

YBL One has been created to break down barriers and open new opportunities for players at all levels. This innovative hybrid competition brings together athletes from the YBL, Junior National League and senior levels, creating a dynamic environment for growth and development for all involved.



Designed to support progression, the YBL One division helps participants challenge themselves while learning from more experienced players – bridging the gap and building stronger pathways within the game.

YBL One M-Division 2026/2027 SEASON

Who can play? As of 1st (first) September

<p>Can be aged 17 years old or older</p>	<p>Anyone registered to your team inside PlayHQ with a performance or participant licence This division allows National League Players; those holding a Performance licence, regardless of their age, participating in this division if they are 17 or above on the 1 Sept.</p>	<p> Performance Licence holders Players in Senior National League</p>
<p>! Maybe aged 15 & 16 years old with Board approval</p>	<p>! This division allows request in-line with our Exemption and Inclusion Policy. Those participating in SLB and BCB divisions will need Board Approval and be licensed to BE before participating in this division.</p>	<p>Cannot be aged 14 years old or below</p>

When can we play?

Scheduling fixtures for this competition

Scheduling regular season home fixtures should be between the time slots given below. Rearrangements can be outside the agreed times, with the agreement of both teams, if agreed in advanced.

You must inform the league, using the game form and appointed officials (in Who's the Ref), if appointments have been made.

	Earliest tip time	Latest tip time
Friday	19:00	20:15
Saturday & Sunday	11:00	20:00
Monday, Tuesday, Wednesday & Thursday	19:00	20:00

How many can play?

5 You can go to this game with 5 players

How can we play?

Zone defence is allowed in this competition

Full court press is allowed throughout

Game Play for this competition

<p> This division is to be Live Scored</p>	<p> 1 SCR SCORER REQUIRED</p>	<p> 1 TK TIMEKEEPER REQUIRED</p>	<p> 1 SCO SHOT CLOCK OPTIONAL</p>	<p>SCO Shot clock is preferred SCO must be qualified Level 2 or Level 3 Candidate – working towards their Level 3. Overseen by a Level 3 or above in-line with our YBL Officials 2026</p>
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X Level 1 Table Officials & Referees are not to be used in this division unless appointed by the league

<p> Size 7 basketball</p>	<p> 2 First half 3 Second half 1 Per-team in overtime</p>	<p> X Substitutions YES</p>	<p> 1 Minimum one Level 2 coach per-team</p>	<p>10:00 Minute Quarters STOP-CLOCK</p>	<p>5:00 Minute Overtimes STOP-CLOCK</p>
<p> Referees are appointed for this division – either two or three</p>					

Should a club alter any of their game information after 12:00pm (midday) on the Wednesday before their fixture for the coming week the Home Club shall be responsible for informing the match officials of the change, including completing a Game Form to inform the league - there will be a cost. You may change a fixture through PlayHQ rearrangement process without penalty more than 8 days before your scheduled fixture.

For more information, regulations and payment guide - please see the Officials Booklet on the Referee & Table Official page on the website