

Jr Cowboy/Cowgirl Basketball Guidelines

Guidelines	K-2 nd Grade	3 rd -4 th Grade	5 th -6 th Grade
Size of Ball	27.5"	28.5"	28.5"
Height of Basket	8'	9'	10'
Distance of Free Throw	11'	13'	15'
Free Throw	K – none, 1 st /2 nd -all shooting fouls result in 2 shots, non-shooting fouls are throw in. One and one at 7 fouls, 2 shots at 10 fouls.	All shooting fouls result in 2 shots, non-shooting fouls are throw in. One and one at 7 fouls, 2 shots at 10 fouls.	All shooting fouls result in 2 shots, non-shooting fouls are throw in. One and one at 7 fouls, 2 shots at 10 fouls.
Game Length	Four 8-minute periods	Four 8-minute periods	Four 8-minute periods
Time Between Periods	2 minutes	1 minute	1 minute
Extra Periods	None	None	Sudden death
Scoring	K no score. Reset score after each period. No 3-point field goals.	No 3-point field goals	3-point from 19'9" line
Time Outs	None, longer time between periods	3 per game per team, 30 seconds	3 per game per team, 30 seconds
Start of Game Possession	Coin Flip	Jump Ball, possession arrow for 2 nd , 3 rd , 4 th quarter.	Jump Ball, possession arrow for 2 nd , 3 rd , 4 th quarter.
Jump balls and stop of play	Possession arrow	Possession arrow	Possession arrow
Playing Time	Equal playing time. Clock stops for 15 seconds at 4-minute mark of each period for subbing.	Equal playing time. Clock stops for 15 seconds at 4-minute mark of each period for subbing.	Equal playing time periods 1-3, coach discretion 4th
Set Defense	Only player to player, use wristbands provided to team	Only player to player, use of wristbands optional, coach discretion	Coach discretion
Pressing Defense	Not allowed	Player to player allowed in full court in 4 th period	Coach discretion
Double Team/Crowding	Not allowed	Not allowed, help defense okay	Coach discretion
Stealing from Dribbler	Not allowed	Coach discretion	Coach discretion
5 Seconds Closely Guarded	N/A	Only when offensive player is holding the ball	Only when offensive player is holding the ball
Back Court Timeline	N/A	10 seconds	10 seconds
Clock Stoppage	Running clock except for timeouts and all whistles during the last 2 minutes of each half. Running clock if a team is up by 10 or more points in the 2 nd or 4 th period.	Running clock except for timeouts and all whistles during the last 2 minutes of each half. Running clock if a team is up by 10 or more points in the 4 th period.	Running clock except for timeouts and all whistles during the last 2 minutes of each half. Running clock if a team is up by 10 or more points in the 4 th period.