



Casey Cavaliers VJBL Team Structure

Basketball Victoria announced a major restructure that was introduced last season for the VJBL in 2025/26.

The 'Regional League' (RL) created a three-tier pathway for all VJBL Athletes.

1. Victorian Championship (VC) - Elite State-Level Competition
2. Victorian Junior League (VJL) - Graded Divisions
3. Regional League (RL) - Competition organised into geographical pools to reduce travel

Under 12 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-4 (2 pools of 10 teams)
- Victorian Junior League 5 (3 pools of 10 teams)
- Regional League (Remainder of teams, separated into geographical pools)

Under 14 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-3 (1 pool of 10 teams)
- Victorian Junior League 4 (2 pools of 10 teams)
- Victorian Junior League 5-8 (3 pools of 10 teams)
- Regional League (Remainder of teams, separated into geographical pools)

Under 16 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-3 (1 pool of 10 teams)
- Victorian Junior League 4 (2 pools of 10 teams)
- Victorian Junior League 5 and below (3 pools of 10 teams)
- Regional League (Teams and grades TBC)

Under 18 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-4 (1 pool of 10 teams)
- Victorian Junior League 5 and below (3 pools of 10 teams)
- Regional League (Teams and grades TBC)



Casey Cavaliers VJBL Team Structure

Casey Cavaliers Restructure of Junior Team Selections:

Casey Cavaliers will aim to fill the following teams for 2026/27

- U12 Boys - 12 Teams
- U12 Girls - 10 Teams
- U14 Boys - 12 Teams
- U14 Girls - 12 Teams
- U16 Boys & Girls - 8 Teams
- U18 Boys & Girls - 5 Teams
- U20 Boys - 2 Teams
- U20 Girls - 1 Team

Team Makeup

U12 + U14 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Teams 4/5/6/7/8 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level

Emerging Teams: Teams 9/10/11/12 - Give athletes a chance to develop their skills within a structured environment with direct practice planning by the Casey Basketball BDM & BDO's.

Team goals are purely developmental focused.

U16 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Teams 4-8 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level.

U18 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Team 4/5 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level.

Casey Cavaliers VJBL Team Structure Update



Team Practice

Teams 1-8 (U12 & U14 Boys + Girls)

Practice will remain the same.

1 x 2hr practice Sunday & 1 x 1.25 or 1.5hr practice midweek (court space dependant)

Sunday practice will be planned by Casey Basketball BDM/BDO & run by a Lead Coach.

Head & Assistant Coaches will receive session plans from the Lead Coach and coach their baskets based on the session plan & overseen by the Lead Coach. The midweek session will be run & planned by the teams Head/Assistant Coach.

Teams 9-12 (U12/14 Boys & U14 Girls)

Teams will practice twice per week

1 x 1hr practice Sunday & 1 x 1.5hr practice midweek

Both Sunday & Midweek sessions will be planned by Casey Basketball BDM/BDO & both sessions will be run by a Casey Basketball BDO or Staff Member.

Head & Assistant Coaches will receive session plans from the BDO and coach their baskets based on the session plan & overseen by the BDO.

All U16/18 Teams

Team practice will remain the same as previous seasons; any changes will be communicated with the teams directly.

For any further questions, please contact the CBA office at:
cavaliers@caseybasketball.com.au