIEST TIP TIME							
Time-Outs	Yes				18:00							
					LATEST TIP TIME							
Zone Defence	Weekdays				19:00							
	SCHEDULED HOME FIXTURES				EARLIEST TIP TIME							
Official Requirements	5				20:15							
	Players on court to start the game				LATEST TIP TIME							
Official Payments	Referee				Ball size							
	Table Official				6							



Women2 Division

Addendum Sixteen

Players Age	as of 1 September to start the season			Players can turn the next age up during the season		
	Aged 14 years or below		Aged 15, 16 & 17 years		Aged 18+ years and over	
NBL Players for this division as of 1 September. Played and or listed on a JNBL team.	Aged 14 years old or below		Aged 15, 16 & 17 years		Aged 18+ Senior Female NBL Players junior players do not count towards this	
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT	
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME	
	Weekdays SCHEDULED HOME FIXTURES		19:00 EARLIEST TIP TIME		20:15 LATEST TIP TIME	
Players	5 Players on court to start the game				Ball size 6	
Time-Outs	Yes Substitutions Yes					
Half-Court Defence	Yes When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.					
Zone Defence						
	QUARTER 1					
	QUARTER 2					
	QUARTER 3					
	QUARTER 4					
	OVERTIME					
Official Requirements	MINIMUM PER-GAME				WITH	
	For Development PER-GAME				Overseen by	
These are the minimum requirements per-game	Referee	Level 2 or above		Level 1 or above	two Level 1s	Experienced Level 2 (approved by the YBL) or a Level 3+ official.
	Table Official	Level 2 or above		Level 1 or above	two Level 1s	
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.					
		LEVEL 1		LEVEL 2+	MILLAGE	MAXIMUM CLAIM
	Referee	£17.00		£28.00	0.45p	£40.00
	Table Official	£12.00		£17.00	per-mile	



Under 13 LTG CUP

Addendum Seventeen

The LTG Cup is designed as a hybrid competition for the development of participating players, mixing YBL Zonal players and Junior National League of the correct age as of 1 September. This competition is to bridge the gap for playing YBL players with development JNBL players.

Players Age as of 1 September to start the season Players can turn the next age up during the season	Aged 10 years or below		Aged 11 years		Aged 12 years		Aged 13 years	
JNBL Players for this division as of 1 September. Played and or listed on a JNBL team.	U12 JNBL		U14 JNBL		U16 JNBL		U18 JNBL	
	All players are required to play in this division of at least one quarter.							
Game Play	10:00 minutes quarters STOP-CLOCK		5:00 minutes overtime STOP-CLOCK		10ft RING HEIGHT			
Fixture Scheduling	Saturday & Sunday SCHEDULED HOME FIXTURES		10:00 EARLIEST TIP TIME		18:00 LATEST TIP TIME			
	You cannot schedule regular season games mid-week as your preferred slot. However, rearranging a fixture to mid-week is permitted with the agreement and approval of the visiting team and upon completion of a Game Form and YBL approval.							
Players	5 Players on court to start the game		Ball size		6			
Time-Outs	Yes		Substitutions		Yes			
Zone Defence								
	QUARTER 1		QUARTER 2		QUARTER 3		QUARTER 4	
							OVERTIME	
Half-Court Defence	Yes 		When a team reaches a 20-point lead must play half-court defence. Teams can attempt to rebound, however once the opposition has secured clear possession/control of the ball (including dribbling in their own back court), the other team MUST return into their own half (around the throw-in lines) and may play defence once the ball is in their defensive back court.					
Official Requirements			MINIMUM PER-GAME		WITH		For Development PER-GAME	
These are the minimum requirements per-game	Referee	Level 2 or above		Level 1 or above		two Level 1s		Overseen by Experienced Level 2 (approved by the YBL) or a Level 3+ official.
	Table Official	Level 2 or above		Level 1 or above		two Level 1s		
Official Payments	These fees are the standard requirements. These match Basketball England Scales. Fees can be negotiated between clubs and officials before the game starts.							
		LEVEL 1		LEVEL 2+		MILLAGE		MAXIMUM CLAIM
	Referee	£15.00		£24.00		0.45p		£37.00
	Table Official	£10.00		£15.00		per-mile		



Under 15 LTG Cup

Addendum Eighteen

The LTG Cup is designed as a hybrid competition for the development of participating players, mixing YBL Zonal players and Junior National League of the correct age as of 1 September. This competition is to bridge the gap for playing YBL players with development JNBL players.