



APPENDIX 8 – All Must Play Rule & Triangular Tournament Format

The All Must Play Triangular Tournament rule is to create a more competitive playing environment, where teams come together to play once or twice a month rather than weekly competition. The rules and format are to encourage all players to participate during a Jnr. NBL fixture whilst trying to limit travel, where players can play at the correct level to them:

Aimed at:

- Under 12 Age Group
- Under 14 Regional Age Group

The rules are:

- Games will consist of 4 quarters of 6 minutes. The **first and third** quarters will be split into **4 periods of 3 Minutes**.
- **For teams of 10 players, the coach can choose how they wish to rotate their players, all players must play in one 3-minute period of both quarters one and three.**
- **For teams of 11 and 12, the coach can choose when they rotate the 11th and 12th player at their own discretion, however the coach does not need to play these players at all.**
- For teams of nine or less, a rotational schedule (Appendix 9) will be in place to rotate players in quarters one and three. Coaches need to number their players and list this along with their playing number, name and licence number are required at the start of the game and given to the table officials. Please be aware any teams playing with less than 8 players can occur a fine in line with regulation 31.1.
- Three timeouts are permitted throughout the game and no stoppages for switching players.
- There will be a 30 second break between quarters one and two and quarter three and four, maximum of 5 minutes for halftime.
- Minimum **10** minute warm up must be provided prior to each game taking place.
- The format for the competition is triangular tournaments where each team will host one (possibly two) triangular events, where three teams within the league will play games against each other. The home team, is responsible for all court hire and officials' fees, games should take up to one hour to play, the format looks like the following:

Game 1: Home team v Away Team A

Game 2: Away Team A v Away Team B

Game 3: Home Team v Away Team B

Please note in some cases some teams may host more than three teams or less, this is dependent upon the size of the league. In some cases, a single fixture can be played should a team postpone or forfeit the fixtures at the tournament, **this fixture should follow the Appendix 7 - all must play rule instead of these rules.**

- If a player is injured or a player is fouled out and the team has less than 10 players, the coach of said team shall decide on who fills this place, ensuring that the minutes are shared equally amongst the team.

In addition;

1. **If a player has a pre-existing medical condition which may affect their ability to participate in accordance with the game rules, with the child and parent's permission, officials should be informed at the pre-game meeting but officials don't need to know what the condition is. Reasonable adjustments can be made to enable the player to participate.**
 2. **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.**
 3. **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 nationalleague@basketballengland.co.uk 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, it cannot play full court man to man defence, it must play half court man to man defence only.
 - Ball Size: Under 12 age group, Size 5 Wilson basketball. Under 14 Regional League Size 6 Wilson Ball for boys and Size 5 Wilson Ball for girls.
 - In the mixed league single male gender teams are permitted as well as mixed gender teams. In the female league all teams must be female teams 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.
 - All other FIBA rules apply