

Burke Basketball

**Winter 2009-2010 Local Rules
General Information
League Policy**

www.BurkeBasketball.org

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.

Referee Pre-Game Checklist

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)

- 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

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 League:

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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1.0 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, as well as parents and fans must conduct themselves in a manner reflecting these goals.

1.2 Season:

The winter season runs from November through Mid-March. Practices and clinics (for coaches and referees) start in November and regular season games begin in December. Several weekend player clinics will be held during the regular season.

Game schedules and player jerseys will be distributed in November.

Tournaments will be held at the end of the regular season for all leagues except the 2nd/3rd and the 4th grade leagues. Tournament games will be played in late February and early March.

Leagues with an end of season tournament are scheduled for 10 regular season games. These schedules are weather and gym availability permitting. Every attempt will be made to reschedule games affected by weather and/or gym closings. League Directors may chose to have All-Stars games at season's end.

1.3 League Structure:

The structure for the leagues is shown below:

Player grades as of October 1, 2009

- Boys 2nd/3rd (7 and 8 year olds)
- Boys 4th (9 year olds)
- Boys 4th competitive (9 year olds)
- Boys 5th- (10 year olds)
- Boys 6th (11 year olds)
- Boys 7th (12 year olds)
- Boys 8th (13 year olds)
- Boys 9th/10th (14 and 15 year olds) - Junior Varsity
- Boys 11th/12th (16, 17, and 18 year olds) -Varsity

- Girls 2nd/3rd (7 and 8 year olds)
- Girls 4th (9 year olds)
- Girls 5th (10 year olds)

Girls 6th (11 year olds)
Girls 7th/8th (12 and 13 year olds – middle school only)
Girls 9th/10th (14 and 15 year olds) - Junior Varsity
Girls 11th/12th (16, 17, and 18 year olds) -Varsity

1.4 Player Eligibility:

Players' grades 2 through 12 are eligible to play in Burke Basketball. Player grade is determined as of October 1, 2009. 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 respective League Director.

****NOTE: Players who are members of High School Freshman, JV, or Varsity school basketball teams are *ineligible* to play with Burke Basketball. Players cannot play on Burke Basketball travel and a house teams in the same season.****

1.5 Player Evaluations:

All registered players, 4th grade and above, must attend a skill evaluation session. These player evaluations will be used to form balanced teams, which hopefully will promote an even level of competition. Player evaluation dates and locations will be posted on the Burke Basketball website. Requests of players in all leagues except in the 2nd/3rd grade leagues for playing with certain coaches and other players are a secondary consideration. Team formation is discussed in a later section of this publication.

1.6 Notifications:

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

1.7 Practices:

Under Fairfax County rules each team is limited to three (3) meetings (practice or games) per 7-day period. Practices are limited to one hour a week when games have started. League Directors will issue practice schedules in early-mid November.

1.8 Play:

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 be maintained for all leagues. Final standings will help determine seeding for the post-season tournaments. Winning coaches from each game are **required** to inform their League Director of the game result within 24 hours of completion the game.

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.** Closure information will also be recorded on the League website **www.BurkeBasketball.org**.

1.11 Communication:

Burke Basketball relies upon Internet communication as the primary mode of communication from League Staff to participating families. The League website **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.

2.0 Courts and Equipment

2.1 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. To ensure compliance, **each team is required to have two parents (not including the coach or their assistants) as VBDs.** During games, coaches and assistant coaches on the bench, or table personnel, may NOT act as the VBD. VBDs will be trained in proper procedures.

Burke Basketball, coaches, players, parents, and fans are guest of the schools. As such we must 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) Use of the facility is restricted to the area of the gym assigned;
- 2) Participants must wear appropriate athletic shoes while engaged in an activity in the gym. Any shoes that mark or damage the floor are prohibited;
- 3) Bouncing, dribbling or throwing a basketball in areas other than the gym is prohibited, and may result in a technical foul being assessed;
- 4) **Food and/or beverages are NOT permitted in the gym (clear water is permitted);**
- 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.
- 8) Coaches/VBDs must report damage to facilities or major violations of FCDR or school rules to their Burke Basketball League Directors

2.2 Care of Equipment:

Coaches and VBDs will not allow anyone to hang from basketball rims (slam dunks are NOT 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, 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.

- Slam dunks are **prohibited** at ALL TIMES (even during play).
- Hanging on the rim is **prohibited** at ALL TIMES (even during play).
- Grasping the rim is **prohibited** at ALL TIMES (even during play).
- Inadvertent contact with the rim is allowed.

