

Ascension St. John Sportsplex – Youth Basketball Official Rules – Grade 3 & 4

Pre-Game

- All teams must check in at the score table before the game and record each player's jersey number on the printed roster.
 - Warm-ups will take place prior to the game start.
-

Team Composition

- A team must have a **minimum of 4 players and a maximum of 5 players on the court** at all times.
 - Teams may carry as many players on their roster as desired.
 - Substitutions are allowed during stoppages in play and must occur in the designated substitution area.
-

Court & Ball Specifications

- Games will be played on a regulation court with **10-foot hoops**.
 - Teams will use a **28.5" basketball (Size 6)**.
-

Game Duration

- Games consist of **four (4) quarters**, each **6 minutes** long.
 - **Halftime break:** 5 minutes.
 - The clock will **stop on all whistles** during the final minute of each half.
 - Each team receives **two (2) 1-minute timeouts per half** (timeouts do not carry over to the next half).
-

Scoring

- Field goals inside the three-point line = **2 points**.

- Field goals beyond the three-point line = **3 points**.
 - Free throws = **1 point**.
-

Gameplay

- Players must **dribble while advancing the ball**. Leniency will be given for traveling violations at this age level.
 - However, **excessive traveling** may result in a turnover.
 - Standard basketball rules apply for passing, shooting, free throws, and screening.
-

Defense

- All standard defensive schemes are allowed **except full-court pressing**.
 - **No pressing is permitted** at this age level.
 - Standard rules apply—**no physical contact** beyond legal defensive actions.
-

Fouls

- Players **foul out after five (5) fouls**.
 - If a team has fewer than four (4) eligible players due to fouls, the game is **forfeited**.
 - There is **no "3-second" violation in the paint** for this age group.
-

Coaching Guidelines

- Coaches must maintain a **positive atmosphere** at all times.
- Interaction with parents is only permitted in case of **injury or emergency**.
- Coaches must remain calm and respectful during timeouts and stoppages.
- **Foul language is strictly prohibited** and will result in disciplinary action.
- A maximum of **two (2) coaches** may be on the bench.
 - Only **one (1) coach may stand** during gameplay.

Officiating

- **Parents may not speak to officials** under any circumstance during play.
- Coaches may address officials **respectfully and appropriately**.
 - Disrespectful behavior may result in a **technical foul** or **removal from the game**.
- To file a complaint about officiating, email: **leagues@titansportscomplex.com**.

Sportsmanship

- Players, coaches, and spectators must display **good sportsmanship** at all times.
- Players must **shake hands** with the opposing team after the game.
- **Violent or disrespectful behavior** may result in a **technical foul** or **ejection**.
 - Any player or coach receiving **two (2) technical fouls** must leave the bench area and cannot return for the remainder of the game.

Final Note

Rules are established to ensure **fair play, safety, and enjoyment** for all participants.

The Sports Coordinator reserves the right to modify rules or schedules at any time for the benefit of league operations.

Thank you for your cooperation and commitment to a positive youth sports experience!