



Smyrna Jr. NBA League Rules

Game Time & Forfeit

- Teams must have **at least 4 players** to start.
- If the **5th player** isn't there by the **start of the 3rd quarter**, the team **forfeits**.
- Teams with only **3 players** at game time have **10 minutes** to find a 4th player or **forfeit**.
- In the event of a forfeit, players from the opposing team may **join the short-handed team** so a game can still be played.

General Rules

- **5-on-5** play.
- **Goal height:** 8 feet for 6-8 Year Olds and 10 feet for 9-16 Year Olds

- **Ball size:** 6-8 Year Olds 25.5 inches and 9-16 Year Olds 29.5 inches
 - **Home team** is listed **first** on the schedule.
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Game Length & Clock

- **Two (2) 15-minute quarters**
 - **Running clock**, except for the **final 2 minutes of each half**.
 - If a team leads by **15+ points**, clock **stays running** (except for time-outs and technicals).
 - **Clock stops** for:
 - All **technical fouls**
 - **Free throws** (Upper Division only, ages 9–16)
 - **Mid-quarter substitutions- 7min mark**
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Timeouts

- **3 total** per game (each 30 seconds)
 - **Not allowed** in the **last 2 minutes** of each half.
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Playing Time & Fouls

- All players must play **equal time** (every sub must check in). 7min substitution mark
- **No overtime.**
- Players **do not foul out**, but **rough play is not allowed**. Only applies for Juniors/ Seniors Division.
- Foul out- 5 fouls applied to Superstars/ Elites Division.

- **Staff referees** — games officiated by Smyrna Jr. NBA staff.
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Offense Rules

- **Free throw = 1 point**
 - **Shooting foul on missed shot:** 2 free throws.
 - **Shooting foul on made shot:** Count basket + 1 free throw.
 - **Lane violation:** 4 seconds. Only applies to Superstars/Elites Division
 - **Traveling** called loosely when player stops with the ball. Only applies to Junior Division. Does not apply for Seniors/Superstars/ Elites Division.
 - If a team leads by **20+ points at halftime**, **clear the score** before halftime free throws.
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Defense Rules

- After a made shot by the offense, defenders must **retreat past half court**. This applies to all divisions except the Elites division .
- After a missed shot, the offensive team may secure the rebound and advance the ball to initiate a fast break. This rule applies to all divisions.
- **1st Half:** Half-court **2–3 zone** defense. Applies to all divisions except the Elites division.
- **2nd Half:** 2–3 zone or Half-court man-to-man .
- **No double-teaming.**
- **No pressing.**