Violation of these rules by players at any time is a technical foul.

2.3 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.

2.4 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.

2.5 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)**. The ONLY exception to this rule is for medical alert bracelets or “dog tags” are allowed if taped-down. The dog tag necklace must also be taped to the body.

2.6 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.

2.7 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.

3.0 Respect for Officials and Players

3.1 Officials:

Scheduled games will be officiated by referees designated by each leagues' referee scheduler. 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 the Head Referee whenever this occurs.

3.2 Respect for Officials:

Coaches WILL respect the decision of the referees and set a good example for the players and parents. A coach or parent WILL NOT approach a referee with the intent of arguing a call. In the case of a correctable error, a time out 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. Note that assistant coaches receiving a single technical foul must immediately leave the visual confines of the gym. 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 will inform the appropriate League Director.

3.3 Language:

Inappropriate, abusive or profane language will not be tolerated. Profanity by game participants, including bench personnel, is subject to an immediate technical foul and ejection. 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 3.2)

3.4 Respect for Players:

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

4.0 Player Placement, Vacancies and Trades

4.1 Player Selection:

In the 2nd/3rd grade leagues every effort will be made to place players on teams according to neighborhood, car-pooling arrangements or with close friends if requested. Requests will be honored to the maximum extent possible. All other leagues will use a drafting system and each League Director must ensure it is done in a fair and equitable manner. Coaches' sons/daughters will be assigned a draft round based upon ability and as agreed upon by all coaches in that league. If the coaches cannot quickly agree on a draft slot, the

League Director will make the final determination. At the discretion of the League Director, players not attending an evaluation session can be drafted or assigned to teams, by the League Director, during and/or after completion of the draft.

4.2 Player Vacancies:

Vacancies occurring on teams should be reported to the appropriate League Director within 48 hours.

4.3 Player Trades:

Player trades are generally discouraged. Any suggested trades must be presented to the appropriate. The ability to trade players following the draft is at the discretion of the respective League Director. **No trades will be allowed for first or second round draft choices.**

4.4 Placement of Brothers/Sisters:

In the 2nd/3rd grade leagues, siblings will be placed on the same team, unless the players' parent requests otherwise. Request for brothers/sisters pairings in other leagues/divisions will only be considered under the player selection/trade rules for that league.

5.0 Player Participation

5.1 Participation:

One of the main reasons that players sign up with Burke Basketball is to play. Coaches are **required** to equalize the playing time of ALL players to the best of their ability 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 players absence of 1 or more games). However, it is the coach's responsibility to ensure that ALL of their players play a more or less equal number of minutes across the season. To this end, the following participation rules are established:

1. All players must play a MINIMUM OF TWO (2) UNINTERRUPTED QUARTERS, ONE IN EACH HALF.
 - An uninterrupted quarter is defined as remaining in 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.***
2. ALL players must be entered in the scorebook prior to the beginning of the game.
 - NOTE: Adding a player to the scorebook after the game has begun will result in bench technical against the offending team (applies to each player added).
3. If a team has **seven (7)**, or more, players then:
 - **No player may play in all four (4) quarters.**
 - **Or put another way, each player MUST sit out one (1) complete quarter.**
 - Players that have permanently left the game due to injury or ejection are not counted.
 - If an injured player leaves the game but then returns in a very short time (under a minute), game officials may use their discretion in the application of this rule in counting a player's participation for that quarter.

4. If a team has **six (6)** players then no player may play in any part of all four (4) quarters until **ALL** of that player's teammates have played in all, or some part, of three (3) quarters (this includes being in the game in the 4th quarter at, or before, the time of the entrance into the game of the original player).
5. Teams **MUST** begin a game with a minimum of four (4) players, after which, a team may play with 3 or 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.
6. Substitutions will be allowed in any quarter provided that all players meet the minimum playing time requirement of 2 UNINTERRUPTED quarters per game. When a coach decides to substitute one or more players the following sequence must occur:
 - a) Player(s) reports to the scorer;
 - b) At the next dead ball, the scorer/coach alerts the refs that a player substitution is being requested;
 - c) A referee motions the player(s) into the game. The player(s) may NOT enter the game unless motioned into the game by a referee. *Substitutions that occur during a timeout or between quarters do not require step c);*
 - d) An equal number of players exit the game.

