



COMPETITION RULES

2025 – 2026

CADETS LEAGUE

(UNDER 14 BOYS)

BORN - 2012

PARTICIPATING TEAMS:

Athleta – Depiro – Hibernians – Luxol – Starlites

Regular league competition

All teams will play each other on a three round system.

- Minimum of players per team; 8
 - 4 sessions of 7 minutes (stopping time) will be played.
 - Ball size; 6.
 - Up to the 3rd Quarter all players on the bench have to play.
 - If a team has less than 12 players on the bench (min. 8), then the opposing team has the option to use an equal number of players by the 3rd quarter.
 - Minimum of one FULL quarter to be played by each player. (The above note applies)
 - Maximum of three FULL quarters to be played by each player.
 - A player cannot play the first 3 consecutive quarters.
 - No Substitutions are allowed at any time during the first 3 quarters of the game, with the exceptions of the following:
 1. When there are any injured players, subs to be decided by the opposing coach.
 2. Fouled out players, subs to be decided by the opposing coach.
 3. 4th Quarter, subs are allowed, always abiding by the above mentioned rules.
 - **Zone defence is not allowed.**
1. If two or more teams finish with the same number of points at the top of the table a decider will be played.
 2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
 3. The team with the highest number of points at the end of the League will be declared CHAMPION for Season 2025 – 2026.
 4. All MBA and FIBA rules apply for this League with the exception of the ones mentioned above.
 5. A team can field any player whether the player is a foreigner or Maltese. No restrictions on the number of foreigners on court during playing time.

CADETS LEAGUE – DIV B

(UNDER 14 BOYS DIV B)

BORN - 2012

PARTICIPATING TEAMS:

Athleta – Depiro – Hibernians – Starlites – Athleta B - Siggiewi

Regular league competition

All teams will play each other on a three-round system.

- Minimum of players per team; 8
 - 4 sessions of 7 minutes (running time) will be played.
 - Ball size; 6.
 - Up to the 3rd Quarter all players on the bench have to play.
 - If a team has less than 12 players on the bench (min. 8), then the opposing team has the option to use an equal number of players by the 3rd quarter.
 - Minimum of one FULL quarter to be played by each player. (The above note applies)
 - Maximum of three FULL quarters to be played by each player.
 - A player cannot play the first 3 consecutive quarters.
 - No Substitutions are allowed at any time during the first 3 quarters of the game, with the exceptions of the following:
 2. When there are any injured players, subs to be decided by the opposing coach.
 2. Fouled out players, subs to be decided by the opposing coach.
 3. 4th Quarter, subs are allowed, always abiding by the above mentioned rules.
 - **Zone defence is not allowed.**
6. If two or more teams finish with the same number of points at the top of the table a decider will be played.
 7. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
 8. The team with the highest number of points at the end of the League will be declared CHAMPION for Season 2025 – 2026.
 9. All MBA and FIBA rules apply for this League with the exception of the ones mentioned above.
 10. A team can field any player whether the player is a foreigner or Maltese. No restrictions on the number of foreigners on court during playing time.

CADETTES LEAGUE

(UNDER 14 GIRLS)
BORN - 2012

PARTICIPATING TEAMS:

Athleta A – Depiro – Hibernians – Luxol A – Starlites A – Athleta B – Luxol B – Starlites B

Regular league competition

All teams will play each other on a two round system.

- Minimum of players per team; 8
- 4 sessions of 7 minutes (stopping time) will be played.
- Ball size; 6.
- Up to the 3rd Quarter all players on the bench have to play.
- Minimum of one FULL quarter to be played by each player.
- If a team has fewer players on the bench (min. 8), then the opposing team has the option to use an equal number of players by the 3rd quarter.
- Maximum of three FULL quarters to be played by each player. (The above note applies)
- A player cannot play the first 3 consecutive quarters.
- No Substitutions are allowed at any time during the first 3 quarters of the game, with the exceptions of the following:
 1. When there are any injured players, subs to be decided by the opposing coach.
 2. Fouled out players, subs to be decided by the opposing coach.
 3. 4th Quarter, subs are allowed, always abiding by the above mentioned rules.
- Zone defence is not allowed.

1. If two or more teams finish with the same number of points at the top of the table a decider will be played.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. The team with the highest number of points at the end of the League (Top 4 Teams) will be declared CHAMPION for Season 2025 – 2026.
4. All MBA and FIBA rules apply for this League with the exception of the ones mentioned above.
5. A team can field any player whether the player is a foreigner or Maltese. No restrictions on the number of foreigners on court during playing time.

