



APPENDIX 7 - All Must Play -Single Fixtures Only

The All Must Play rule is to create a more competitive playing environment and is to encourage all players to participate during a Jnr. NBL fixture across the age groups below, where a single fixture takes place.

Aimed at:

- Under 12 (Single fixtures only)
- Under 14 Conference Age Group (male and female)
- Under 14 Regional Age Group (male and female), single fixtures
- Under 16 Regional Competitions.

The rules are:

- Games will consist of 4 quarters of 10 minutes, with the **first and third quarters** split into **4 periods** of 5 Minutes.
- For teams of 10 players, the coach can choose how they wish to rotate their players, all players must play in one five-minute period of both quarters one and three.
- For teams of 11 and 12, the coach can choose when they rotate the 11th and 12th player at their own discretion, however the coach does not need to play these players at all.
- For teams of nine or less, a rotational schedule (appendix 9) will be in place to rotate players in quarters one and three. Coaches will need to number their players and list this along with their playing number, name and licence number at the start of the game and given to the table officials. Please be aware that any teams playing with less than 8 players can occur a fine in line with regulation 31.1.
- All games will be home and away format.
- Games will be stopping clock.
- Normal timeouts will be administered however there will be no stoppages for switching players with halftime 10 minutes maximum.
- If a player is injured or fouled out and the team has less than 10 players, the coach of said team shall decide on who fills this place, ensuring that the minutes are shared equally across the team.

In addition;

1. If a player has a pre-existing medical condition which may affect their ability to participate in accordance with the game rules, with the child and parent's permission, officials should be informed at the pre-game meeting but officials don't

need to know what the condition is. Reasonable adjustments can be made to enable the player to participate.

2. Both Coaches and Officials have a duty of care to ensure the safety of players. If a coach has any health or wellbeing concerns about a player during the game, they should inform an official. If a player is taken off the court, this does not necessarily mean that they cannot play for the duration of the game. Again, reasonable adjustments can be made.
 3. When it comes to welfare and injuries, the head coach has ultimate responsibility in deciding what is best for the player at that specific moment. A player leaving the game can recover and re-enter the game later. If officials are in doubt over the decision of the coach, they should allow it to happen, but email Competitions@basketballengland.co.uk to raise their concerns
- Man to man defence is only permitted throughout the games, zone defence and combination defences are not permitted including zone presses.
 - When a game reaches a 20-point deficit the team that are in the lead by this amount, must not play full court man to man defence, it must play half court man to man defence only.
 - Games will be 5 v 5 and play on full size basketball courts in line with the National League Playing Rules and ring size 10ft.
 - Ball sizes: Under 12 Mixed/Girls (single fixtures), Under 14 Girls - Size 5 Wilson Reaction Pro Ball, Under 14 Boys - Size 6 Wilson Reaction Pro Ball. Under 16 Boys -Size 7 Wilson Evolution Ball
 - All other FIBA rules apply