NOTE: Substitutions are permitted during any dead ball, if acknowledged by a referee as in c) above. Dead ball situations occur when the clock is stopped. Substitutions requested during free throws are executed immediately before the final free throw attempt (EXCEPTION: when the free throw shooter is being substituted for, the substitution takes place after the last free throw IF made, else no substitution is allowed at that time).

5.1.1 Late Arrival:

- If a player arrives before the beginning of the 4th quarter, they will still be required to play one (1) complete quarter. If a player arrives during the 1st quarter they are required to play the entire 2nd quarter and one full quarter in the 2nd half.
- If a player arrives after the beginning of the 2nd quarter but before the beginning of the 4th quarter, they are required to play one full quarter in the 2nd half.
- Players arriving after the beginning of the 4th quarter are not required to play in the game at the coach's discretion.

NOTE: Coaches are encouraged to speak with the opposing coach and game officials as needed to best meet the intent of the rule. Officials are encouraged to exercise proper judgment in the application of the player participation penalties in these instances.

5.2 Participation Rule Enforcement, Violations, and Penalties:

1. Before the start of the 2nd and 4th quarters, the referees will check the scorebook to determine if all players have met the player participation requirements for the 1st half and second half. If all players have not met the requirement, the coach will be notified and will be expected to place players in the game as needed to ensure that the requirement is satisfied prior the end of the game. If a coach is notified and does not comply with the requirement, his/her team will forfeit the game. The

Head Referee and the League Director will be notified and appropriate action taken.

2. If the 2nd or 4th quarter begins without the coach being notified by the referee of a participation violation, once the infraction is discovered, a technical foul will be called. The technical foul will be considered a flagrant foul 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 players not meeting the minimum requirement. This infraction will be reported to the Head Referee and the League Director by the referee. If the infraction occurs twice during the season, the offending team will automatically lose the game in which the second infraction occurs.

6.0 Scoring and Timing Regulations

6.1 Scorekeeper & Timekeeper:

- Each team shall provide one person to keep the scorebook or the clock. Scorekeepers and timers must remain impartial during the entire game and keep accurate records.
- Official scorebooks and game clocks will be provided at each game site.
- Scorekeepers and timers must remain impartial during the entire game and keep accurate records.

6.2 General Timing Regulations:

6.2.1 Game time:

- Four quarters constitute a full game. See Section 8, below, for length of quarters in each league.
- Games are limited to no more than seventy (70) minutes in length
- **All games must end not later than five (5) minutes before the scheduled start of the following game or 5 minutes before the gym is scheduled to close.**
- **If needed, the referees will stop the game on the first dead ball 5 minutes before the next game.**
- If the games are running long and in the opinion of the head referee the game will not end by 5 minutes before the next game is scheduled to start, both coaches will be notified that there will be a running clock.
 - Exception: 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 next scheduled game as needed.

6.2.2 Start of Play:

- Teams must be available to take the court within five (5) minutes of the scheduled game time or when officials call for play to begin.
- A team **MUST** start a game with a minimum of four (4) players.
- Failure to field a team with four (4) or more players by game start will result in the forfeiture of the scheduled game.

- *Note that game officials are prohibited from refereeing a forfeited game.*

6.2.3 Jump Balls and Ball Possession:

- A jump ball will begin each game.
- All other held ball situations will be resolved by alternating possession.
- The start of the 2nd, 3rd, and 4th quarters will be determined by alternating possession.
- Note that the referees will keep track of the team possessions.

6.2.4 Quarter and Half-Time Breaks:

- If time permits, one (1) minute will be allocated between the 1st/2nd, and 3rd/4th quarters.
- If time permits, three (3) 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.

6.2.5 Timeouts:

- Each team is allocated four (4), one (1) minute timeouts per game.
- A team may use no more than two (2) 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.

6.2.6 Overtime:

- Overtime is **prohibited** during **winter regular** season play.
- In case of a tied tournament game, an additional three (3) minutes period will be played. Overtime periods will start with a jump ball.
- One (1) additional time out per overtime period will be granted and added to any remaining timeouts.
- There is no limit on how many three minute periods may be played in order to break the tie and determine a winner.

6.3 General Scoring Regulations:

6.3.1 Three (3) point shots:

Made three (3) point shots can only be counted in gyms where a three point shot line is clearly marked on the basketball court and as signaled by the referees.

6.3.2 Awarded Technical Points:

For the 2nd/3rd and 4th grade leagues, if a technical foul is called, a player will shoot the technical free throws and the points for the shots will automatically be scored even if the shots are missed.

