

JC Parks Boys & Girls Jr. NBA Basketball League Rules



	K	1	2	3	4
Game Format	3 v. 3	3 v. 3	5 v. 5	5 v. 5	5 v. 5
Court	Half-court	Half-court	Full-court	Full-court	Full-court
Goal Height	8-foot	8-foot	9-foot	9-foot	10-foot
Ball Size	Junior, 27.5"	Junior, 27.5"	Women, 28.5"	Women, 28.5"	Women, 28.5"
Quarters	Four 8-min. qtrs.	Four 8-min. qtrs.	Four 8-min. qtrs.	Four 8-min. qtrs.	Four 8-min. qtrs.
Clock	Continuous	Continuous	Continuous	Continuous	Continuous
Half-Time	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes
Officials	Coaches	Coaches	2	2	2
Score kept?	No	No	Yes	Yes	Yes
Stealing allowed?	No	No	Yes, once past half court	Yes, once past half court	Yes, once past half court
Back-court defense allowed?	N/A	N/A	No	No	No
Fouls called?	No	No	Yes	Yes	Yes
Can a player foul out?	No	No	No	No	No
Defense	Man to Man, no Zone	Man to Man, no Zone	Man to Man, no Zone	Man to Man, no Zone	Man to Man, no Zone
Double-teaming allowed?	No	No	No	No	No
Time outs	None	None	1-min. time out, per team, per half, no carry over from 1st half.	1-min. time out, per team, per half, no carry over from 1st half.	1-min. time out, per team, per half, no carry over from 1st half.
5-seconds in the lane enforced?	No	No	No	No	Yes
Start game with a jump ball?	No	No	Yes, at half court	Yes, at half court	Yes, at half court
Can jewelry be worn?	No	No	No	No	No
Free-throws?	No	No	Yes, at the regulation line or just inside it, on shooting fouls only.	Yes, at the regulation line or just inside it, on shooting fouls only.	Yes, at the regulation line or just inside it, on shooting fouls only.

K-1:

When a **change of possession** occurs, the team gaining possession must dribble or pass the ball (without pressure) past the three point line and check it with the opposing team before play begins. After checking the ball, a **player cannot dribble or shoot to start play**. The player with the ball must pass to a teammate outside the lane. Any first pass made in the lane may result in a turnover. The defense must allow the first pass to be made as long as it is outside the lane.

All Grades:

Each player must receive **equal playing time**, which should be at least 16 minutes per game.

Rough play will not be allowed. Players will be removed from the game if fouls are intentional.