ADABL newsletter

AUTOPOLIS
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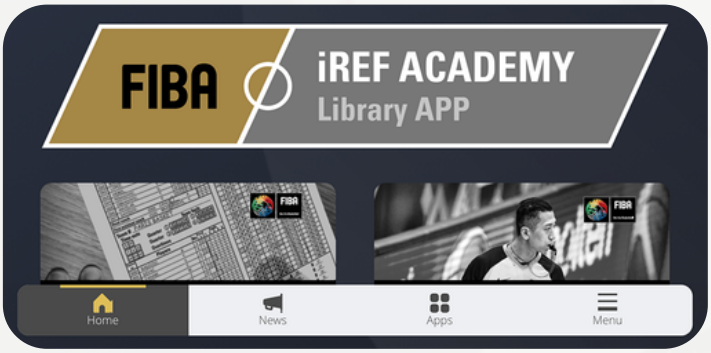
N°12

FIBA iRef Academy Library App

You find the updated Version of the IOT Manuals as well as the new document of the Protocols Checklist.

Download on the App Store

GET IT ON Google Play



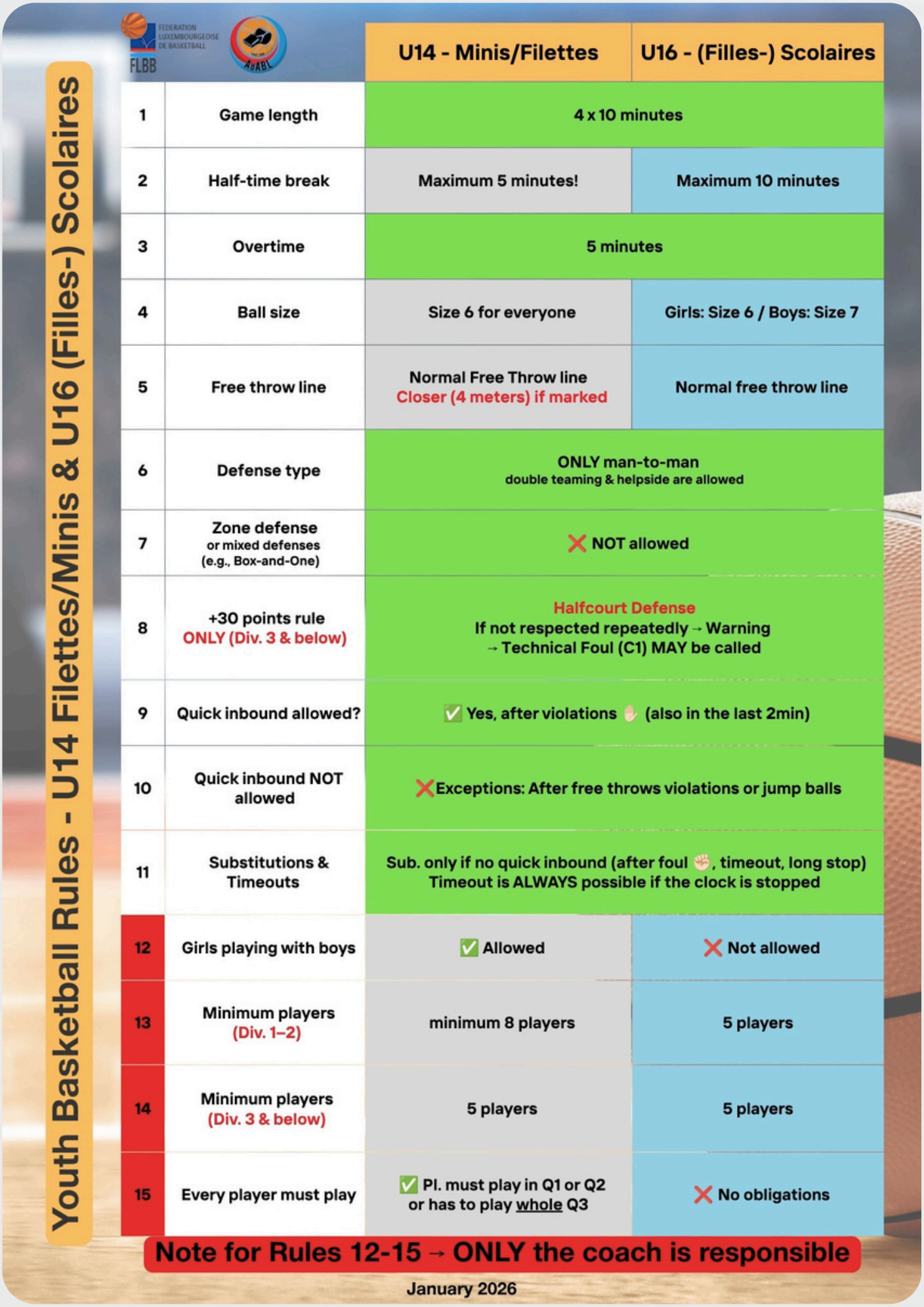
Reminder – Specific Rules for U14 & U16 Games

