



# Burke Basketball

## LOCAL RULES AND GENERAL INFORMATION LEAGUE POLICY

If a gym is not open by 15 minutes after the scheduled start time, call the Fairfax County Community & Recreation Facility Hotline. The Evenings and Weekends number is (703) 609-8870.

[www.BurkeBasketball.org](http://www.BurkeBasketball.org)  
SPRING | 2025

*Referee Pre-Game Checklist*

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**15 MINUTES PRIOR TO GAME TIME**

- Arrive at the gym
- Review this Local Rulebook for any special court rules for that age group (be sure to bring a copy of the rulebook to the game)

**10 MINUTES PRIOR TO GAME TIME (OR AS SOON AS THE PREVIOUS GAME IS COMPLETED AND THE GYM IS CLEARED)**

- Set the game clock to expire one minute before the scheduled start time. (see Note 1 below)
- Check with each coach to ensure that:
  - Players' names are entered in the scorebook
  - Timekeeper and scorekeeper are assigned
  - The participation rules are understood
  - Any special court rules are understood
  - A Volunteer Building Director is on duty
- Check with timekeeper and scorekeeper to ensure they understand their duties
- Find a game ball from the home team coach

**1 MINUTE PRIOR TO GAME TIME**

- Blow the whistle and clear the court. (See Note 2 below)
- Make sure the timekeeper resets the clock to the proper # of minutes
- START THE GAME ON TIME

*Notes: For games in the 2nd/3rd Grade Leagues:*

*1. Set the clock to expire two minutes before game time.*

*2. Hustle the coaches and players quickly back onto the court. This will give the coaches the extra time needed to make defensive guarding assignments.*

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## 1 General Information

### 1.1 Program Objective

The primary objective of Burke Basketball is to provide a positive and constructive environment for the youth of our community to learn to play and enjoy the game of basketball. The goals of our league are not only to provide instruction on the fundamentals of the game, but also to promote sportsmanship, team play, self-discipline, and fair play. Coaches, players, parents, and fans must conduct themselves in a manner reflecting these goals.

### 1.2 Season

The spring season runs from April through Mid-June. There are no end-of-season tournaments.

Leagues are scheduled for 8 regular season games.

### 1.3 League Structure

The structure for the leagues is shown below. Players may play up (i.e., in an older age group) with the permission of the parents and the League Director. Players may not play down (i.e., in a younger age group).

Player grades in the current school year:

Boys 2<sup>nd</sup>/3<sup>rd</sup>

Boys 4<sup>th</sup>/5<sup>th</sup>

Boys 6<sup>th</sup>/7<sup>th</sup>

Boys 8<sup>th</sup>/9<sup>th</sup>/10<sup>th</sup> - Junior Varsity

Boys 11<sup>th</sup>/12<sup>th</sup> –Varsity

Girls 2<sup>nd</sup>/3<sup>rd</sup>

Girls 4<sup>th</sup>/5<sup>th</sup>

Girls 6<sup>th</sup>/7<sup>th</sup>

Girls 8<sup>th</sup>-12<sup>th</sup>

### 1.4 Player Eligibility

Players in grades 2 through 12 are eligible to play in Burke Basketball. Player grade is determined at the beginning of each school year. All players must complete the online registration form. Once leagues have reached capacity within age groups, waiting lists will be developed if needed and additional players will be taken on a first come first served basis and at the discretion of the League.

### 1.5 Player Evaluations

Player evaluations will not be held for the spring season.

## 1.6 Notifications

Coaches are responsible for notifying all players and parents of the rules, regulations, and schedules.

## 1.7 Practices

There may be selected weekly practices during the Spring season. The 2<sup>nd</sup>/3<sup>rd</sup> grade leagues will have one practice during the week. The older grades will have one practice at the beginning of the season.

## 1.8 General Rules

All games will be in accordance with the National Federation of State High School Association's rules for basketball as modified by the rules set forth in this publication.

## 1.9 Standings

Game records and standings will not be maintained for the Spring season.

