



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

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. Games consist of two (2) sixteen (16)-minute stop clock halves.
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.

5. Jump ball to start; alternating possession thereafter.

6. Substitutions must report to the scorekeeper.

7. Defense:

- Zone defense allowed at all times.

• Once a defensive rebound is secured, the team without possession of the ball must retreat to half-court.

8. Full Court Pressure is allowed only:

- In the Final (4) minutes of second (2nd) half only.
- When the score differential is twenty (20) 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.
- Bonus (1-and-1) begins on 10th team foul of the half.
- Double bonus on 13th team foul of the half.
- Free Throws will be taken from behind the foul shot line.
- Players are allowed six (6) personal fouls.

18. Ten (10) seconds to shoot free throws.

19. Ten (10) seconds to cross half court.

20. Ball Size: 28.5".

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/1FAIpQLSfcHUJql_RFnXe1HLPJnRBmupI5Bn3O69qHkqNVliFkJ5UWSg/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) time out per team per overtime.
- Second overtime: First team to score a basket wins the game.