

NORTHWEST BASKETBALL ASSOCIATION

2025-2026

BOY'S RULES AND REGULATIONS

XI. NBA SUMMARY OF RULES.

PLEASE DO NOT BRING BASKETBALLS TO THE GYM!

AGE

RULE	6,7,8	9	10	11	12	13/14
Time per Quarter (minutes)	6	6	6	6	6	6
Time per Overtime (minutes)	2	2	2	2	2	2
Timeouts per Game	4 full	4 full	4 full	4 full	4 full	4 full
Time in Lane (seconds)	5	5	5	3	3	3
Ball Size	Jr. 27.5	Women's 28.5	Women's 28.5	Women's 28.5	Men's 29.5	Men's 29.5
Maximum Overtime Periods	2 *	2 *	2 *	2 *	2 *	2 *
Full Court Press Allowed?	NO-Half Court Only	NO-Half Court Only	Yes- Full Court **	Yes- Full Court **	Yes- Full Court **	Yes- Full Court **
Short Free Throws?	Yes Approx 9 ft	Yes Approx 9 ft	No	No	No	No
Substitution 1st & 2 nd Q	NO Substitutions 1st Half	Free Substitution	Free Substitution	Free Substitution	Free Substitution	Free Substitution

*- If game is still tied after two overtime periods, free throws will be shot alternately by each team with players on the floor at the end of the second overtime, after complete rounds of shooting by both teams. The team that makes the most shots will be declared the winner.

** - No press allowed if ahead by 20 or more points. Teams must stay inside the 3-point line. See rule V. Sportsmanship, item B. page 5.