## 1.10 Cancellations

Games will be canceled when schools/gyms are closed due to inclement weather or non-availability. The League Director in coordination with the scheduling director will reschedule canceled games, if possible. Note that Friday closures do NOT necessarily affect weekend games. As with school day closings, Fairfax Cable Channel 21 announces countywide weekend closures. Note that games canceled due to forfeiture on the day of the game will not be rescheduled.

## 1.11 Communication

Burke Basketball relies upon Internet communication and the Demosphere app as the primary modes of communication from League Staff to participating players, coaches, and their families. The League website [www.BurkeBasketball.org](http://www.BurkeBasketball.org) should be checked regularly during the season for schedule changes, new information, and events or to ask questions or make comments via the email web link. For those participants without Internet access, please telephone a coach or staff member directly to make inquiries.

## **2 Team Formation**

### **2.1 Player Selection**

Players will be assigned to teams by the league and by request.

## 3 Courts and Equipment

### 3.1 Facility Usage

All teams will follow Fairfax County Department of Recreation (FCDR) building rules and regulations, plus any school-specific rules. It is a requirement that a Volunteer Building Director (VBD) is present and watchful during any and all activities in gyms that are being used by Burke Basketball. We recommend that all parents become VBDs. During games, coaches and assistant coaches on the bench, or table personnel, may NOT act as the VBD. Instructions for becoming a VBD can be found on the Burke Basketball website.

Burke Basketball coaches, players, parents, and fans are guests of the schools. As such they are expected to follow all directions and requests given by all members of school staff.

The following are excerpts from the Recreation Department Regulations as they apply to our league:

- 1) Food and beverages are NOT permitted in the gym; ONLY clear water is permitted in the gym;
- 2) Use of the facility is restricted to the area of the gym assigned;
- 3) Participants must wear appropriate athletic shoes while engaged in an activity in the gym. Any shoes that mark or damage the floor are prohibited;
- 4) Bouncing, dribbling or throwing a basketball in areas other than the gym is prohibited, and may result in a technical foul being assessed;
- 5) Smoking is not permitted in the building;
- 6) No immoral or unbecoming conduct is permitted; no alcoholic beverages may be served or consumed, and no gambling may take place on school property;
- 7) The gym will be left in a neat and orderly condition; and
- 8) Coaches/VBDs must report damage to facilities or major violations of FCDR or school rules to their Burke Basketball League Directors.

### 3.2 Care of Equipment

Coaches and VBDs will not allow anyone to grasp or hang from basketball rims (dunks are NEVER allowed) or nets or play on other equipment that may be in the gym (volleyball stanchions, other gym equipment) at any time. Dunking the basketball, hanging on or intentional grasping of the rim, regardless of basket height or location (side baskets in smaller gyms), is prohibited at all times. Violation of these rules, by players, prior to or during warm-ups, games, or between quarters or halves is a technical foul which will be administered as soon as play commences/resumes.

- Dunks are prohibited at ALL TIMES (even during play).
- Hanging on the rim is prohibited at ALL TIMES (even during play).
- Intentional grasping the rim is prohibited at ALL TIMES (even during play).
- Inadvertent contact (in the officials' judgment) with the rim is permitted.

Violation of these rules by players at any time is a technical foul. Repeated violations during the season may result in game suspensions.



### 3.3 Uniforms

Game jerseys will be supplied by Burke Basketball and are mandatory for games. Jerseys shall be tucked in at all times during the game. Referees should warn players concerning the jerseys being tucked in and if necessary, ask the coach to assist in enforcing the rules. With just cause, at the discretion of the senior game referee, a player may be allowed to play without an official Burke Basketball jersey.

### 3.4 Jewelry

Players must remove all earrings, watches, necklaces, bracelets (to include rubber band and string bracelets), and other jewelry before games. Earrings may not be taped over (they must be removed). Players wearing disallowed jewelry will not be permitted to participate in Burke Basketball sanctioned games.

