



SMYRNA JR. NBA LEAGUE RULES

GAME TIME AND FORFEIT: Teams must have at least four (4) suited players to start a game. If the team does not have their 5th player by the start of the 3rd quarter, that team must forfeit the game. If a team only has three (3) players by game time, they will be allowed ten (10) minutes to produce a 4th player. If a team cannot do so, then they must forfeit that game. In the event of a forfeit the opposing team players may join the opposite team so the game can start.

General

- 5 on 5 Games
- Goal Height: 10-12 Foot.
- Ball size-Juniors:Ages: 6-8: 25.5 inches
Seniors:Ages: 9–11: 27.5 inches

- Home team is listed first on the schedule.

Game Length, Game Clock and Fouls

- Game play - 4 (7 minute quarters) running clock.
- All divisions will have a running clock with the exception of the final two minutes of each half. If one team is ahead by fifteen (15) or more points, the clock will remain running, except for time-outs and technical fouls.
- The clock will stop for all technical fouls.
- The clock will stop for free throws ONLY in the Upper Division (9* -11*).
- All divisions will have a running clock with the exception of the final two minutes of each half.

TIME OUT: 3 per game (30 sec)

Time/ Fouls

Each player must play equal time (every sub must be checked in)

- Clock stops for subs halfway through the quarter.
- No overtime.
- A player cannot foul out however, rough play is not allowed.
- No official referees

Offence

Free throw = 1 pt

- Shooting foul on missed shot = 2 free throw
- Shooting foul on made shot = count the shot and shoot 1 free throw.
- 4-second lane violation
 - Traveling is called loosely when the ballhandler comes to a stop.
- Timeout - 3 (30-second) timeout per game.
- If lead is 20 pts. or greater at halftime, clear the score before Halftime Free Throws.

Deffence

- After Offence shot -Deffence players must cross half court line
- 1st half -Half-court 2-3 zone
 - Half court man-to-man
- No double teaming
- No pressing.