

Ascension St. John Sportsplex – Youth Basketball Official Rules – Grade 5 - 8

Pre-Game

- Teams must **check in at the score table** prior to each game and record each player's jersey number on the printed roster.
 - Teams will be given time to **warm up before the game begins**.
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Team Composition

- A minimum of **four (4)** and a maximum of **five (5)** players must be on the court at all times.
 - There is **no roster limit**—teams may carry as many players as desired.
 - Substitutions are permitted during **stoppages in play** and must be made within the **designated substitution area**.
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Court & Ball Specifications

- **All games use 10-foot goals.**

Ball Sizes:

- **5th–6th Grade:**
 - Boys: **Size 7 (29.5")**
 - Girls: **Size 6 (28.5")**
 - **7th–8th Grade:**
 - Boys: **Size 7 (29.5")**
 - Girls: **Size 6 (28.5")**
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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).
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Scoring

- **2 points** for baskets inside the three-point line.
 - **3 points** for baskets made beyond the three-point line.
 - **1 point** for each successful free throw.
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Gameplay

- Players must **dribble while advancing the ball**.
 - **Traveling leniency** is given to 3rd/4th graders only—**not applicable for 5th–8th grade**.
 - Standard basketball rules apply to **passing, shooting, free throws, and screening**.
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Defense

- **Pressing is not allowed** at this age level.
 - All other standard defensive schemes are permitted.
 - **No physical contact** beyond legal defensive play is allowed.
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Fouls

- Players **foul out after five (5) personal fouls**.
 - If a team is reduced to fewer than four (4) eligible players due to fouls, the game is **forfeited**.
 - There is **no 3-second violation** in the paint at this level.
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Coaching Guidelines

- Coaches must maintain a **positive and respectful environment** at all times.
 - **Do not interact with parents** during the game except in case of emergency or injury.
 - Coaches must remain **respectful and calm**, including during timeouts and stoppages.
 - **Foul language is strictly prohibited** and may result in disciplinary action.
 - A maximum of **two (2) coaches** are allowed on the bench.
 - Only **one (1) coach may stand** during gameplay.
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Officiating

- **Parents are prohibited** from speaking to officials during games under any circumstances.
 - Coaches may address officials in a **respectful and appropriate manner**.
 - Failure to do so may result in a **technical foul** or **removal from the game**.
 - Complaints about officiating should be submitted via email to:
leagues@stjohnsportsplex.com
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Sportsmanship

- All players, coaches, and spectators must demonstrate **respect and good sportsmanship** at all times.
 - Players are expected to **shake hands with the opposing team** after each game.
 - **Violent or disrespectful behavior** may result in a **technical foul** or **ejection**.
 - A player or coach receiving **two (2) technical fouls** must leave the court area for the remainder of the game.
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Important Note

These rules are designed to promote **fair play, safety, and fun** for all participants in the Titan Sports Youth Basketball League.

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

Thank you for your cooperation and commitment to creating a positive experience for all players!