JUNIOR MEN LEAGUE

(UNDER 16 BOYS)
BORN - 2010

PARTICIPATING TEAMS:

DIV A: Athleta – Depiro — Hibernians — Luxol – Starlites

All teams will play each other on a two round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. The top four Teams will play a Final four series.
4. Semi Finals will be played on a best out of three games. 1st placed vs 4th placed and 2nd placed vs 3rd placed.
5. Final between winning Teams of both Semi Finals will be played on a best out of three games.
6. All MBA and FIBA rules apply for this League

All players participating in the Under 16 league shall have, before the start of the league, participated and completed a refereeing course organised by the MBA from time to time.

JUNIOR MEN LEAGUE – DIV B

(UNDER 16 BOYS)

BORN - 2010

PARTICIPATING TEAMS:

Athleta – Depiro — Hibernians — Luxol - Starlites – Selmun - Siggiewi

All teams will play each other on a two round system.

1. 4 sessions of 10 minutes RUNNING TIME will be played.
2. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
3. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
4. The team with the highest number of points at the end of the League will be declared CHAMPION for Season 2025 – 2026.
5. All MBA and FIBA rules apply for this League
6. All players participating in the Under 16 league shall have, before the start of the league, participated and completed a refereeing course organised by the MBA from time to time.

JUNIOR WOMEN LEAGUE

(UNDER 16 Girls)
BORN - 2010

PARTICIPATING TEAMS:

Athleta - Depiro – Hibernians A – Hibernians B – Luxol – Starlites A – Starlites B - Siggiewi

All teams will play each other on a ONE round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over.
3. Points from the 1st round will be carried over to the next rounds.
4. The top four Teams will play another round between themselves.
5. The bottom four Teams will play another two rounds for league placings.
6. Format for Final Four is 1st placed vs 4th placed and 2nd placed vs 3rd placed.
7. Final between winning Teams of both Semi Finals will be played on a best out of three games.
8. All MBA and FIBA rules apply for this League
9. All players participating in the Under 16 league shall have, before the start of the league, participated and completed a refereeing course organise by the MBA from time to time.

YOUNG MEN LEAGUE

(UNDER 19 MEN)
BORN - 2007

PARTICIPATING TEAMS:

Athleta - Depiro – Hibernians – Luxol Bolt – Starlites

All teams will play each other on a one round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. 1st placed team will go directly to the Final.
4. One play off game between the 2nd placed and 3^r placed teams.
5. Final between the 1st and the winner of the play off game will be played on a best out of three games.
6. The winner of this Final will be declared CHAMPION for Season 2025 – 2026.
7. All MBA and FIBA rules apply for this League

YOUNG MEN LEAGUE

(UNDER 19 MEN DIV B)

BORN - 2007

PARTICIPATING TEAMS:

Athleta - Depiro – Hibernians – Luxol A – Luxol B – Selmun – Starlites A – Starlites B

All teams will play each other on a two round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. The team with the highest number of points at the end of the League will be declared Champion for season 2025 – 26.
4. All MBA and FIBA rules apply for this League

YOUNG WOMEN LEAGUE

(UNDER 19 WOMEN)
BORN – 2007

PARTICIPATING TEAMS:

Athleta - Depiro – Hibernians - Luxol A – Luxol B - Starlites A – Starlites B

All teams will play each other on a two round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. The top four Teams will play a Final Four series.
4. Format of Final Four; 1st placed vs 4th placed and 2nd placed vs 3rd placed.
5. Final between the winning Teams of both Semi Finals will be played on a best out of three games.
6. The winner of this Final will be declared CHAMPION for Season 2025 – 2026.
7. All MBA and FIBA rules apply for this League

LOUIS BORG U23 WOMEN LEAGUE

(UNDER 23 WOMEN)
BORN – 2003

PARTICIPATING TEAMS:

Athleta - Depiro – Hibernians - Luxol – Starlites Naxxar

All teams will play each other on a two round system.

1. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
2. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
3. The foreign player/s who are listed on the team list for the under 23 league cannot play in first division.
4. The foreign player/s who are listed on the team list for the first division cannot play in the under 23 league
5. Any Maltese player/s listed on the under 23 team list may play in all divisions, if so eligible.
6. Final series as follows:
 - a) First placed Team straight to the Final
 - b) 2nd placed will play 3rd placed in playoff SF (one game)
 - c) Final between 1st placed team and winner of SF on a best out of three games
 - d) Winner of Final Games will be declared Champion 2025-26

JOHN TABONE AMATEUR SHIELD MEN

PARTICIPATING TEAMS:

Athleta - Depiro – Valletta A - Starlites A – Starlites B – Hibernians – Luxol – Valletta B

PHASE 1

Draws between all teams to determine the 2 groups. Group A (3 teams) and Group B (4 teams)

All teams in each group will play each other on a one round system

PHASE TWO – SEMI FINALS:

SEMI FINAL ONE (1) First placed team in Group A – Phase 1, will play against the second placed team in Group B - Phase 1. Direct elimination.

SEMI FINAL TWO (2) First placed team in Group B – Phase 1, will play against the second placed team in Group A - Phase 1. Direct elimination.

Winner of semi final one will play against winner of semi final two.

Winner of final game will be declared Winner of MBA Shield for Season 2025 – 2026

1. A team can field any player whether the player is a foreigner or Maltese. No restrictions on the number of foreigners on court during playing time.
2. All MBA and FIBA rules apply for this tournament except for the ones mentioned above

AMATEUR MEN KNOCK OUT (KO)

PARTICIPATING TEAMS:

Athleta - Depiro – Valletta A - Starlites A – Starlites B – Hibernians – Luxol – Valletta B

PRELIMINARY GAMES:

Draws will be held between all teams to determine the 8 teams of the Prelim Games

Semi Finals:

Draws will be held for the Winners of the four Prelim Games.

FINAL:

Winner of semi-final one will play against winner of semi-final two.

Winner of final game will be declared KO winner for Season 2025 – 2026.

3. A team can field any player whether the player is a foreigner or Maltese.
No restrictions on the number of foreigners on court during playing time.
4. All MBA and FIBA rules apply for this tournament except for the ones mentioned above

Winner of final game will be declared Winner of MBA Shield for Season 2024 – 2025

AMATEUR MEN NATIONAL LEAGUE

PARTICIPATING TEAMS:

Athleta - Depiro – Valletta A - Starlites A – Starlites B – Hibernians – Luxol – Valletta B

1. All teams will play each other on a two round system.
2. If two or more teams finishes with the same number of point's classification will be calculated as per FIBA rules.
3. A team can field any player whether the player is a foreigner or Maltese. No restrictions on the number of foreigners on court during playing time.
4. All MBA and FIBA rules apply for this League
5. The top four Teams will play a Final four series.
6. Format for Final Four is 1st placed vs 4th placed and 2nd placed vs 3rd placed on a best out of three games.
7. Final between winning Teams of both Semi Finals will be played on a best out of Five games.
8. The winner of this Final will be declared CHAMPION for Season 2025 - 2026.

DIVISION ONE WOMEN

MBA SHIELD

PARTICIPATING TEAMS:

Athleta - Luxol - Depiro – Hibernians – Starlites - Valletta

PHASE 1

Draws between all teams to determine the 2 groups. (Group A and Group B)

All teams in each group will play each other on a one round system

PHASE TWO – SEMI FINALS:

SEMI FINAL ONE (1) First placed team in Group A – Phase 1, will play against the second placed team in Group B - Phase 1. Direct elimination.

SEMI FINAL TWO (2) First placed team in Group B – Phase 1, will play against the second placed team in Group A - Phase 1. Direct elimination.

Winner of semi final one will play against winner of semi final two.

Winner of final game will be declared Winner of MBA Shield for Season 2025 – 2026
FINAL:

1. A team can only have a maximum of:
 - a) One (1) foreign player on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)
2. All MBA and FIBA rules apply for this tournament except for the ones mentioned above

Winner of final game will be declared Winner of MBA Shield for Season 2025 – 2026

KNOCK OUT (KO)

PARTICIPATING TEAMS:

Athleta - Luxol - Depiro – Hibernians – Starlites – Valletta

PHASE 1

1. Draws for 2 BYE Teams
2. Draws for Games 1 and 2 between the remaining 4 Teams. Direct elimination.

Game 1: Team C v Team D

Game 2: Team E v Team F

PHASE TWO – SEMI FINALS:

3. Draws between winners of Game 1 and Game 2 and the Two BYE Teams

SEMI FINAL 1: Winner G1/2 – Bye Team v Winner G1/2 – Bye Team . Direct elimination.

SEMI FINAL 2: Winner G1/2 – Bye Team v Winner G1/2 – Bye Team . Direct elimination.

FINAL:

Winner of semi final one will play against winner of semi final two.

