



# Game Addendums 2026/2027

ALL COMPETITIONS & DIVISIONS UNDER THE YBL

[ybl.org.uk](http://ybl.org.uk)

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Game Addendums 2026  
**Addendum One**

**Under 13 All-Girls**  
Female Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>9</b> years old or below	Can be aged <b>10</b> years old	Can be aged <b>11</b> years old	Can be aged <b>12</b> years old	Cannot be aged <b>13</b> years old or above
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X **Performance Licence holders  
Players in Junior National League**

This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

THIS IS AN ALL-PLAY DIVISION

This competition is an All-Play division, with all players to play at least one quarter

**Exemption Requests**  
We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	17:00
<b>Sunday</b>	10:00	17:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition

X **Zone defence is not permitted**  
IN THIS DIVISION

HALF-COURT

**Half-Court defense is applied**  
IN THIS DIVISION

20  
POINTS

LIVE SCORING  
**This division is to be Live Scored**

1  
 Minimum number of Coaches per-game

10:00  
 Minute Quarters  
 STOP-CLOCK

5:00  
 Minute Overtime  
 STOP-CLOCK

T  
 Time-outs  
 YES

2  
 First half  
3  
 Second half

X  
 Substitutions  
 YES

Size  
5  
 basketball

**HALF-COURT DEFINITION FOR YBL GAMES**

When a team reaches a **20-point lead** they must play half-court defence. Teams can attempt to rebound or gain possession of a loose ball. However, once the opposition has secured clear possession/control of the ball (including dribbling in their back court), the leading team **MUST** return into their own half (around the throw-in line) and play defence once the ball is in their defensive back court.

Game Addendums 2026  
Addendum Two

Under 15 All-Girls  
Female Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>11</b> years old or below	Can be aged <b>12</b> years old	Can be aged <b>13</b> years old	Can be aged <b>14</b> years old	Cannot be aged <b>15</b> years old or above
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**X Performance Licence holders**  
**Players in Junior National League**

This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

**Exemption Requests**  
 We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	18:00
<b>Sunday</b>	10:00	18:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition

**Zone defence** in this competition

Q1	Q2	Q3	Q4	O/T
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**HALF COURT** Half-Court defense is applied **20 POINTS**  
 IN THIS DIVISION

**LIVE SCORING**

This division is to be Live Scored

**1** Minimum number of Coaches per-game

**10:00** Minute Quarters

**5:00** Minute Overtime

STOP-CLOCK

**T** Time-outs **2** First half **3** Second half

**X** Substitutions

**YES** **YES**

**Size 6** basketball

**HALF-COURT DEFINITION FOR YBL GAMES**

When a team reaches a **20-point lead** they must play half-court defence. Teams can attempt to rebound or gain possession of a loose ball. However, once the opposition has secured clear possession/control of the ball (including dribbling in their back court), the leading team **MUST** return into their own half (around the throw-in line) and play defence once the ball is in their defensive back court.

Game Addendums 2026  
Addendum Three

Under 18 All-Girls  
Female Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	Can be aged <b>15</b> years old	Can be aged <b>16</b> years old	Can be aged <b>17</b> years old	Cannot be aged <b>18</b> years old or above
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X

**Performance Licence holders  
Players in Junior National League**

This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

**Exemption Requests**

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
Friday	19:00	20:15
Saturday	10:00	19:00
Sunday	10:00	18:00
Monday	19:00	20:15
Tuesday	19:00	20:15
Wednesday	19:00	20:15
Thursday	19:00	20:15

**Game play** for this competition

Zone defence is allowed in this competition		
Full court press is allowed throughout		
<p><b>LIVE SCORING</b></p> <p>This division is to be Live Scored</p>	<p> <b>1</b> Minimum number of Coaches per-game</p>	
<p><b>10:00</b> Minute Quarters</p> <p>STOP-CLOCK</p>	<p><b>5:00</b> Minute Overtime</p> <p>STOP-CLOCK</p>	
<p><b>T</b> Time-outs</p> <p>YES</p>	<p><b>2</b> First half <b>3</b> Second half</p>	<p><b>X</b> Substitutions</p> <p>YES</p>
<p> Size <b>6</b> basketball</p>		

Game Addendums 2026  
Addendum Four

Women Two  
Senior Women Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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X

**Performance Licence holders  
Players in Senior National League**

This division does not permit Senior National League players; those holding a senior **Performance** licence, regardless of their age, participating in this division. Those participating in only Junior National League competitions may participate.