A quick reminder for all referees officiating U14 and U16 games: please take the time to review the specific youth basketball rules.

On the next page, you will find a summary of the key regulations, including the quick inbound rule and the 30-point difference rule, which requires teams to play half-court defence once the specified point difference is reached.

Please make sure you are familiar with these rules and apply them consistently during games.

Take a few minutes to refresh your knowledge before your next game!


Youth Basketball Rules - U14 Filettes/Minis & U16 (Filles-) Scolaires
FLBB
FEDERATION LUXEMBOURGEOISE DE BASKETBALL
AdABL
U14 - Minis/Filettes
U16 - (Filles-) Scolaires
1 Game length
4 x 10 minutes
2 Half-time break
Maximum 5 minutes!
Maximum 10 minutes
3 Overtime
5 minutes
4 Ball size
Size 6 for everyone
Girls: Size 6 / Boys: Size 7
5 Free throw line
Normal Free Throw line
Closer (4 meters) if marked
Normal free throw line
6 Defense type
ONLY man-to-man
double teaming & helpside are allowed
7 Zone defense
or mixed defenses
(e.g., Box-and-One)
❌ NOT allowed
8 +30 points rule
ONLY (Div. 3 & below)
Halfcourt Defense
If not respected repeatedly → Warning
→ Technical Foul (C1) MAY be called
9 Quick inbound allowed?
✅ Yes, after violations ✋ (also in the last 2min)
10 Quick inbound NOT allowed
❌ Exceptions: After free throws violations or jump balls
11 Substitutions & Timeouts
Sub. only if no quick inbound (after foul ✊, timeout, long stop)
Timeout is ALWAYS possible if the clock is stopped
12 Girls playing with boys
✅ Allowed
❌ Not allowed
13 Minimum players
(Div. 1–2)
minimum 8 players
5 players
14 Minimum players
(Div. 3 & below)
5 players
5 players
15 Every player must play
✅ Pl. must play in Q1 or Q2
or has to play whole Q3
❌ No obligations
Note for Rules 12-15 → ONLY the coach is responsible
January 2026

New Mic’d up Moment

This time from BCL Referee Antonio Conde.
This is a great opportunity to learn communication from the best referees in the world.



Check it out

Rules Quiz Corner

Would you get this one right?
Tricky situations.
What’s your decision?

CLICK HERE!

TEST YOUR KNOWLEDGE

UPCOMING EVENTS

AdABL Bowling Night

NOV 19

Join us for a fun evening off the court! Register now in the WhatsApp poll for our Bowling Night on 19 November in Howald. We look forward to seeing you there!








Referee Initiation course

BY ADABL

About the course

This session offers a first introduction to the world of basketball refereeing. Participants will discover the basics, try out simple referee techniques and get the opportunity to experience refereeing in practice.

What we cover:

- 📍 Basic positioning & signals
- 🏀 Practical exercises and a game
- 💬 Introduction to the next steps in refereeing

Duration: +-2h

Participants: Groups of 10-20max

Age: from 14 years on

For requests or more Information contact:
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