The ONLY exceptions to this rule are for medical alert bracelets/necklaces or religious necklaces. Any allowed necklace must be taped to the body.

### 3.5 Casts

Players wearing hard (plastic or plaster) casts are prohibited from participating in games. Additionally, players wearing splints are also prohibited from participating in games. These rules exist to protect the player wearing the cast or splint as well as the other players.

### 3.6 Mid-Court Line

When playing in smaller gyms, the mid-court line will change during play. After crossing the mid-court line the backcourt violation line shifts to the nearest parallel line on the

Backcourt side of the mid-court line (location depends on the gym.). This increases the size of the frontcourt. If there are any questions about a gym, please consult with the game officials.

The following gyms have lines on either side of the mid-court line that will be used as described in the preceding paragraph:

- Oak View ES
- Halley ES

The following gyms WILL NOT use lines on either side of the mid-court line:

- Burke School

### 3.7 Out of Bounds

During the course of a game, if the ball strikes anything that is out of bounds, then possession of the ball is turned over to the other team. This includes, but is not limited to, any volleyball nets that have been raised above the court, ceiling of the gym, and baskets/nets on the side(s) of the court.

## 4 Respect for Officials and Players

### 4.1 Officials

Scheduled games will be officiated by referees assigned by the Burke Basketball referee commissioner. In the event that referees are not on the court at game time, coaches will solicit parent volunteers and play the game until assigned officials arrive. Coaches will notify their League Director or the Head Referee whenever this occurs.

### 4.2 Respect for Officials

Coaches WILL respect the decision of the referees and set a good example for the players and spectators. Coaches WILL NOT argue calls (or perceived non-calls) during or after play nor will they “help” the officials by yelling out calls that they perceive should be called. Officials are empowered to call a technical foul on coaches that persist in negative behavior toward the game officials. Note that officials are NOT required to warn coaches prior to a calling a technical (though many will). Note that assistant coaches receiving a single technical foul are ejected immediately and must leave the bench. Coaches are directed to coach their teams, and only interact with the game officials as needed. In the case of a correctable error (such as a scoring error), a timeout must be called prior to the next dead ball by either team.

Further, it is the responsibility of coaches to control their assistant coach(s), players, and parents and guests of the players. If, in the judgment of the official, a parent or guest is interfering with the proper conduct of the game, the official will request that the appropriate coach control the offending individual(s). If the situation continues, the coach will be subject to a direct technical foul. Also note that if a situation involving a parent or guest persists, the game officials may elect to forfeit the game to the opposing team. Spectators are prohibited from entering the area of play immediately before, during, or after a game, unless motioned on court by an official.

Referees are required to report all technical fouls to the League’s Head Referee who may inform the appropriate League Director.

### 4.3 Language

Inappropriate, abusive or profane language will not be tolerated. Profanity or abusive language by game participants, including bench personnel, is subject to an immediate technical foul, possible ejection, and possible suspension depending on the nature of the language. Abusive language from spectators may result in a bench technical after the game officials have warned the head coach of the unacceptable conduct. (See section 4.2.)

### 4.4 Respect for Players

It is the responsibility of all participants (coaches, officials, spectators, parents and players) to respect every player. Sportsmanship and fair play are a must.

## 5 Scoring and Timing Regulations

### 5.1 General

- Everyone needs to be out of the gyms (except the refs) by the game's scheduled end time.

### 5.2 Scorekeeper & Timekeeper

- Each team shall provide one person to keep the scorebook or the clock.
- Official scorebooks and game clocks will be provided at each game site.
- Scorekeepers and timers are considered part of the officiating crew and should remain impartial during the entire game and keep accurate records. Scorekeepers and timers should not be engaged in coaching teams during the game.