**Exemption Requests**  
We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition  
Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	18:00
<b>Monday</b>	19:00	20:15
<b>Tuesday</b>	19:00	20:15
<b>Wednesday</b>	19:00	20:15
<b>Thursday</b>	19:00	20:15

**Game play** for this competition

**Zone defence is allowed in this competition**

**Full court press is allowed throughout**

**LIVE SCORING**

**This division is to be Live Scored**

**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

STOP-CLOCK

**5:00**  
Minute Overtime

STOP-CLOCK

**T**  
Time-outs

YES

**X**  
Substitutions

YES

**2**  
First half  
**3**  
Second half

**Size 6**  
basketball

Game Addendums 2026  
Addendum Five

Women One  
Senior Women Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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**Performance Licence holders  
Players in Senior National League**

This division allows National League players; those holding a **Performance** licence, regardless of their age - within the criteria above, participating in this division.

**Exemption Requests**

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	18:00
<b>Monday</b>	19:00	20:15
<b>Tuesday</b>	19:00	20:15
<b>Wednesday</b>	19:00	20:15
<b>Wednesday</b>	19:00	20:15

**Game play** for this competition



Zone defence is allowed in this competition



Full court press is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

STOP-CLOCK

**5:00**  
Minute Overtime

STOP-CLOCK



Time-outs

YES

**2**

First half  
Second half

**3**



Substitutions

YES



Size  
**6**  
basketball

Game Addendums 2026  
**Addendum Six**

# The Beth Matthews Cup

## Senior Women Cup Competition



The Beth Matthews Cup is a pioneering hybrid competition created to support the development of emerging talent. By bringing together players from the YBL Leagues, Junior National League, and Senior National League, the tournament provides a unique platform where youth and experience meet.

This competition is breaking barriers, offering young athletes the opportunity to test themselves alongside and against more experienced players. The Beth Matthews Cup bridges the gap between local competition and higher-level play, helping to prepare the next generation for future success.

### Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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### Performance Licence holders Players in Senior National League

This division allows National League players; those holding a **Performance** licence, regardless of their age - within the criteria above, participating in this division.

### Exemption Requests

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

### Scheduling fixtures for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	18:00
<b>Monday</b>	19:00	20:15
<b>Tuesday</b>	19:00	20:15
<b>Wednesday</b>	19:00	20:15
<b>Wednesday</b>	19:00	20:15

### Game play for this competition



Zone defence is allowed in this competition



Full court press is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**

Minimum number of Coaches per-game

**10:00**  
Minute Quarters

**5:00**  
Minute Overtime

STOP-CLOCK

STOP-CLOCK



Time-outs  
YES

**2**  
First half  
**3**  
Second half



Substitutions  
YES



Size  
**6**  
basketball

Game Addendums 2026  
**Addendum Seven**

**Under 9 (4X4)**  
Mini-YBL Central Venue League



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>5</b> years old or below	Can be aged <b>6</b> years old	Can be aged <b>7</b> years old	Can be aged <b>8</b> years old	Cannot be aged <b>9</b> years old or above
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**X Performance Licence holders**  
Players in Junior National League  
This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

**THIS IS AN ALL-PLAY DIVISION**  
This competition is an All-Play Division.

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Outside this please seek YBL approval.

	Earliest start time	Latest finish time
Saturday	10:15	18:00
Sunday	10:15	18:00

**Player rotations** for this competition

Player rotations as set out below. All teams to play Half Court man-to-man defense regardless of the score. The team captain will receive 2 points at Q1 and Q2 if their team has 8 players or more in their squad for the game.

