

— STRATHCLYDE —

LEAGUE BASKETBALL ASSOCIATION

TEAMWORK • RESPECT • COMMUNITY • GROWTH

Under-14 Playing Regulations

SEASON
2026-2027



DEVELOPING
PLAYERS



SUPPORTING CLUBS



STRENGTHENING COMMUNITIES

TOGETHER WE GROW THE GAME

(Appendix 4 from League Handboo) Under 14 Playing Regulations

The following rules & regulations will apply to all SLBA Under 14 games for the 2018 / 19 season.

Normal FIBA rules will apply but allow for the exceptions listed below. Please note that these are an outline of the general rules and that these may be altered prior to the start of the season.

1. All U14 fixtures should be scheduled at the weekend, i.e. Saturday or Sunday games. However, if both clubs agree then mid-weeknights can be used. This is to prevent teams being forced to travel mid-week for late tip-off times and not arriving home until after 11pm on a school night.
2. Games will be 4 x 10-minute periods with 5 minutes overtime where required. If there is a time availability problem and both teams agree then this could be changed to 4 x 8-minute quarters and 3 minutes overtime, however, this must be agreed at the time of the initial fixture arrangement or if changed at least 7 days in advance of the fixture.
3. Ball Size – both U 14 boys and girls will use a size 6 ball.
4. Zone defences are NOT permitted at any time (see definition below). If spotted the referee will give a verbal warning to players on court to play man to man defence. If there is no change then the game will be stopped, and the coach verbally warned about the zone defence. If there is still no change then the game will be stopped, and the coach charged with a technical foul. If there is still no change then the game will be stopped again, and the coach charged with another technical foul and asked to leave the hall. If there is no suitable adult to continue as coach, then the game will be awarded 20 – 0 to the opposing team. If there is a suitable adult to continue as coach the game will continue, however, if the team continues to play a zone defence, then the referee will stop the game and default the game to the opposing team 20 – 0.
5. Teams must have a minimum of 8 players present and, on the scoresheet, all players on the scoresheet must take part in the game. If a team cannot field 8 players, then fewer can be used with prior agreement from the opponents. This prior agreement must be sought at least 7 days in advance of the fixture.
6. There are no restrictions on the amount of time any player can play; however, it is expected that coaches give reasonable court time to all competitors and respect the score and Basketball Scotland code of conduct. It should be seen that stronger players are rested when the game score reaches a 25-point difference.
7. Possession arrow follows standard FIBA rules, i.e. changes as per normal basketball rules regardless of the score.
8. A full court press is allowed unless a team is more than 10 points in front, then they must drop back to ½ court. Referee will give verbal warning to players on court to drop back to the half court. If, after two defensive phases by the team in front, there is no change in the full court press then the game will be stopped, and the coach verbally warned about the pressing defence. If there is still no change then the game will be stopped, and the coach charged with a technical foul. If there is still no

change then the game will be stopped again, and the coach charged with another technical foul and asked to leave the hall. If there is no suitable adult to continue as coach, then the game will be awarded 20 – 0 to the opposing team. If there is a suitable adult to continue as coach the game will continue, however, if the team continues to play a full court press, then the referee will stop the game and default the game to the opposing team 20 – 0.

9. Referee and table official fees will be as laid out in Section 14 of the SLBA Handbook, i.e. £16 game fee plus travelling expenses for referees and a recommended minimum of £10 per table official.

10. Coaches and Floor officials must seek to use all players on the bench throughout the game including less experienced players, especially at times where there is a 25-point difference.

Zone Defence Definition

The SLBA are following the guidelines that Basketball Scotland are setting out for this age group with regards to no Zone defence being allowed.

Zone defence is different from man-to-man defence in that, instead of guarding a particular player, each defender is responsible for guarding an area of the floor, or "zone", and any offensive player that comes into that area. Zone defenders move their position on the floor in relationship to where the ball moves not the players. Zone defence is often effective in stopping dribble penetration and one-on-one moves. Man-to-man defence has each defender assigned to defend a certain offensive player - his or her "man" - and the defender moves when their assigned player moves. If a defender doesn't follow their player when they move a significant distance (more than 10 feet) or 'sag' or 'drift' or 'hedge' away from their man and they are not part of a double team on another player, then they will be considered to be in a zone defence.

For example, if a defender is standing inside the key close to the basket – blocking the lane to the basket in other words - whilst their 'man' is out close to the 3-point line then this will be considered a zone defence. The presence of the defender under the basket will stop outside players from driving to the basket. Defenders must be outside the key if their players are out at the 3-point line.

A 'sagging' man-to-man can quickly turn into a zone defence and this is not the point of the regulation. Likewise, this regulation is not intended to stop a double team or trapping defence but is aimed at stopping defenders 'waiting' or 'hanging' around an area whilst their assigned man is on the other side of the court. The referees must use common sense and judgement when issuing a warning to players as they may not be fully aware of their defensive role, but repeated warnings should not be tolerated and the coach warned to get the defence sorted out.