



## SUFFIELD PARK AND RECREATION YOUTH BASKETBALL 2026 MARCH MANIA TOURNAMENT RULES

### COACHES' RESPONSIBILITIES

- Encourage and instruct players.
- Ensure that no rough play is taught or encouraged.
- Teach and model good sportsmanship.
- Provide all participants with a fun and enjoyable experience.

These rules serve as modifications to the National Federation of High School Basketball Rules.

### **Division: Boys Grades 3-4**

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#### I. TEAMS / PLAYERS / EQUIPMENT

1. Five (5) players constitute a team. Teams must begin with five (5) players but may continue with fewer.
2. Players must wear their team jersey during games.
3. Rubber-soled footwear is required.
4. Long hair must be tied back; fingernails must be trimmed. No dangerous equipment (e.g., hard casts) is allowed.
5. Jewelry of any kind is prohibited.

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#### II. THE GAME

1. Four (4) nine-minute quarters.
  - Running clock except final two (2) minutes of the 2nd and 4th quarters, timeouts, and injuries.

2. One (1) minute breaks after the 1st and 3rd quarters.
3. Three (3) minute halftime (time permitting).
4. Three (3) one-minute timeouts per team per game.
  - One (1) timeout per overtime.
  - No carryover of unused timeouts.
5. Jump ball to start; alternating possession thereafter.
6. Substitutions must report to the scorekeeper.
7. Defense:
  - Zone defense allowed at all times.
8. Full Court Pressure:
  - Not allowed with a 20-point lead.
  - Offensive team must retreat to half court after rebound.
  - Pressing allowed only in final four (4) minutes and when score difference is 15 points or less.
9. Double-teaming is allowed.
10. Backcourt violations enforced.
11. Player fouls out on sixth (6th) foul.
12. Technical fouls count toward personal fouls.
13. Two (2) technical fouls = ejection.
14. Bench technicals count as team fouls.
15. Three (3) technical fouls = forfeiture.
16. Technical or intentional fouls result in two (2) free throws.

**17. Free Throw Rules:**

- Shooting fouls: two (2) or three (3) shots.
- One-and-one on 10th team foul.
- Double bonus on 13th team foul.

18. Ten (10) seconds to shoot free throws.
19. Ten (10) seconds to cross half court.
20. Ball Size: 28.5".

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### III. VIOLATIONS

- Traveling, double-dribble, palming the ball.
- Ball out of bounds.
- Five (5) seconds in the lane.
- Held-ball (alternating possession).
- Ten (10) seconds free throw limit.
- Five (5) seconds to inbound.
- Ten (10) seconds to cross half court.

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### IV. OTHER RULES

1. Referee decisions are final.
2. Scorekeeper records are official.
3. Rosters must be submitted prior to first game.
4. Games played on 10-foot hoops.
5. Timeouts may be called during possession or dead-ball
6. Coaches must complete score sheets before beginning of game.

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### UNIFORMS

- Teams must supply matching uniforms with visible numbers.

### ROSTER SUBMISSION

Every team must submit a full roster before their team's first (1st) game of the tournament. Only players listed on the roster will be eligible to compete for a team. Each player's full name, jersey number and personal information must be listed on a team's roster before the first (1st) game of the tournament. The rosters must be completed by completing our Google Form listed below.

<https://docs.google.com/forms/d/e/1FAIpQLSfcHUIqlRFnXe1HLPJnRBmupI5Bn3O69qHkqNVIiFkJ5UWSg/viewform?usp=publish-editor>

#### ROSTER VIOLATIONS

- Violations may result in forfeiture, suspension, or expulsion.

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#### UNSPORTSMANLIKE CONDUCT

- Swearing, taunting, or arguing results in a technical foul.
- Inappropriate spectators will be removed.

#### PHYSICAL ALTERCATIONS

- Any physical altercation results in immediate ejection.

#### GRADE LEVEL ELIGIBILITY

- Based on the 2025–2026 school year.

#### OVERTIME

- First overtime: Two (2) minutes.
- One (1) extra timeout if all were used.
- Second overtime: First team to score a basket wins the game.