Q1	PLAYERS 1,2,3&4	HALF COURT	+2
Q2	PLAYERS 5,6,7&8	HALF COURT	+2
Q3	PLAYERS 9,10,11&12 Or ANY PLAYERS if all used	HALF COURT	
Q4 O/T	ANY PLAYERS	FULL COURT	

**Game play** for this competition

**X Zone defence is not permitted**  
IN THIS DIVISION

<b>LIVE SCORING</b> This division is to be Live Scored	<b>1</b> Minimum number of Coaches per-game
<b>6:00</b> Minute Quarters RUNNING-CLOCK	<b>1:00</b> Minute Overtime RUNNING-CLOCK

<b>T</b> Time-outs YES	<b>2</b> First half <b>3</b> Second half	EACH TIME-OUT <b>30</b> SECONDS	Size <b>5</b> basketball
<b>X</b> Substitutions SECOND HALF	CROSS-COURT GAMES	<b>8ft</b> Back board height	

**STOP** Stopping at the end of the Q3  
If at the end of the Q3 the losing team feel they are unable to continue due to their points difference, the head coach can call the game at this point.

**!** The results for each game and league standings will not be shown for this division.

Game Addendums 2026  
**Addendum Eight**

**Under 11 (4X4)**  
Mini-YBL Central Venue League



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>7</b> years old or below	Can be aged <b>8</b> years old	Can be aged <b>9</b> years old	Can be aged <b>10</b> years old	Cannot be aged <b>11</b> years old or above
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**X** **Performance Licence holders**  
**Players in Junior National League**

This division does not permit National League players; those holding a Performance licence, regardless of their age, participating in this division.

**THIS IS AN ALL-PLAY DIVISION** This competition is an All-Play Division.

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Outside this please seek YBL approval.

	Earliest start time	Latest finish time
<b>Saturday</b>	10:15	18:00
<b>Sunday</b>	10:15	18:00

**Player rotations** for this competition

Player rotations as set out below. All teams to play Half Court man-to-man defense regardless of the score. The team captain will receive 2 points at Q1 and Q2 if their team has 8 players or more in their squad for the game.

<b>Q1</b>	<b>PLAYERS 1,2,3&amp;4</b>	<b>HALF COURT</b>	<b>+2</b>	<b>T</b> Time-outs YES	<b>2</b> First half <b>3</b> Second half	EACH TIME-OUT <b>30</b> SECONDS	Size <b>5</b> basketball
<b>Q2</b>	<b>PLAYERS 5,6,7&amp;8</b>	<b>HALF COURT</b>	<b>+2</b>				
<b>Q3</b>	<b>PLAYERS 9,10,11&amp;12</b> Or <b>ANY PLAYERS</b> if all used	<b>HALF COURT</b>	<b>X</b>	<b>X</b> Substitutions SECOND HALF	CROSS-COURT GAMES	<b>8ft</b> Back board height	
<b>Q4 O/T</b>	<b>ANY PLAYERS</b>	<b>FULL COURT</b>					

**STOP** **Stopping at the end of the Q3**  
If at the end of the Q3 the losing team feel they are unable to continue due to their points difference, the head coach can call the game at this point.

**!** The results for each game and league standings will not be shown for this division.

**X** **Zone defence is not permitted**  
IN THIS DIVISION

**LIVE SCORING**

This division is to be Live Scored

**1**  
Minimum number of Coaches per-game

**7:00**  
Minute Quarters  
RUNNING-CLOCK

**2:00**  
Minute Overtime  
RUNNING-CLOCK

Game Addendums 2026  
Addendum Nine

Under 13  
Zonal Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>9</b> years old or below	Can be aged <b>10</b> years old	Can be aged <b>11</b> years old	Can be aged <b>12</b> years old	Cannot be aged <b>13</b> years old or above
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X

**Performance Licence holders  
Players in Junior National League**

This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

THIS IS AN ALL-PLAY DIVISION

This competition is an All-Play division, with all players to play at least one quarter

