



JOY OF THE GAME JR NBA/WNBA GAME RULES

- 40 Minute games (PRE K-K will play 32 minute games)
- 50 Minute games (teams with 10 or more players)

- PRE-K to 4th Grade Boys League & All Jr. WNBA Leagues will use 28.5 basketball
- 5th to 8th Grade Boys League will use regulation basketballs

- PRE-K Boys League will play on 7ft baskets
- 1st-2nd Grade Boys League will play on 8'6" baskets
- 3rd-4th Grade Boys League, 5th-8th Grade Boys League & 5th-8th Grade Girls League will play on regulation 10ft baskets

- Substitutions will be made every 5 minutes (Pre K-K will sub every 4 minutes)
- PRE K – K will play 4 on 4 with a coach as a passer on the floor.
- Running clock games: clock will stop on substitutions for 30 seconds, timeouts and last minute of the first half and last two minutes of the second half
- 1 timeout in the first half and 2 timeouts in the second half

- Players get 6 fouls before they foul out
- The 7th foul of each half is an automatic point and one free throw for the bonus (except last minute of the game where you shoot the one-and-one)

- In SS1 (PREK-K) & SS2 (1st-2nd) all players must defend within the 3pt line.
- No press until the last two minutes of the game in leagues with grades from K-4th boys and girls.
- Press is allowed in 5th-8th grade boys and girls unless a team is winning by 10 points or more.

- Halftime is 2 minutes
- Overtime is sudden death – first team to score wins.