### 5.3 General Timing Regulations

#### 5.3.1 Game time

- Four quarters constitute a full game. See Section 8 for length of quarters in each league.
- Games are limited to no more than seventy (70) minutes in length.
- There will be no overtime periods.
- If needed, the referees will stop the game on the first dead ball five minutes before the scheduled end time.
- If the games are running long and in the opinion of the head referee the game will not end ten minutes before the end time, both coaches will be notified that there will be a running clock. If a running clock has already been started, then when the game clock reaches one minute remaining in the 4th Quarter, the clock will stop on all whistles. This does not preclude the referee from stopping the game five minutes before the scheduled end time.

#### 5.3.2 Start of Play

- Teams must be available to take the court at least five (5) minutes before the scheduled tip-off time or when officials call for play to begin. Game officials may allow a game to begin up to five (5) minutes after the scheduled start time if in their opinion there is a chance that the required number of players may show up.
- A team MUST start a game with a minimum of four (4) players.
- A team may only use players on its official league roster and may NOT borrow players from another team.
- Failure to field a team with four (4) or more players by game start will result in the forfeiture of the scheduled game. The decision of the game officials is final.
- Note that game officials are prohibited from refereeing a forfeited game.

#### 5.3.3 Jump Balls and Ball Possession

- There will be a jump ball to initiate the game.
- All held ball situations will be resolved by alternating possession.
- The start of the 2nd, 3rd, and 4th quarters will be determined by alternating possession.
- Referees will keep track of the team possessions.

#### 5.3.4 Quarter and Half-Time Breaks

- If time permits, one minute will be allocated between the 1st/2nd, and 3rd/4th quarters.
- If time permits, three minutes will be allocated for halftime.
- The referee will indicate to the scorer the amount of time to be placed on the clock for breaks.

#### 5.3.5 Timeouts

- Each team is allocated four, one-minute timeouts per game.
- A team may use no more than two consecutive timeouts.
- Referees may curtail the length of a timeout as needed if the game is running long.
- Referees may refuse a timeout if it would cause the game to go past its 70-minute time limit.

#### 5.3.6 Overtime

- Overtime is prohibited during Spring season play.

### 5.4 General Scoring Regulations

#### 5.4.1 Three-Point Shots

Made three-point shots will only be counted in gyms where a three-point shot line is clearly marked on the basketball court and when signaled by the referees.

#### 5.4.2 Awarded Technical Points

For the 4<sup>th</sup>/5th grade leagues and below, if technical foul shots are awarded, a player will shoot the technical free throws and the points for the shots will be awarded even if the shots are missed.

## 6 Violations and Penalties

### 6.1 Fouling Out

All players will be removed from the game on their fifth foul, regardless of how many quarters they have played.

### 6.2 Ejections

Any player or head coach receiving two direct technical fouls in a game will be ejected for the remainder of that game and will be prohibited from attending the next game. Assistant coaches will be ejected after one direct technical foul and will be prohibited from attending the next game. For a flagrant foul, the player will be ejected for the remainder of the game, suspended from play for the next game, and may be suspended for additional games at the discretion of the Disciplinary Committee. Note that all technical fouls will be reported to the Head Referee following the game.

### 6.3 Unsportsmanlike Behavior

Any player or coach that, in the opinion of the senior official, exhibits threatening behavior to either referee or an opposing player before, during, or immediately after the game will be ejected for the remainder of that game and may be suspended from play for the remainder of the season, in addition to any fouls awarded.

### 6.4 Review of Suspensions

The Disciplinary Committee, consisting of the League Commissioners, League President, and the Head Referee, will review all suspensions.

### 6.5 Suspended Players or Coaches

Players or coaches that are suspended may not attend games during their suspension.

### 6.6 Cheating

Cheating will NOT be tolerated! Following a review by the Disciplinary Committee, any coach or player found to have knowingly cheated will be immediately suspended for the remainder of the season and may be prohibited from participating in Burke Basketball in the future. Any game(s) where cheating has occurred may be forfeited at the discretion of the Committee.

### 6.7 Bonus Shots

- Beginning with the fifth (5<sup>th</sup>) team foul in each quarter, shooters will be awarded two free throw attempts, regardless of the outcome of the first shot.
- The team fouls will reset each quarter.

