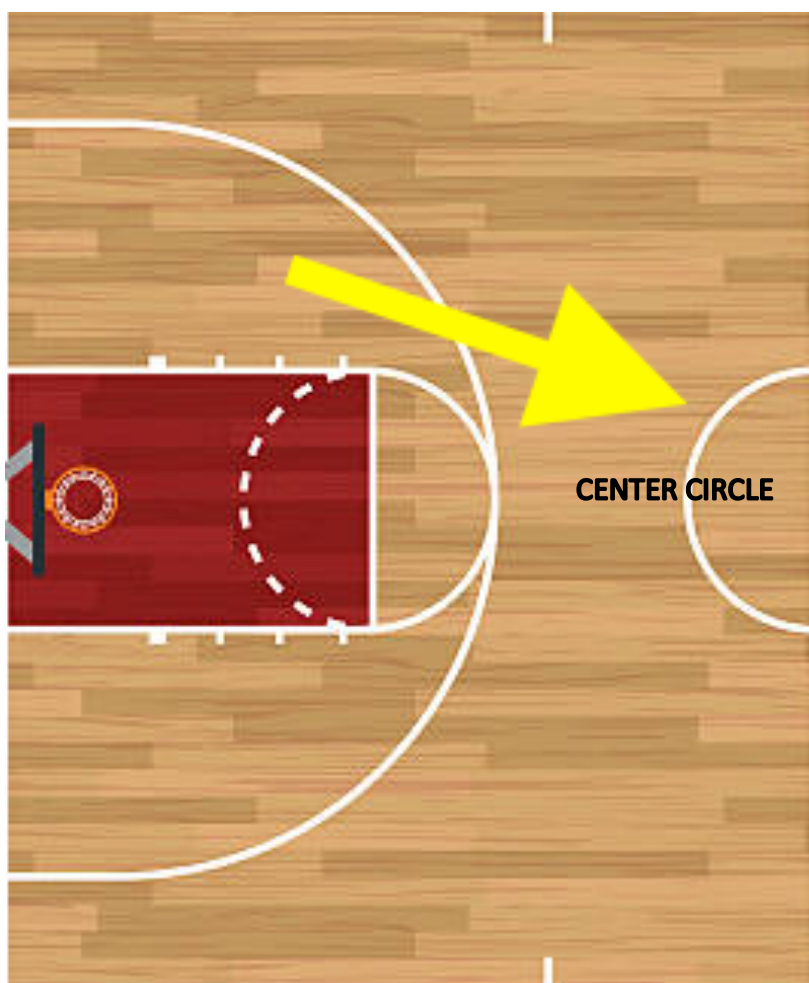




2022-2023 JR. NBA 1st & 2nd GRADE RULES

The Basics

1. Game format - 3 vs 3 or match what the opposing team has without exceeding 3.
2. Court – half court
3. Officials – coaches
4. Goal Height – 8 – feet
5. Ball Size – Junior, 27.5”
6. Man-to-Man defense
7. Home team will start with the basketball
8. When a possession change of the basketball occurs, the offensive team must return it to the center circle, via dribble or pass, to be able to score. **Take backs off a rebound, or stolen pass are “free”, no stealing from the other team until ball is returned to center circle.**



Timing

1. 40-minute game with four 10-minute quarters – continuous clock.
 - a. 5-minute halftime
2. Mandatory substitutions will occur at the 5-minute mark of the quarters.
 - a. **Every kid will play 20 minutes or two quarters of basketball.**
3. One parent from the away team will oversee running the clock during the game.
 - a. Coaches will be in charge of asking for a volunteer.
4. Teams will be allowed 1 timeout per half.
 - a. Timeouts do not carry over into second half.

Scoring

1. Scoring will not be kept and there will be no overtime.
2. Free throws will not be shot. If a foul occurs, the team will maintain possession of ball, but return to the center circle to start the offense.

Offense

1. Ball must start in center circle every possession.
2. Traveling/double dribble will be at coaches' discretion, but it is encouraged to become stricter as the season progresses.
3. If team scores on offense, the ball will start in the center circle with the opposing team on offense.

Defense

1. Defensive team must stay inside of 3-point line.
2. **No on-ball stealing is allowed but passes may be stolen IF inside the 3-point line.**
3. If a foul is committed, it is encouraged for coaches to teach their players, and the offensive team will return ball to the center circle to start offense.
4. A player can't foul out, but rough play will not be tolerated.
5. If player on defense rebounds a shot or steals a pass, they may dribble or pass it, but the ball must return to the center circle before they can score. "Free take-backs" are allowed during this possession change.

Game of The Week

1. Every team will have a game of the week.
2. The week leading up to the game of the week, teams will be introduced via social media.
3. Format will be full court 3vs3.
4. Announcer will introduce both teams with music and lineup introductions.
5. Jump ball will determine possession.
 - a. Only the two kids jumping can be in the center circle.
 - b. One coach will toss the ball up.
6. **Ball return to center circle will not take in effect if game is in full court unless: 1) start of quarter 2) out of timeout 3) dead ball, jump ball, or foul occurs**
 - a. **Ball must be taken out of bounds off a made basket**