

 		Zone/Combination Defences Allowed				All Must Play Rule Enforced	Full Court Defence Permitted After 20+ Points
		Q1	Q2	Q3	Q4		
Under 18 Men	Premier	✓	✓	✓	✓	X	✓
	Conference	✓	X	✓	X	X	✓
Under 18 Women	Premier	✓	✓	✓	✓	X	✓
	Conference	✓	X	✓	X	X	✓
Under 16 Boys	Premier	✓	✓	✓	✓	X	✓
	Conference	✓	X	✓	X	X	X
	Regional	X	X	X	X	✓	X
Under 16 Girls	Premier	✓	✓	✓	✓	X	✓
	Conference	✓	X	✓	X	X	X
Under 14 Boys	Premier	X	X	X	X	X	✓
	Conference	X	X	X	X	✓	X
Under 14 Girls	Premier	X	X	X	X	X	✓
	Conference	X	X	X	X	✓	X
Under 12 Girls		X	X	X	X	✓	X
Under 12 Mixed		X	X	X	X	✓	X

This is a summary of the details outlined in the NBL Rules and Regulations. Full information including what happens if the rules are breached can be found in regulation 18.17, appendix 7, 8 or 15.