



Spring/Summer Update

Basketball New Brunswick's Spring/Summer season is designed to balance athlete development, appropriate rest, and meaningful competition as players transition out of the traditional Fall/Winter season. For the purposes of the Spring we will split eligibility between Competitive and Local Programming.

New for 2026 - Member Group Requirements - Teams at any age division, including U16 and U18, must be affiliated with an existing BNB Member Group and fully registered in RAMP. If you need clarification or support on this matter, please reach out to determine eligibility and options.

Local Programming

For Local programming that does not include Travel / Competitive Games and tournaments the Age Classifications are below

DIVISION	BIRTH YEAR
U7	2019-2020
U9	2017-2018
U11	2015-2016
U12	2014-2015
U13	2013-2014
U14	2012-2013
U15/16	2010-2011
U18	2008-2011

programs may consider using single year age groups if that better fits their membership



Competitive Programming

Below are the Age Classifications for competitive play for the 2026 Spring / Summer Season

DIVISION	BIRTH YEAR
U12	2014-2015
U13	2013-2014
U14	2012-2013
U15/16	2010-2011 (<i>A maximum of 4 players may be born in 2012</i>)
U18	2008-2011 (<i>Players born 2007 only if attending NB High School</i>)

programs may consider using single year age groups if that better fits their membership

Only athletes born in 2015 or earlier are eligible to participate in Spring / Summer Competitive Basketball. Competitive basketball is defined as programming that includes travel teams, games played in other communities, tournaments, tryouts, and player selection or cuts.

Athletes born in 2016 or later may continue to participate in local and development based programming, including skills and drills, training sessions, and house league opportunities.

This approach is intended to support long-term athlete development by providing younger athletes with more opportunities to explore multiple sports, reducing the risk of burnout, and avoiding an overemphasis on competition at early stages. It also helps prevent multiple competitive seasons within the same calendar year, allowing athletes to develop in a balanced and age-appropriate environment.



Spring / Summer Calendar

The Spring/Summer cycle allows for tryouts, training, skills sessions, and team formation at any time, however BNB strongly recommends that athletes and teams observe a short off-season break between seasons to support proper physical and mental recovery.

Spring / Summer Participation Guidelines

Athlete Category	Training / Skills / house leagues	Competitive & Travel Games
<i>(2016 & younger – U11 next Fall/Winter)</i>	Allowed	Not permitted
<i>(2015 & older – moving to U12+ next Fall/Winter)</i>	Allowed	Beginning Apr 17th

Calendar / Important Dates

Date	Activity
After the conclusion of Fall / Winter Season	Age appropriate activities such as Training, skills and drills, team practices, house leagues, Tryouts (born in 2015 or earlier) can begin. ** for best practice, recovery and proper periodization there should be a recovery / off season period between the end of Fall / Winter programming and the start of Spring / Summer**
April 17th	Competitive Season games can begin
Aug 2nd	Competitive season ends, Games will not be sanctioned past this date