



DCBA Junior Guideline Document 25/26

In general the Durham Junior League runs to basketball England's rules.

This also applies to the juniors.

From the 25/26 season we will formally adopt the BE rules that are used in their Jnr NBL Regional divisions.

Aimed at:

Under 12 Under 14 Under 16

The rules are:

- Games will consist of 4 quarters of 10 minutes.
- All games will be home and away format.
- Games will be stopping clock.
- Normal timeouts will be administered.
- 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.
- 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 the Durham League or BE 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

Further guidance on what constitutes a zone, and sanctions for teams not complying can be found here -

- [NO ZONE DEFENCE GUIDANCE](#)
- [NO ZONE DEFENSE SANCTIONS](#)

Durham League Guidance

The league is a competitive sporting environment and clubs should ensure that their players are prepared and ready for this.

There can sometimes be a large discrepancy of experience and ability in the divisions. Until we have enough teams to create 2 divisions per age group the DCBA would offer the following guidance to all coaches

If losing by 40 points or more a team can choose to have the visual scoreboard turned off if they wish (New Rule 46c)

To limit a high scoring disparity we encourage teams with a healthy lead to consider the following -

- Not fast breaking.
- Pass the ball multiple times in the front court before taking a shot.
- Work on using their weak hands.
- Rotate through the full team, play weaker players as much as possible.
- Allow the losing team to shoot.

For further information, clarification or queries please contact our Junior Development Officer David Wylie at durham.basketball@hotmail.com