



Jr. NBA & WNBA Basketball League Rules

Rules	1st & 2nd Grade	3rd & 4th grade
Game Format	3 vs 3	5 vs 5
Court	Halfcourt	Full-Court
Goal Height	8-foot	10-foot
Ball Size	Junior, 27.5"	Women, 28.5"
Quarters	Four 10-min quarters (continuous clock)	Four 10-min quarters (continuous clock)
Half-Time	5 minutes	5 minutes
Officials	Coaches	2 officials
Score Kept?	No	Yes
Stealing Allowed?	No	Yes
Back-Court Defense Allowed?	No	No
Fouls Called?	No	Yes (team fouls only)
Defense	man to man, no zone	Man-to-Man, 2-3 Zone
Double-Teaming Allowed?	No	No
Time-Outs	1 minute timeout per half	1 minute timeout per half
5-Seconds In The Lane Enforced?	No	Yes
Start Game With A Jump Ball?	No, home team gets ball first	Yes
Free Throws?	No	Yes, at regulation line or just inside of it
Traveling/Double Dribble	Coaches discretion	Yes
Overtime?	No	Yes