

RULES SUMMARY **Winter 2026-2027**



Player Participation

7 or more players

Player MUST play: One FULL (uninterrupted=no subbing) quarter EACH half. Total of two FULL quarters (no subbing in/out).
Player MUST sit: One FULL (uninterrupted=no subbing) quarter EACH game.
Only 6 players: All players MUST play 3 FULL quarters

*See official rules for complete rules

Burke REC	Clock	Hoop Height	Ball Size	Free Throw line	Timeouts	Defense	Double Teaming (Help Defense)	Press (Backcourt)	Other
Boys 2, 3 Girls 2/3	9' running (NO stop) * Score kept until difference is >20. Then scores reset to 0-0 and no longer tracked	8 feet	compact (28.5)	moved up ~3feet	2- 30sec per half	Man-to-Man ONLY *within 4' of player	OK in front court lane "Help" OK, but must return	NOT allowed EXCEPT on fast break	* 6 seconds for lane violation * must allow offense to dribble into front court * players line up for defensive assignments * First 3 games: ball handling violations explained and ball returned to offense
Boys 4 Girls 4	9' running stops free throw + last 2' of Q4	9 feet	size 6 compact (28.5)	moved up ~3feet	2- 30sec per half	Man-to-Man ONLY *within 4' of player	OK in front court lane "Help" OK, but must return	ALLOWED in transition <u>prohibited</u> when team leads by 15 or more points NOT on any inbounds	* normal 3 second lane violation * players line up for defensive assignments
Boys ADV 3/4	9' running stops free throw + last 2' of Q4	10 feet	size 6 compact (28.5)	standard	2- 30sec per half	ANY Man-to-Man encouraged	ALLOWED	ALLOWED <u>prohibited</u> when team leads by 15 or more points	
Boys 5 Girls 5/6	9' running stops free throw + last 2' of Q4	10 feet	size 6 compact (28.5)	standard	2- 30sec per half	Man-to-Man ONLY *within 4' of player	OK in front court lane "Help" OK, but must return	ALLOWED in transition <u>prohibited</u> when team leads by 15 or more points NOT on any inbounds	
Boys 6, 7, 8 Girls 7/8	9' running stops free throw + last 2' of Q4	10 feet	B: standard G: compact	standard	2- 30sec per half	ANY	ALLOWED	ALLOWED <u>prohibited</u> when team leads by 15 or more points	* No contact with main or side rims * No hanging on main or side nets
Boys 9/10 and 11/12	9' running stops free throw + last 2' of Q4	10 feet	size 7 standard (29.5)	standard	2- 30sec per half	ANY	ALLOWED	ALLOWED <u>prohibited</u> when team leads by 15 or more points	* No dunking or contact with <u>any</u> rim at <u>any</u> time in <u>any</u> gyms. No hanging on any nets.

General Rules Highlights

Jewelry: NO Jewelry (no earrings, no string bracelets, no necklaces, no barrettes).
Earrings may NOT be taped.
 Medical/religious excepted (must be taped down).
Casts/Splints: No hard casts. No hard splints
Coach + Player area: Only 2 coaches permitted in bench area. No extra youths allowed. (Ref/LD may make exceptions when necessary)
Coaches: MUST respect officials. WILL NOT argue calls. Must control player/assistant coach/parent/spectator behavior
Game Start: May delay 5 minutes if required number of players is expected to arrive
 MUST start if 4 players are in attendance
Players: ONLY rostered players may play. May NOT borrow or swap to constitute an official game
Bonus Shots: 2 shots awarded beginning the 5th team foul in each quarter
Scorebook/Clock Keeping: Each team provides one person to keep the book or run the clock. Volunteers may not coach and should remain impartial.

Shade in box for quarter when player sits out

Player #	Q1	Q2	Q3	Q4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



FCPS Facilities: 703-609-8870

Adhear to Coaches Code of Conduct
 (NO arguing with officials)



Weekends/Weekdays after 5pm

NO food or drink (other than water) allowed in the gyms at ANY time