**Exemption Requests**

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	17:00
<b>Sunday</b>	10:00	17:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition

X

**Zone defence is not permitted**  
IN THIS DIVISION

HALF COURT

**Half-Court defense is applied**  
IN THIS DIVISION

20 POINTS

LIVE SCORING

**This division is to be Live Scored**

**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

STOP-CLOCK

**5:00**  
Minute Overtime

STOP-CLOCK

T

**Time-outs**

YES

**2**  
First half

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**3**  
Second half

X

**Substitutions**

YES

Size  
**6**  
basketball

**HALF-COURT DEFINITION FOR YBL GAMES**

When a team reaches a **20-point lead** they must play half-court defence. Teams can attempt to rebound or gain possession of a loose ball. However, once the opposition has secured clear possession/control of the ball (including dribbling in their back court), the leading team **MUST** return into their own half (around the throw-in line) and play defence once the ball is in their defensive back court.

Game Addendums 2026  
Addendum Ten

Under 15  
Zonal Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>11</b> years old or below	Can be aged <b>12</b> years old	Can be aged <b>13</b> years old	Can be aged <b>14</b> years old	Cannot be aged <b>15</b> years old or above
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**X Performance Licence holders  
Players in Junior National League** This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

**Exemption Requests**

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	18:00
<b>Sunday</b>	10:00	18:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition

**Zone defence** in this competition

Q1 	Q2 	Q3 	Q4 	O/T 
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Half-Court defence is applied  
IN THIS DIVISION



**LIVE SCORING**

This division is to be Live Scored



**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

**5:00**  
Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
Time-outs  
YES

**2**  
First half  
**3**  
Second half

**X**  
Substitutions  
YES

Size  
**7**  
basketball

**HALF-COURT DEFINITION FOR YBL GAMES**

When a team reaches a **20-point lead** they must play half-court defence. Teams can attempt to rebound or gain possession of a loose ball. However, once the opposition has secured clear possession/control of the ball (including dribbling in their back court), the leading team **MUST** return into their own half (around the throw-in line) and play defence once the ball is in their defensive back court.

Game Addendums 2026  
Addendum Eleven

Under 17  
Zonal Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>13</b> years old or below	Can be aged <b>14</b> years old	Can be aged <b>15</b> years old	Can be aged <b>16</b> years old	Cannot be aged <b>17</b> years old or above
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X

**Performance Licence holders  
Players in Junior National League**

This division does not permit National League players; those holding a **Performance** licence, regardless of their age, participating in this division.

**Exemption Requests**  
We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
Friday	19:00	20:15
Saturday	10:00	19:00
Sunday	10:00	18:00
Monday	19:00	20:15
Tuesday	19:00	20:15
Wednesday	19:00	20:15
Thursday	19:00	20:15

**Game play** for this competition

<b>Zone defence is allowed in this competition</b>		
<b>Full court press is allowed throughout</b>		
<b>LIVE SCORING</b> This division is to be Live Scored	<b>1</b> Minimum number of Coaches per-game	
<b>10:00</b> Minute Quarters	<b>5:00</b> Minute Overtime	
STOP-CLOCK	STOP-CLOCK	
<b>Time-outs</b> YES	<b>2</b> First half Second half <b>3</b>	<b>Substitutions</b> YES
		<b>Size 7</b> basketball

Game Addendums 2026  
Addendum Twelve

# Under 14 – The Challenge Cup

Junior Cup Competition



The Challenge Cup is a hybrid competition designed to support player development by bridging the gap between divisions. It gives YBL and Junior National League players more opportunities to compete.

Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>10</b> years old or below	Can be aged <b>11</b> years old	Can be aged <b>12</b> years old	Can be aged <b>13</b> years old	Cannot be aged <b>14</b> years old or above
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**Performance Licence holders**  
Players in Junior National League

This division allows National League players; those holding a Performance licence - within the criteria above, participating in this division.

