

## NLBA CLUB RULES SUMMARY (2026)

GRADE	U10 (Competitive)	U12	U14, U16 & U18
Ball Size	TF-1000 (Size 5 for boys & girls)	TF-1000 (Size 5 for boys & girls)	Spalding 1000 (Size 6 U14 boy, size 7 for U16 & U18 boys, Size 6 for U14 & U16 girls)
Basket Height	8 feet	9 feet	10 feet
Free Throw Line	10 feet	12 feet	15 feet
Playing Time & Period Lengths	Four 8-minute periods	Four 8-minute periods	Four 8-minute periods
Halftime	5 minutes between periods 2 & 3	5 minutes between periods 2 & 3	5 minutes between periods 2 & 3
Time Between Quarters	1 minute	1 minute	1 minute
Overtime	4 minutes	4 minutes	5 minutes
Penalty	Shoot on the 5 <sup>th</sup> team foul of each period.	Shoot on the 5 <sup>th</sup> team foul of each period.	Shoot on the 5 <sup>th</sup> team foul of each period.
Personal Fouls	5	5	5
Time Outs	One time-out for each of the first three periods. Two in the fourth period. One time-out for each overtime period	One time-out for each of the first three periods. Two in the fourth period. One time-out for each overtime period	Two-time outs in the first half and 3 time outs in the second half. One time-out for each overtime period.
3 Pt. Line in Effect?	NO	NO	YES- U14 will use the shorter line if available and U16/U18 use FIBA regulation.
# Of Players You Can Register	18	18	15
# Players You Can Dress	18	18	15
Jump Balls	Alternating possession	Alternating possession	Alternating possession
Defense Allowed	Player-to-player only <b>Pressing:</b> Not Permitted <b>Trapping/Double Teams:</b> Not Permitted	Player-to-player only <b>Pressing:</b> Player-to player only <b>Trapping or Double Teams:</b> Not permitted outside the shooting range (usually 3-pt area)	All defense types permitted.

\*fouls in the second half carry over to any overtime periods.