## 7 Player Participation

One of the main reasons that players sign up with Burke Basketball is to play. Coaches are encouraged to equalize the playing time of ALL players over the course of the season. Note that it is understood that not every player will play the exact same number of minutes as their teammates in any particular game and/or across the entire season (due to game fluctuations and/or player absences). However, it is the coach's responsibility to ensure to the extent possible that ALL of their players play a more or less equal number of minutes across the season.

### 7.1 Pre-game

1. ALL players, coach's last name and team color must be entered in the scorebook prior to the beginning of the game.
2. PENALTIES: Adding a player(s) to the scorebook after the game has begun will result in a bench technical against the offending team, to be assessed immediately after the determination by the officials of the violation.

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*It is recommended that coaches get in the habit of simply entering ALL their team's players. There is no penalty for not playing an absent player entered in the scorebook.*

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### 7.2 Number of Players

- Unless otherwise noted in Section 8.0, if a team has five or more eligible players available to play at any time during a game, five players MUST be on the court during play.
- Eligible players include all healthy players on a team's official League roster in attendance, suited up to play, with fewer than 5 fouls.
- Teams MUST begin a game with no fewer than four players, after which, a team may play with fewer players. The game officials have the option of ending a game, if in their judgment, the team with fewer players has no chance to overcome its opponent or if game play degrades to unacceptable levels.
- If a team does not have at least four eligible players when the officials indicate that the game is about to begin, the officials are required to declare the game a forfeit.
- Only players on a team's official league roster may play in games for that team.
- Borrowing players from another team for an official league game is NOT permitted.
- In event of a forfeit, the team not forfeiting the game may elect to practice for the remainder of the scheduled game time, but in any case must leave the gym at the official game end time. Referees will not referee any scrimmage that occurs in lieu of a forfeited game; the referees will leave the gym.

### 7.3 Participation Requirements

If a team has seven or more eligible players, then:

- ALL players MUST play a minimum of one uninterrupted quarter in each half, each player MUST sit out one (1) complete uninterrupted quarter per game.
- An uninterrupted quarter is defined as remaining in, or sitting out, the game for the entire quarter, with no substitution. The scorer will use a consistent identifying mark (for example, an "X" instead of a "/" ) for players that have played an entire quarter).
- If a temporarily injured player leaves the game but then returns in a very short time (less than a minute or close to that), game officials may use their discretion in the application of this rule in counting a player's participation for that quarter.

If a team has six or fewer eligible players, each eligible player must play a minimum of three uninterrupted quarters. No player can sit out more than one quarter if another player has not sat out a quarter.

#### 7.3.1 Participation Violation

It is the responsibility of the Head Coach to ensure that the player participation rules are followed. Before the start of the 2nd, 3rd, and 4th quarters, the referees will check the scorebook to determine if all players have met the player participation requirements to that point of the game.

If all players have not met the requirement, the coach will be notified and will be directed to place players in the game as needed to ensure that the requirement is satisfied prior to the end of the game if possible.

- If a coach is notified and does not comply with the requirement, the team will forfeit the game. The Head Referee and the League Director will be notified and appropriate action taken.
- If a team is unable to enter a player(s) into the game to comply with the maximum participation requirement, the coach will immediately be assessed one (1) technical foul prior to substitution of player(s).
- If the 2nd, 3rd, or 4th quarter begins without the coach being notified by the referee of a participation violation a technical foul will be assessed once the infraction is discovered, resulting in two foul shots, turnover of possession to the opposing team, removal from the game of players, as needed, and insertion into the game of the player(s) not yet meeting the minimum requirement if possible. This infraction will be reported to the Head Referee and the League Director by the referee.

### 7.4 Substitutions

Substitutions will be allowed in any quarter provided that all players meet the minimum playing time requirement.

## 7.5 Late Arrival

- If a player(s) arrives during the 1st quarter, they are required to play the entire 2nd quarter and at least one (1) quarter in the 2nd half.
- If a player(s) arrives before the beginning of the 3rd quarter, they are required to play at least one (1) quarter in the 2nd half.

