

Why?

Progression	Align with Mini Basketball
Simplification	Clarify + Existing Rules
Modernisation	Reflect Changes in Basketball



Rule adaptations

Introduction of Illegal Defense

Adjustment of Game Duration

Introduction of Quick Inbounds Rule

Implementation of 24-Second Shot Clock

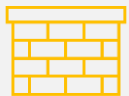
Illegal Defense

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A defender remains in the paint for more than 3 seconds without actively guarding an opponent. To be considered actively guarding an opponent, a player must be within arm's length of their opponent and assume a defensive position.



An attacker holds or dribbles the ball around or inside the three-point line for at least 3 seconds without being actively defended by an opponent.



A team repeatedly adopts a zone defense or if a clear individual defense is not consistently recognizable.



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Illegal defense

Role of referee:

The referee must assess whether the defense is in an illegal position. They educate defenders about illegal defense in a constructive manner.

If these situations persist, the referee penalizes the illegal actions with an “Illegal Defense” call against the defending team.

These “Illegal Defense” calls are not recorded on the scoresheet but penalized with one Free-throw and possession for the team on offense.

30-point advantage rule

Once a team holds a lead of thirty points or more, they are only allowed to play individual defense from the mid-court line onward. If they fail to comply with this rule in a repetitive way, the referee will call a technical foul on the coach.

Every division



only from 3rd
division down
+ cup games

Playing time U14

4 x 7 min



4 x 10 min

Players must play one of the first 2 quarters



All players must play in the first half

8 – 10 players



8 – 12 players (D1, D2, cup)
5 - 12 players in lower divisions



Introduction of Quick Inbounds Rule

To speed up gameplay, referees shouldn't touch the ball in the backcourt unless necessary (foul call, validate a Time Out).

Teams can quickly restart play after violations (out of bounds, travelling) without waiting for the referee. The game clock stops when the violation is signaled.

Substitutions are only allowed in situations where the referee has to stop the game (foul call, Time Out, serious injuries)

Implementation of 24-Second Shot Clock

For Divisions 1 and 2 , it is highly recommended to use a 24-second shot clock.

This recommendation and rule is also valid for U18 Boys and U19 Girls as well as for all Espoir(e)s Games.



Summary



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	U14 - old	U14 - new	U16 - old	U16 - new
Playing time	4x7min Everybody needs to play one of the first 2 quarters	4x10 min Every player needs to play in the first half	4x10 min No limitations	4x10 min No limitations
Roster	8-10 players	8-12 players(D1, D2, cup) 5-12 players < D2	5 - 12 players	5 - 12 players
Basket height	3,05 m	3,05 m	3,05 m	3,05 m
Ball Size	Size 6	Size 6	Size 7 - Size 6 (w)	Size 7 - Size 6 (w)
Freethrow line	four meters from the backboard	four meters from the backboard	Regular free-throw line	Regular free-throw line
Mixed teams	yes	yes	no	no

Summary



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	U14 - old	U14 - new	U16 - old	U16 - new
Illegal Defense		<ul style="list-style-type: none"> - Not more than 3 seconds in the paint - on-ball defense - no zone setup => 1 FT + possession		<ul style="list-style-type: none"> - Not more than 3 seconds in the paint - on-ball defense - no zone setup => 1 FT + possession
Fullcourt defense	prohibited if leading by 30 points or more	prohibited if leading by 30 points or more except D1, D2 + cup	prohibited if leading by 30 points or more	prohibited if leading by 30 points or more except D1, D2 + cup
Quick Inbound	no	yes	no	yes
24 second clock		Recommended for 1st and 2nd division		Recommended for 1st and 2nd division also valid for U18/U19 and Espoir(e)s