7.0 Violations and Penalties

7.1 Fouling Out:

All players will be removed from the game on their **fifth (5th)** foul, regardless of how many quarters they have played.

7.2 Ejections:

Any player or head coach receiving two (2) 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 (1) 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 the following game at the discretion of the Disciplinary Committee. Note that all technical fouls will be reported to the Head Referee following the game.

7.3 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 will be suspended from play for the remainder of the season, in addition to any fouls awarded.

7.4 Review of Suspensions:

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

7.5 Suspended Players or Coaches:

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

7.6 Bonus Shots:

- Beginning with the **seventh (7th)** team foul in each half, shooters will be awarded one-plus-one free throw attempts on the 7th and each subsequent foul until the tenth (10th).
- Beginning with the **tenth (10th)** team foul of each half, shooters will be awarded two shots for each foul, regardless of the outcome of the first shot.

8.0 Age-Group Specific Rules, Modifications, and Clarifications

Except as noted in this rules book, Burke Basketball shall adhere to the *National Federation of State High School Associations (NFHS) Rules Book* for 2009-2010.

8.1 Boys and Girls 2nd/3rd Grade Leagues

Standard basketball rules shall apply except as noted below:

8.1.1 Court and Equipment:

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

8.1.2 Players, Substitutes, and Equipment:

1. 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.
2. 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:

1. Man-to-man defense is defined as each defensive player remaining within four (4) feet of a single offensive player at all times, except when double-teaming.
2. Dead ball is modified such that the clock will remain running during otherwise normal stopped clock situations: throw-ins, free throws, held balls, fouls, and violations.

8.1.4 Scoring and Timing Regulations:

1. Quarters are 12 minutes long and a running clock shall be utilized, except for the last 2 minutes of the 4th quarter, when the clock will stop on all referee whistles.
2. If, in the opinion of the officials, there is insufficient time remaining before the start of next game, the clock will continue to run for the final minutes of the fourth quarter.
3. ***IMPORTANT: If either team attains a lead of twenty (20) or more points at any time in the 3rd or 4th quarters of a game, the referees will instruct the game clock official to set both teams' scores to zero (0) and to not record any further scores. Additionally, the referees will instruct the official scorer to STOP entering any additional scoring into the scorebook. The scorer will continue to record all other items (such as participation, fouls, timeouts, etc). The team leading at this time is considered to be the winner and the official portion of the game is over. The remainder of the game will be played as before but without any scoring either displayed on the clock or recorded in the book. This is done to encourage coaches and participants to focus the remainder of the game on player improvement and team play – not running up the score or padding player game totals.***

8.1.5 Violations and Penalties:

1. Offensive players are allowed six (6) 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.
2. During the **first three (3)** games of the season, 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

8.1.6 Fouls and Penalties:

8.1.6.1 Defensive rules:

1. Zone and defenses are PROHIBITED at all times.
 - 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 (4) feet of their offensive player.
3. Double-teaming of the ball handler is allowable as follows:
 - While any part of the ball handler is within the frontcourt lane.
 - While the ball handler is within four (4) feet an offensive teammate, that player's defender may play defense on the ball handler.
 - So-called "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.
 - If/when the ball handler's immediate progress is halted, defensive players must return to their most recent offensive player.
 - Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
 - NOTE: Double-teaming of an offensive player without the ball is PROHIBITED at all times.
4. Backcourt defense is PROHIBITED at all times.
 - EXCEPTION: Defense in the backcourt is permitted during a fast-break.
5. The defense must allow the ball handler player to dribble into the frontcourt.

PENALTIES (1-5):

- 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 of 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 that the points are awarded regardless of the outcome of the free-throw attempts).
- 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.

8.1.6.2 Offensive rules:

1. 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.
2. Stalling offenses are PROHIBITED.
 - The offense is required to advance the ball to the basket.

NOTE: For 1 and 2 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).

PENALTIES (1-2):

- 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, note that the points are awarded regardless of the outcome of the free-throw attempts).

8.2 Boys and Girls 4th Grade Leagues

Standard basketball rules shall apply except as noted below:

8.2.1 Court and Equipment:

1. The foul line is moved up approximately 3 feet.
2. The basket height is 9 feet.
3. A compact size 28.5" ball will be used.

8.2.2 Players, Substitutes, and Equipment:

1. 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:

1. Man-to-man defense is defined as each defensive player remaining within four (4) feet of a single offensive player at all times, except when double-teaming.

