



2022-2023 JR. NBA/WNBA 3rd & 4th GRADE RULES

JR. WNBA

The Basics

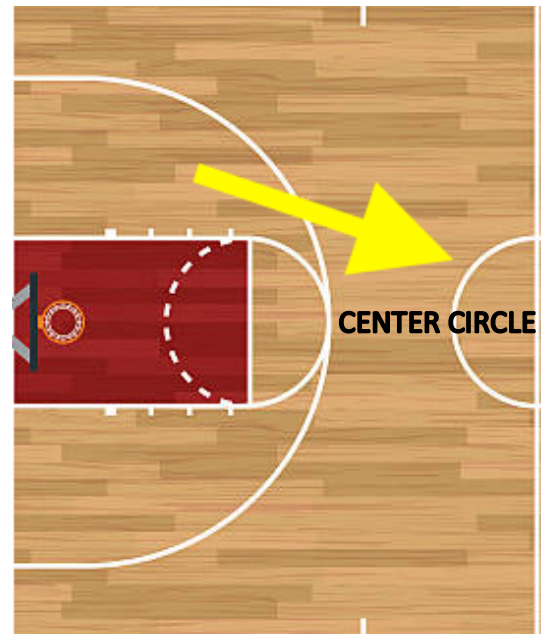
1. Game Format – 3 vs 3 or match what the opposing team has without exceeding 3.
2. Court – Full-court
3. Officials – 1 official
4. Goal Height – 10-foot for boys & 9-foot for girls
5. Ball Size – Junior, 27.5”
6. Man-to-man defense: **must stay inside of 3-point arc for the first 3 quarters of the game.**
 - a. Players may guard who they want at coaches’ discretion.
 - b. No double teaming is allowed.
7. When a possession change occurs, the team without the ball must return to the other side of the court.
8. A jump ball will determine the possession

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 be in charge of running the clock during the game.
4. Teams will be allowed 1 timeout per half.
 - a. Timeouts do not carry over into second half.
5. OT – 3-minute running clock
 - a. If teams are still tied after time runs out, then coin toss will determine who wins.
 - b. Coaches may insert any lineup they choose for OT.

Fouls

1. Non-shooting fouls will result in the ref handing the ball to the offensive player in the center circle. Once ball is handed to player, it is considered live and player may dribble, pass, or shoot.
2. Shooting foul will result in an automatic point and the offensive team gets the ball back.
 - a. Referee will hand them the ball in the center circle, then it is considered live.
 - b. If offensive team scores on the foul, they will be awarded 2 points for the basket and 1 point for the foul as well as ball back.



3. If it is an offensive foul, the opposing team will get the ball.
4. **After 10 team fouls, 1 point will be awarded to the team who is fouled regardless of whether it is a shooting foul or not.**
 - a. Team fouls will reset after halftime.

Scoring

1. All baskets will be worth 2 points, except when fouled which are worth 1 point.
2. Scoring will be kept during the games.
3. If team scores, they must get back on defense and the opposing team must throw it in from the baseline.

Offense

1. Offense will start in the center circle off any foul or dead ball.
 - a. Once ref hands ball to player, it is considered live.
2. As season progresses, we will become stricter on all traveling, double dribble, and 5 seconds in the lane.
3. Backcourt will be called at referee's discretion.

Defense

1. Man-to-man defense – help defense will be allowed, but no double-teaming.
2. **Defense must stay inside of 3-point arc for the first 3 quarters of the game.**
3. Stealing is allowed.
4. If foul is committed, the offensive team will start with basketball inside of the center circle.
 - a. After ref hands the ball inside the center circle, it will be considered live.
5. A player can't foul out, but rough play will not be tolerated.
6. After 10 team fouls, 1 point will be awarded to the team who is fouled regardless of whether it is a shooting foul or not. Team fouls reset after halftime.

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, players will be introduced via social media.
3. Announcer will introduce both teams with music and lineup introductions.
4. Jump ball will determine possession.
 - a. Only the two kids jumping can be in the cylinder
 - b. Referee will toss ball up.