Participation Rule Summary Table

# of Players	Minimum # of Quarters	Specifics	Minimum # of Quarters Out
7, 8, 9, or 10	2 quarters	1 uninterrupted each half	Each player MUST sit out 1 quarter per game
6 or less	3 quarters	1 uninterrupted in one half and 2 uninterrupted in other half	No minimum. No player can sit out more than 1 quarter if another player has not sat out any quarter.



## 8 Age-Group Specific Rules, Modifications, and Clarifications

Except as noted in this rules book, Burke Basketball shall adhere to the current National Federation of State High School Associations (NFHS) Rules Book.

### 8.1 Boys and Girls 2nd/3rd Grade Leagues

Standard basketball rules shall apply except as noted below:

#### 8.1.1 Court and Equipment

- The foul line is moved up approximately 3 feet.
- The basket height is 8 feet.
- A compact size 28.5" ball will be used.

#### 8.1.2 Players and Substitutions

- One minute prior to the start of each quarter and after any substitution made during a timeout (if requested by either coach), teams shall assemble at mid-court and coaches shall make defensive player assignments.
- Substitutions can be made during dead ball situations as described in 5.1. Note: dead ball is redefined such that the clock will remain running as described in 8.1.3.

#### 8.1.3 Definitions

- Man-to-man defense is defined as each defensive player remaining within four feet of a single offensive player at all times, except when double-teaming.
- Dead ball is modified such that the clock will remain running during otherwise normal stopped clock situations: throw-ins, free throws, held balls, fouls, substitutions, and violations.

#### 8.1.4 Scoring and Timing Regulations

- Score will be kept. If at any point during the game the scoring margin between the teams exceeds 20 points, the running score will no longer be shown on the scoreboard.
  - The game will continue with normal timing and scoring rules without the score being displayed.
  - In this situation, it is expected that the coaches do everything possible to keep the game a positive learning experience for ALL players.
- Quarters are 9 minutes long and a running clock shall be utilized.

#### 8.1.5 Fouls and Penalties:

##### 8.1.5.1 Defensive rules:

1. Zone defenses are always PROHIBITED. Simply stated, players may not guard an area of the court.
2. Man-to-man defense is REQUIRED in the frontcourt. Players must stay within four feet of their offensive player.
3. Double-teaming of the ball handler is allowable as follows:
  - a. While any part of the ball handler is within the frontcourt lane.
  - b. While the ball handler is within four feet of an offensive teammate, that player's defender may play defense on the ball handler.

- c. "Help defense" is permitted. That is, when the ball handler beats their defender, defenders may leave their offensive players and move to intercept the ball handler to prevent an easy layup.
  - d. If/when the ball handler's immediate progress is halted, defensive players must return to their most recent offensive player.
  - e. Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
  - f. Double-teaming of an offensive player without the ball is always PROHIBITED.
4. Backcourt defense is PROHIBITED always EXCEPT during a fast break.
5. The defense must allow the ball handler player to dribble into the frontcourt.

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#### *DEFENSIVE PENALTIES (1-5)*

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- Violation of any of the above shall result in a warning. The official will also explain the nature of the violation.
- Subsequently if, in the judgment the official, the coach is intentionally directing players to play defense illegally or is not taking action to prevent it from doing so, a technical will be called on the coach (2 free-throws plus the ball to the offensive team).
- NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the defensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation.

#### *8.1.5.2 Offensive rules*

- During the first game of the season, ball-handling violations (i.e., traveling, double-dribble, etc.) will be called as usual and, after an explanation by the Official, the ball will be returned to the offense
- Offensive players are allowed six seconds in the frontcourt lane. Note that the 6-second count ends when the offensive team's control of the ball ends, such as when a shooter releases the ball. Also note that after a missed shot and during a rebounding situation, there is no control and therefore no 6-second violation.
- Offenses that are designed to repeatedly isolate the offense's best dribbler/player on a defensive player are PROHIBITED. The offense is required to attempt involve the entire team. Stalling offenses are PROHIBITED. The offense is required to advance the ball to the basket.
  - For the above, these offenses include (but are not limited to) four corner, spread, and overloading offenses (i.e., stationing all 4 non-dribblers away from the basket).
  - Violation of any of the above shall result in a warning. The official will also explain the nature of the violation.
  - Subsequently if, in the judgment the official, the coach is intentionally directing players to play offense illegally or is not taking action to prevent it from doing so, a technical will be called on the coach (2 free-throws plus the ball to the defensive team).

