

Game Addendums 2026  
**Addendum Sixteen**

**YBL One**  
 Senior Division



YBL One has been established to break down barriers and open new opportunities for players at all levels. This innovative hybrid competition brings together athletes from the YBL, Junior National League and Senior levels, creating a dynamic environment for growth and development for all involved.

Designed to support progression, the YBL One division helps participants challenge themselves while learning from more experienced players — bridging the gap and building stronger pathways within the game.

**Players age at the start of the season (on the [first] 1<sup>st</sup> September)**

Cannot be aged <b>14</b> years old or below	<b>!</b> Can be aged <b>15</b> years old with Board approval	<b>!</b> <b>!</b> Can be aged <b>16</b> years old with Board approval	Can be aged <b>17</b> years old or older
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**Performance Licence holders  
 Players in Senior National League**

This division allows Senior National League players; those holding a **Performance** licence, regardless of their age - within the criteria above, participating in this division.



**Exemption Requests**

This division does not except requests for playing up or down outside the criteria above. Those participating in **SBL** and **BCB** will need to be licensed with BE and have Board approval before participating.

**5** You can go to this game with 5 players

**Scheduling fixtures** for this competition

Scheduling regular home fixtures should be between the time slots given below. Rearrangements can be agreed outside of these times with the approval of the opposition and if required the YBL.

	Earliest tip time	Latest tip time
<b>Friday</b>	19:00	20:15
<b>Saturday</b>	10:00	19:00
<b>Sunday</b>	10:00	19:00
<b>Monday</b>	19:00	20:00
<b>Tuesday</b>	19:00	20:00
<b>Wednesday</b>	19:00	20:00
<b>Thursday</b>	19:00	20:00

**Game play** for this competition



**Zone defence** is allowed in this competition



**Full court press** is allowed throughout

**LIVE SCORING**

This division is to be Live Scored



**1**  
 Minimum number of Coaches per-game

**10:00**  
 Minute Quarters

**5:00**  
 Minute Overtime

STOP-CLOCK

STOP-CLOCK

**T**  
 Time-outs  
 YES

**2**  
 First half  
**3**  
 Second half

**X**  
 Substitutions  
 YES

Size **7**  
 basketball