

TBL Rules 2025-26

General Division Rules & Details

***Division Specific Exceptions (subject to adjustment):**

Girls Varsity: 8.5 foot rims, 28.5 size ball. 8 foot free throw line. Boys Varsity: 9 foot rims, 28.5 size ball. 12 foot free throw line. Boys NCAA: 10 foot rims, 28.5 size ball. 15 foot free throw line. Girls EuroLeague: 10 foot rims, 28.5 size ball, 12 foot free throw line. Boys EuroLeague: 10 foot rims, 28.5 size ball, 15 foot free throw line. NBA and WNBA: 10 foot rims, 28.5 size ball, 15 foot free throw line.

All Divisions except NBA and WNBA: Provided they start behind the free throw line, free throw shooters will be allowed to have their momentum take them across the free throw line without violation. The exception is if they “chase” their shot after crossing the line prior to ball touching the rim. This will be whistled.

Pressing: **Boys NCAA, Boys Euro and Girls Euro:** Man to Man full court allowed in last 5 minutes of game **NBA and WNBA:** Man to Man full court allowed in last 5 minutes of each half

Steals: For 3x3, on ball stealing allowed in all divisions: Exception of when the ball is being ‘taken back’ or attempting to clear the arc.

All steals allowed in all other leagues: Boys NCAA, Boys and Girls EuroLeague and NBA/WNBA.

Games are 3x3 for Boys Varsity and Girls NCAA. Games are 5x5 for Boys NCAA, Girls and Boys EuroLeague, 4x4 for NBA and WNBA.

Varsity Boys and Girls Playing Time:

Playing Time Guarantee: ALL players must play a minimum of 50% of the minutes of the entire game

NCAA, Euro, WNBA & NBA Playing Time:

Playing Time Guarantee: ALL players must play a minimum of 50% of the minutes of the first half of the game. In the second half, each player must see the floor with no time requirement.

****NCAA Boys & Euro Girls** - same rules apply in playoffs

Euro Boys, WNBA & NBA Playoff Playing Time:

Each player must see the floor with no time requirement.

Varsity Boys & Girls Divisions: 3x3 Game Format

18 Minute Halves

First & Second Half:

Running Clock First 17 Minutes – Stop Clock on:

- Free Throws
- Time Outs

Last minute of BOTH halves, stopped clock on every whistle. Regular NFHS rules. Both teams are in the bonus. (1 on 1 free throws)

1. Playing Time Guarantee: ALL players must play a minimum of 50% of the minutes of the entire game
2. Substitutions: Coaches can openly substitute during any dead ball situation (foul, out of bounds, violation, made basket).
3. Each team receives one timeout per half.
4. Home team will shoot for ball at the start of each game.
5. Teams score by either regular two-point baskets, or by three-point shots taken from outside the three-point arc.
6. NOT MAKE IT, TAKE IT
7. After a basket has been scored, a foul or violation called, or a ball goes out of bounds, or held ball - the ball will be checked up top
8. On defensive rebounds or steals, players must return the ball by dribble or pass anywhere behind the three point arc before a field goal try may be attempted. In any event where a player is ready to start his/her teams offensive possession, he/she can either pass OR dribble to put the ball in play. [Note – failure to take the ball ‘back’ after a possession change is not penalized with loss of possession. Official will whistle and reset the offending team at the top of the key]
9. Fouls will be called by the referee. A foul called in the act of shooting will result in either two or three points being awarded to the team which was fouled, depending on where the player was fouled and a change of possession. In the event of a non-shooting foul, the offended team will retain possession, **with no points awarded.****

Euro, WNBA & NBA:

18 Minute Halves

First & Second Half:

Running Clock First 15 Minutes – Stop Clock on:

- Free Throws
- Time Outs

Last 3 minutes of BOTH halves, stopped clock on every whistle. Regular NFHS rules.

Individual fouls are tracked with DQ @ 6 fouls (exception is Varsity divisions)

A team is in the Bonus during either half if the opposing team has committed 5 Fouls or more.

A team in the bonus shoots a one-and-one. Last minute of the game, both teams are in the bonus (1 on 1)

Technical Fouls: 2 Shots and ball.

Defense Requirements:

- Man-to-man defense is required – Help-side defense is allowed.
- No Pressing, except in last 5 minutes of both halves, teams may extend man to man defense to full court

Timeouts: 2x 30 second timeouts per half. Timeouts do not carry over.

Overtime

- The score will be set to 0-0. First team to 5 wins. No time on the clock.
- Each team receives one 30 second timeout