## 8.2 Boys and Girls 4<sup>th</sup>/5th Grade Leagues

Standard basketball rules shall apply except as noted below:

### 8.2.1 Court and Equipment

- The basket height is 10 feet.
- The foul line is moved up approximately 3 feet.
- A compact size 28.5" ball will be used.

### 8.2.2 Players and Substitutions

One minute prior to the start of each quarter and after any substitution made during a timeout (if requested by either coach), teams shall assemble at mid-court and coaches shall make defensive player assignments.

### 8.2.3 Definitions

Man-to-man defense is defined as each defensive player remaining within four feet of a single offensive player at all times, except when double-teaming.

### 8.2.4 Scoring and Timing Regulations

- Quarters are 9 minutes long with a running clock that will stop on free throws, time-outs, and on all whistles during the last two minutes of the game.
- If technical foul shots are awarded, a player will shoot the technical free throws and the points for the shots will be scored, even if the shots are missed.

### 8.2.5 Fouls and Penalties

#### 8.2.5.1 Defensive rules

1. Zone defenses are PROHIBITED at all times. Players may not guard an area of the court.
2. Man-to-man defense is REQUIRED in the frontcourt. Players must stay within four feet of their offensive player.
3. Double-teaming of the ball handler is allowable as follows:
  - a. While any part of the ball handler is within the frontcourt lane.
  - b. While the ball handler is within four feet an offensive teammate, that player's defender may play defense on the ball handler.
  - c. "Help defense" is permitted. That is, when the ball handler beats their defender, defenders may leave their offensive players and move to intercept the ball handler to prevent an easy layup.
  - d. If/when the ball handler's immediate progress is halted, defensive players must return to their most recent offensive player.
  - e. Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
  - f. Double-teaming of an offensive player without the ball is PROHIBITED at all times.
4. Man-to-man defense is PERMITTED in the backcourt; however, backcourt defense is PROHIBITED during any in-bounds pass, either dead ball or after a made basket.

### *DEFENSIVE PENALTIES (1-4)*

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- Violation of any of the above shall result in a warning. The official will also explain the nature of the violation.
- Subsequently if, in the judgment the official, the coach is intentionally directing players to play defense illegally or is not taking action to prevent it from doing so, a technical will be called on the coach (2 free-throws plus the ball to the offensive team).
- NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the defensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation.

#### *8.2.5.2 Offensive rules*

- The normal three-second lane violation rule shall be enforced.
- Offenses that are designed to repeatedly isolate the offense's best dribbler/player on a defensive player are PROHIBITED. The offense is required to attempt involve the entire team. Stalling offenses are PROHIBITED. The offense is required to advance the ball to the basket.
  - For the above, these offenses include (but are not limited to) four corner, spread, and overloading offenses (i.e., stationing all 4 non-dribblers away from the basket).
  - Violation of any of the above shall result in a warning. The official will also explain the nature of the violation.
  - Subsequently if, in the judgment the official, the coach is intentionally directing players to play offense illegally or is not taking action to prevent it from doing so, a technical will be called on the coach (2 free-throws plus the ball to the defensive team).

### *8.3 Boys 6<sup>th</sup>/7<sup>th</sup>, and Girls 6<sup>th</sup>/7<sup>th</sup>, 8<sup>th</sup>-12th Grade Leagues*

Standard basketball rules shall apply except as noted below:

#### *8.3.1 Court, Equipment, and Quarter Length*

- The basket height is 10 feet.
- Ball size:
  - BOYS ONLY REFERENCE: A standard size ball will be used.
  - GIRLS ONLY REFERENCE: A compact size 28.5" ball will be used.
- Quarters are 9 minutes long with a running clock that will stop on free throws, time-outs, and on all whistles during the last two minutes of the game.

