

RULES SUMMARY **Winter 2025-2026**



7 or more
players

Player MUST play: One FULL (uninterrupted=no subbing) quarter EACH half.
 Total of two FULL quarters (no subbing in/out).
 * If 6 or fewer players: All must play three FULL quarters

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 second 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 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 prohibited 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 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 Man-to-Man encouraged	ALLOWED	ALLOWED prohibited when team leads by 15 or more points	* No contact with main or side rims
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 prohibited 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

Shade in box for quarter when player sits out

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

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.

FCPS Facilities: 703-609-8870

Weekends/Weekdays after 5pm: One person can call the Neighborhood and Community Services on-call staff.

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