3. A team can only have a maximum of:
 - a) One (1) foreign player on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

1. All MBA and FIBA rules apply for this KO

SUPER CUP

FINAL:

Betsson Depiro vs Starlites

Winner of game will be declared Super Cup winner for Season 2025 – 2026.

A team can only have a maximum of:

- a) One (1) foreign player on the playing court (out of the 5 players on the field) during playing time.
- b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

1. All MBA and FIBA rules apply for this Super Cup

NATIONAL LEAGUE

PARTICIPATING TEAMS:

Athleta - Luxol - Depiro – Hibernians – Starlites - Valletta

1. All teams will play each other on a three round system.
2. If two or more teams finish with the same number of points at the top of the table, placing will be according to Fiba rules.
3. 2 points for a win and 1 point for a loss. No points will be awarded to those Teams handing over a walk-over
4. Top four teams will qualify for play-offs series.
5. Semi Finals will be played on a best out three games. 1st placed vs 4th placed and 2nd placed vs 3rd placed.
6. Final between winning Teams of both Semi Finals will be played on a best out of five games.
7. The winner of this Final will be declared CHAMPION for Season 2025 – 2026.

A team can only have a maximum of:

- a) One (1) foreign player on the playing court (out of the 5 players on the field) during playing time.
- b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

DIVISION ONE MEN

MBA SHIELD

PARTICIPATING TEAMS:

Athleta – Hibernians - Depiro - Luxol – Starlites – Valletta

PHASE ONE

Draws between all teams to determine the 2 groups. Group A (3 Teams) and Group B (4 Teams)

1. All teams will play each other on a one round system.
2. If two or more teams finishes with the same number of point's classification will be calculated as per FIBA rules.
3. All MBA and FIBA rules apply for this tournament .

PHASE TWO – SEMI FINALS:

SEMI FINAL ONE (1) First placed team in Group A – Phase 1, will play against the second placed team in Group B - Phase 1. Direct elimination.

SEMI FINAL TWO (2) First placed team in Group B – Phase 1, will play against the second placed team in Group A - Phase 1. Direct elimination.

Winner of semi final one will play against winner of semi final two.

Winner of final game will be declared Winner of MBA Shield for Season 2025 – 2026
FINAL:

4. A team can only have a maximum of:
 - a) Two (2) foreign players on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

KNOCK OUT (KO)

PARTICIPATING TEAMS:

Athleta – Hibernians - Depiro - Luxol – Starlites – Valletta

PRELIMINARY GAMES:

Draws will be held between all teams to determine the 4 teams of the Prelim Games and 2 Bye Teams

Semi Finals:

Draws will be held for the 2 bye Teams and the Winners of the two Prelim Games.

FINAL:

Winner of semi-final one will play against winner of semi-final two.

Winner of final game will be declared KO winner for Season 2025 – 2026.

1. A team can only have a maximum of:
 - a) One (2) foreign players on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

All MBA and FIBA rules apply for this KO

SUPER CUP

FINAL:

Starlites vs Hibernians

Winner of game will be declared Super Cup winner for Season 2025 – 2026.

1. A team can only have a maximum of:
 - a) One (2) foreign players on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)

All MBA and FIBA rules apply for this League

NATIONAL LEAGUE

PARTICIPATING TEAMS:

Athleta – Hibernians - Depiro - Luxol – Starlites – Valletta

1. All teams will play each other on a three round system.
2. If two or more teams finishes with the same number of point's classification will be calculated as per FIBA rules.
3. A team can only have a maximum of:
 - a) One (2) foreign players on the playing court (out of the 5 players on the field) during playing time.
 - b) No limit of 'local foreign' players on the playing court during playing time. (as was decided AGM 2023)
4. All MBA and FIBA rules apply for this League
5. Top four teams will qualify for play-offs series.
6. Semi Finals will be played on a best out three games. 1st placed vs 4th placed and 2nd placed vs 3rd placed.
7. Final between winning Teams of both Semi Finals will be played on a best out of five games.
8. The winner of this Final will be declared CHAMPION for Season 2024 – 2025.

GENERAL RULE TO ALL GAMES

Whenever the venue Ta Qali Main Pavilion becomes impracticable or extremely slippery and the game officials declare that the court is impractical to play, where it is possible, the following procedures have to be taken;

- Pre due fixture: game will be transferred to the New Training Courts
- During Warm up: game will be transferred to the New Training Courts
- Game in progress: game will be transferred to the New Training Courts