#### *8.3.2 Fouls and Penalties*

##### *8.3.2.1 Defensive rules*

1. No restrictions, but man-to-man defense is strongly encouraged.
2. When a team is ahead by 15 or more points, the leading team is PROHIBITED from playing backcourt defense while the lead remains at 15 points or above.

## 8.4 Boys 8th/9th/10th and 11th/12th Grade Leagues

Standard basketball rules shall apply except as noted below:

### 8.4.1 Court, Equipment, and Quarter Length

- The basket height is 10 feet.
- A standard size ball will be used.
- Contact with the rim.
  - Dunks are prohibited at ALL TIMES (even during play).
  - Hanging on the rim is prohibited at ALL TIMES (even during play).
  - Intentional grasping the rim, in the officials' judgment, is prohibited at ALL TIMES (even during play).
  - Inadvertent contact with the rim, in the officials' judgment, is permitted.
  - Violation of these rules by players at any time will result in a technical foul, automatic ejection, and suspension for the following game.
- Quarters are 9 minutes long with a running clock that will stop on free throws, time-outs, and on all whistles during the last two minutes of the game.

### 8.4.2 Fouls and Penalties

#### 8.4.2.1 *Defensive rules*

1. No restrictions, but man-to-man defense is strongly encouraged.
2. When a team is ahead by 15 or more points, the leading team is PROHIBITED from playing backcourt defense while the lead remains at 15 points or above.

## 9 Gym Specifics

Gyms are scheduled to open 15 minutes before the start of the first practice or game and close approximately 1hr 30 min after the scheduled start time of the last game or 1 hour after the beginning of the final weeknight practice. While scheduled to be open 15 minutes before the game time, Fairfax County allows a 30-minute grace period. If a gym is not open by 15 minutes after the scheduled start time, call the Fairfax County Community & Recreation Facility Hotline. The Evenings and Weekends number is (703) 609-8870. This number will connect you to the on-duty supervisor who can dispatch a security guard to come open the gym.

If, because of a late opening before the first game on a weekend, that game is not able to be played, the game will be rescheduled if possible at the discretion of the league. Call the appropriate League Director. This should be done immediately after the call to the county so arrangements can be made for the following games. Use the same procedure as above for weeknight games and practices.

Coaches are not to leave any minor player unsupervised at a closed gym even if it is his or her school.

## 10 Burke Basketball COACHES CODE OF CONDUCT

All coaches will ensure that their conduct is that of a friend, good neighbor and respected member of the community. As all players and spectators follow their example, the behavior they exhibit at practices and games becomes the standard that all associated with their team and the league will strive to emulate and achieve.

To meet these responsibilities, we expect all coaches to:

- Know the rules and abide by them.
- Instruct team members in the rules and coach their team in such a way as to compete according to the rules at all times.
- Respect referees and game officials at all times.
- Never speak to a referee and game official in an abusive or confrontational manner.
- Ensure that the players' families, friends and associated spectators conduct themselves with sportsmanship and dignity at all times.
- Respect the coaches and other players of the opposing teams before, during and after the play of the game.
- Always maintain control of their emotions and be aware of and avoid actions and language that may be interpreted as hostile or humiliating.
- Instruct team support personnel (especially assistant coaches) to abide by the rules and act respectfully to all others involved.
- Always keep in mind that the primary function of the league is to provide a safe and fun atmosphere for all the players to compete – not just to win games.
- Treat the gyms and facilities as though we are guests of the county. Take care that team members and their families and friends do not litter, misuse and damage any of the county property.
- Remember: The referees, coaches, players and their families are our friends and neighbors. Treat them in the same courteous and respectful manner that you do outside of the gym.