8.2.4 Scoring and Timing Regulations:

1. Quarters are 7 minutes long.

8.2.5 Scoring and Timing Regulations:

1. REFERENCE: The normal three-second lane violation rule shall be enforced.
2. During the **first (1st)** game of the season, 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.

8.2.6 Fouls and Penalties:

8.2.6.1 Defensive rules:

1. Zone and defenses are PROHIBITED at all times.
 - 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 (4) feet of their offensive player.
3. Double-teaming of the ball handler is allowable as follows:
 - While any part of the ball handler is within the frontcourt lane.
 - While the ball handler is within four (4) feet an offensive teammate, that player's defender may play defense on the ball handler.
 - So-called "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.
 - If/when the ball handler's immediate progress is halted, defensive players must return to their most recent offensive player.
 - Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
 - NOTE: Double-teaming of an offensive player without the ball is PROHIBITED at all times.
4. Man-to-man defense is PERMITTED in the backcourt.
 - EXCEPTION: Backcourt defense is PROHIBITED during any in-bounds pass, either dead ball or after a made basket.

PENALTIES (1-4):

- 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 of 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 that the points are awarded regardless of the outcome of the free-throw attempts).
- 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.

8.2.6.2 Offensive rules:

1. 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.
2. Stalling offenses are PROHIBITED.
 - The offense is required to advance the ball to the basket.

NOTE: For 1 and 2 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).

PENALTIES (1-2):

- 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 of 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, note that the points are awarded regardless of the outcome of the free-throw attempts).

8.3 Boys 4th Grade Competitive League

Standard basketball rules shall apply except as noted below:

8.3.1 Court and Equipment:

1. The basket height is 9 feet.
2. A compact size 28.5" ball will be used.

8.3.2 Scoring and Timing Regulations:

1. Quarters are 7 minutes long.

8.3.3 Fouls and Penalties:

8.3.3.1 Defensive rules:

1. No restrictions, but man-to-man defense is strongly encouraged.
2. Defense, including pressing, is allowed in the backcourt with the following exception: when a team is ahead by 20 or more points, pressing (backcourt defense after a made shot) is not allowed until the lead is less than 20 points.

8.4 Boys and Girls 5th Grade Leagues

Standard basketball rules shall apply except as noted below:

8.4.1 Court and Equipment:

1. REFERENCE: The basket height is 10 feet.
2. A compact size 28.5" ball will be used.

8.4.2 Scoring and Timing Regulations:

1. Quarters are 7 minutes long.

8.4.3 Fouls and Penalties:

8.4.3.1 Defensive rules:

1. No restrictions, but man-to-man defense is strongly encouraged.
2. Defense, including pressing, is allowed in the backcourt with the following exception: when a team is ahead by 20 or more points, pressing (backcourt defense after a made shot) is not allowed until the lead is less than 20 points.

8.5 Boys 6th and 7th and Girls 6th Grade Leagues

Standard basketball rules shall apply except as noted below:

8.5.1 Court and Equipment:

1. REFERENCE: The basket height is 10 feet.
2. BOYS ONLY REFERENCE: A standard size ball will be used.
3. GIRLS ONLY REFERENCE: A compact size 28.5” ball will be used.

8.5.2 Scoring and Timing Regulations:

1. Quarters are 7 minutes long.

8.5.3 Fouls and Penalties:

8.5.3.1 Defensive rules:

1. No restrictions, but man-to-man defense is strongly encouraged.
2. When a team is ahead by 20 or more points, pressing (backcourt defense after a made shot) is not allowed until the lead is less than 20 points.

8.6 Boys 8th, 9th/10th and 11th/12th, and Girls 7th/8th Grade Leagues

Standard basketball rules shall apply except as noted below:

8.6.1 Court and Equipment:

1. REFERENCE: The basket height is 10 feet.
2. BOYS ONLY REFERENCE: A standard size ball will be used.
3. GIRLS ONLY REFERENCE: A compact size 28.5” ball will be used.

8.6.2 Scoring and Timing Regulations:

1. REFERENCE: Quarters are 8 minutes long.

8.6.3 Fouls and Penalties:

8.6.3.1 Defensive rules:

1. No restrictions, but man-to-man defense is strongly encouraged.
2. When a team is ahead by 20 or more points, pressing (backcourt defense after a made shot) is not allowed until the lead is less than 20 points.

9.0 Gym Specifics

9.1 Weeknights and Weekends

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 hr 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, use the following procedure:

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 before the first

game on a weekend, that game will not be played and 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.

10.0 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.