THIS IS AN  
**ALL-PLAY DIVISION**

This competition is an All-Play division, with all players to play at least one quarter

## Exemption Requests

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

## Scheduling fixtures for this competition

Scheduling regular home fixtures should be between the time slots given below on a Saturday or Sunday. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	17:00
<b>Sunday</b>	10:00	17:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

## Game play for this competition



**Zone defence is not permitted**  
IN THIS DIVISION



**Half-Court defense is applied**  
IN THIS DIVISION



**LIVE SCORING**

This division is to be Live Scored



**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

**5:00**  
Minute Overtime

STOP-CLOCK

STOP-CLOCK



**Time-outs**  
YES  
First half: 2  
Second half: 3



**Substitutions**  
YES



Size **6**  
basketball

## HALF-COURT DEFINITION FOR YBL GAMES

When a team reaches a **20-point lead** they must play half-court defence. Teams can attempt to rebound or gain possession of a loose ball. However, once the opposition has secured clear possession/control of the ball (including dribbling in their back court), the leading team **MUST** return into their own half (around the throw-in line) and play defence once the ball is in their defensive back court.

Game Addendums 2026  
Addendum Thirteen

# Under 16 – The Challenge Cup

Junior Cup Competition



The Challenge Cup is a hybrid competition designed to support player development by bridging the gap between divisions. It gives YBL and Junior National League players more opportunities to compete.

Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>12</b> years old or below	Can be aged <b>13</b> years old	Can be aged <b>14</b> years old	Can be aged <b>15</b> years old	Cannot be aged <b>16</b> years old or above
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**Performance Licence holders**  
Players in Junior National League

This division allows National League players; those holding a Performance licence - within the criteria above, participating in this division.

## Exemption Requests

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

## Scheduling fixtures for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	17:00
<b>Sunday</b>	10:00	17:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

## Game play for this competition



Zone defence is allowed in this competition



Full court press is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**  
Minimum number of Coaches per-game

**10:00**  
Minute Quarters

**5:00**  
Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
Time-outs  
YES

2  
First half  
3  
Second half

**X**  
Substitutions  
YES

Size  
**7**  
basketball

# Under 18 – The Challenge Cup

Junior Cup Competition



The Challenge Cup is a hybrid competition designed to support player development by bridging the gap between divisions. It gives YBL and Junior National League players more opportunities to compete.

## Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	Can be aged <b>15</b> years old	Can be aged <b>16</b> years old	Can be aged <b>17</b> years old	Cannot be aged <b>18</b> years old or above
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**Performance Licence holders**  
**Players in Junior National League**

This division allows National League players; those holding a Performance licence - within the criteria above, participating in this division.

## Exemption Requests

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

## Scheduling fixtures for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed upon outside these times with the permission of the YBL and your opposition.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	17:00
<b>Sunday</b>	10:00	17:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

## Game play for this competition



Zone defence is allowed in this competition



Full court press is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**

Minimum number of Coaches per-game

**10:00**  
Minute Quarters

**5:00**  
Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
Time-outs  
YES

**2**  
First half  
**3**  
Second half

**X**  
Substitutions  
YES

Size  
**7**  
basketball

Game Addendums 2026  
Addendum Fifteen

Under Twenty-One  
Senior Division



Players age at the start of the season (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>16</b> years old or below	Can be aged <b>17</b> years old	Can be aged <b>18</b> years old	Can be aged <b>19</b> years old	Can be aged <b>20</b> years old	Cannot be aged <b>21</b> years old or above
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**Performance Licence holders  
Players in Junior National League** This division allows Junior National League players; those holding a **Performance** licence - within the criteria above, participating in this division.

**Performance Licence holders  
Players in Senior National League** This division does not permit Senior National League players; those holding a **Performance** licence, regardless of their age, if playing in a senior division, participating in this division.

