

U11 and under

Rotation of players

All players must play a minimum of one full continuous quarter and can only play in a maximum of two quarters.

Five players play in the 1st quarter, a different five play in the second.

Number of players v opposition

- 5v5
- Up to 15 players on scoresheet

Basket height & ball size

- 8.5 Feet (where possible)
- In the use of 10ft baskets the free throw line should be marked 2ft closer to the basket.
- Size 5 ball.

Rule Constraints

Referee only touches the ball after a whistle e.g. a foul.

No 3 point scores are permitted. If a score is made outside the 3-point line, the score will be recorded as 2 points

No ball screens permitted.

Pressing not permitted.

No Zone Defence.

M2M Defence only.

No double teaming permitted.

Forfeits & walkovers

Non-competitive so not applicable.

U12

Rotation of players

All players must play a minimum of one full continuous quarter and can only play in a maximum of two quarters.

Five players play in the 1st quarter, a different five play in the second.

Any combination of 5 players can play the allocated time in overtime or any other extra periods of play.

Number of players v opposition

- 5v5
- Up to 15 players on scoresheet but if on the scoresheet they must all play the required amount of quarters.

Basket height & ball size

- Regulation size baskets
- Size 5 ball

Rule Constraints

- Referee only touches the ball after a whistle e.g. a foul.
- No 3 point scores are permitted. If a score is made outside the 3-point line, the score will be recorded as 2 points.
- In terms of fair play, the scoreboard should not show a score difference of greater than 20.
- Pressing only permitted in 4th quarter.
- If a team is in the lead by 15 points, that team is no longer permitted to press unless the score becomes less than a 15 point lead at any point within the 4th quarter.
- No Zone Defence.
- M2M Defence only.
- No double teaming permitted.
- Help Defence permitted.
- Defensive 3 second rule applies. (*See Notes)

Forfeits & walkovers

- Each team must have a minimum of 10 players.
- If 10 players are not available, and a team is present to play, a forfeit shall be given to the opposition, the game shall be played and 1 point shall be given to the forfeiting team.
- If the team with less than 10 players does not play the game, a walkover shall be given with
- 3 points being awarded to the opposition and 0 points awarded to the team
- If one team appears with the intent of playing and the other team does not, the team appearing shall receive 3 points and the other team 0 points
- If both teams do not appear, both teams shall receive 0 points
- If neither team has 10 players both teams shall forfeit the game and 1 point each will be awarded

U13

Rotation of players

All players must play a minimum of one full continuous quarter and in a maximum of three quarters.

Five players play in the 1st quarter, a different five play in the second.

Any additional players must play one full continuous quarter in the second half.

Any combination of 5 players can play the allocated time in overtime or any other extra periods of play.

Number of players v opposition

- 5v5
- Up to 15 players on scoresheet but if on the scoresheet they must all play the required amount of quarters.

Basket height & ball size

- Regulation size baskets.
- Size 6 ball.

Rule Constraints

- Referee only touches the ball after a whistle e.g. a foul.
- 3 Point attempts permitted.
- In terms of fair play, the scoreboard should not show a score difference of greater than 20.
- Pressing only permitted to press in the 3rd & 4th quarters.
- If a team is in the lead by 15 points, that team is no longer permitted to press unless the score becomes less than a 15 point lead at any point within the 3rd & 4th quarters.
- No Zone Defence.
- M2M Defence only.
- No double teaming permitted.
- Help Defence permitted.
- Defensive 3 second rules apply. (*See Notes)

Forfeits & walkovers

- Each team must have a minimum of 10 players.
- If 10 players are not available, and a team is present to play, a forfeit shall be given to the opposition, the game shall be played and 1 point shall be given to the forfeiting team.
- If the team with less than 10 players does not play the game, a walkover shall be given with 3 points being awarded to the opposition and 0 points awarded to the team.
- If one team appears with the intent of playing and the other team does not, the team appearing shall receive 3 points and the other team 0 points.
- If both teams do not appear, both teams shall receive 0 points.
- If neither team has 10 players, both teams shall forfeit the game and 1 point each will be awarded.

U14

Rotation of players

All players must play a minimum of one full continuous quarter and in a maximum of three quarters.

Five players play in the 1st quarter, a different five play in the second.

Any additional players must play one full continuous quarter in the second half.

Any combination of 5 players can play the allocated time in overtime or any other extra periods of play.

Number of players v opposition

- 5v5
- 12 players maximum on the scoresheet.

Basket height & ball size

- Regulation size baskets.
- Size 6 ball.

Rule Constraints

- FIBA regulations on referee interaction of inbounding the basketball.
- 3 Point attempts permitted.
- In terms of fair play, the scoreboard should not show a score difference of greater than 20.
- Pressing is permitted all 4 quarters.
- If a team is in the lead by 15 points, that team is no longer permitted to press unless the score becomes less than a 15 point lead at any point within the 4 quarters.
- No Zone Defence.
- M2M Defence only.
- No double teaming permitted.
- Help Defence permitted.
- Defensive 3 Second rule applies. (*See Notes)

Forfeits & walkovers

- Each team must have a minimum of 10 players.
- If 10 players are not available, and a team is present to play, a forfeit shall be given to the opposition, the game shall be played and 1 point shall be given to the forfeiting team.
- If the team with less than 10 players does not play the game, a walkover shall be given with 3 points being awarded to the opposition and 0 points awarded to the team.
- If one team appears with the intent of playing and the other team does not, the team appearing shall receive 3 points and the other team 0 points.
- If both teams do not appear, both teams shall receive 0 points.
- If neither team has 10 players, both teams shall forfeit the game and 1 point each will be awarded.

U15 to U18 Full FIBA rules & regulations implemented

***Notes**

3 Second Defensive Rule

A defensive 3 second violation, also known as illegal defence, is assessed when a member of the defending team spends more than 3 seconds in the key or the paint while not actively guarding an opponent. To be considered actively guarding, a defender must be within arms length of an opponent and in a guarding position.

A violation will not be called if:

- A player is in the act of shooting
- There is a loss of team control
- The defender is actively guarding an opponent
- The defender clears the painted area
- It is imminent that the defender will become legal

A player guarding an opponent with the ball may be in the paint without actively guarding the opponent. The team committing a defensive 3 second violation is assessed a team technical foul. The offense receives 1 free throw and retains possession of the ball. The offending team should be warned on the first incidence and the penalty for non – compliance after the warning is a technical foul awarded to the offending coach. The technical foul should be recorded as a “B” bench technical foul rather than a “C” coach technical foul.

Age Limit & Eligibility:

As per FIBA age limits, all players must be under the age on or after January 1st of the current season.

To establish the date of birth corresponding to the age limit for an age group, the following procedure is used; the age of the player must be subtracted from the year in which a competition takes place with the understanding that this year begins on 1st January. For example, the age limit for U18 in a competition in 2025/2026 shall be: $2026 - 18 = 2008$, so any player born on the 1st January 2008 plus three years will be entitled to participate in a competition for U18 in 2025/2026 season, i.e. players born 2008, 2009, 2010.

A player may only play a maximum of 2 grades within her/his age band within their own Area Board competition and any linked Area Board in any one season. For example, a player can play U12 and U13 or U12 and U14 or U13 and U14. She/He cannot play U11, U12 and U13. No U15 player can take part in the BI U18 National Cup. No U16 player can take part in Senior National Competition.

Rules updated 21 June 2025