**Exemption Requests**  
We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	19:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition

**Zone defence** is allowed in this competition

**Full court press** is allowed throughout

<p><b>LIVE SCORING</b></p> <p>This division is to be Live Scored</p>	<p><b>1</b> Minimum number of Coaches per-game</p>
<p><b>10:00</b> Minute Quarters</p>	<p><b>5:00</b> Minute Overtime</p>
STOP-CLOCK	STOP-CLOCK

<p><b>T</b> Time-outs</p>	<p><b>2</b> First half</p>	<p><b>3</b> Second half</p>	<p><b>X</b> Substitutions</p>	<p><b>YES</b></p>	<p><b>YES</b></p>	<p>Size <b>7</b> basketball</p>
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Game Addendums 2026  
**Addendum Sixteen**

**YBL One**  
 Senior Division



YBL One has been established 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.

**Players age at the start of the season (on the [first] 1<sup>st</sup> September)**

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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**Performance Licence holders  
 Players in Senior National League**

This division allows Senior National League players; those holding a **Performance** licence, regardless of their age - within the criteria above, participating in this division.



**Exemption Requests**

This division does not allow requests for playing up or down outside the criteria above. Those participating in **SBL** and **BCB** will need to be licensed with **BE** and have Board approval before participating.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	19:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition



**Zone defence** is allowed in this competition



**Full court press** is allowed throughout

**LIVE SCORING**

This division is to be **Live Scored**



**1**  
 Minimum number of Coaches per-game

**10:00**  
 Minute Quarters

**5:00**  
 Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
 Time-outs  
 YES

**2**  
 First half  
**3**  
 Second half

**X**  
 Substitutions  
 YES

Size **7**  
 basketball

Game Addendums 2026  
**Addendum Seventeen**

**M Division**  
 Senior Division



**Players age at the start of the season** (on the [first] 1<sup>st</sup> September)

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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**Number of participants with a Performance Licence** (National League)

SNBL Division 1 or 2 <b>1</b>	OR	SNBL Division 3 <b>2</b>	OR	SNBL Division 2 <b>1</b>	SNBL Division 3 <b>1</b>	&	WNBL Players 	JNBL Players 
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**Performance Licence holders**  
 Players in Senior National League

This division allows Senior National League players; those holding a **Performance** licence, with Board approval before participating. Female and JNBL do not need approval, unless the junior player plays in a SNBL team.

**Exemption Requests**

We will consider exemption requests as per YBL Inclusion Policy.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	19:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition



**Zone defence** is allowed in this competition



**Full court press** is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**  
 Minimum number of Coaches per-game

**10:00**  
 Minute Quarters

**5:00**  
 Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
 Time-outs

YES

**2**  
 First half  
**3**  
 Second half

**X**  
 Substitutions

YES

Size **7**  
 basketball



# Addendum Eighteen Game Play Overview

See individual Game Addendums for further information

<p><b>U9 &amp; U11 Divisions</b> Central Venue Leagues</p>	Awarded 2 Points in Q1 & Q2 FOR 8 OR MORE PLAYERS IN THIS DIVISION	Half-Court defense is applied IN THIS DIVISION FOR Q1, Q2 & Q3	This is a STOP division
	THIS IS AN ALL-PLAY DIVISION	Full-Court press is allowed in Q4 IN THIS DIVISION	Zone defence is not permitted IN THIS DIVISION
<p><b>U13 &amp; U14 Competitions</b> Under 13 Zonal, Under 13 All-Girls &amp; Under 14 The Challenge Cup</p>	THIS IS AN ALL-PLAY DIVISION	Half-Court defense is applied IN THIS DIVISION	Zone defence is not permitted IN THIS DIVISION
<p><b>U15 Competitions</b> Under 15 Zonal &amp; Under 15 All-Girls</p>		Half-Court defense is applied IN THIS DIVISION	Zone defence is restricted TO 1 & 3 QUARTERS IN THIS DIVISION
<p><b>U16, U17 &amp; U18 Competitions</b> Under 16 &amp; U18 The Challenge Cup, U17 Zonal &amp; U18 All-Girls</p> <p><b>Senior Competitions</b> Under Twenty-One, Women One, Women Two, M Division, YBL One &amp; The Beth Matthews Cup</p>		Full-Court press is allowed throughout IN THIS DIVISION	Zone defence is permitted IN THIS DIVISION