

BRYC Basketball Rules & Policies

Quick-Reference Summary — 2026–2027 Season

Gym Rules

- Games are held at FCPS gyms. Water only (no food/other drinks), follow staff and Building Director instructions, keep to scheduled times, and no alcohol, tobacco, drugs, weapons, or smoking. Participants stay in the gym area.

Game Slots & Timing

- Each slot: 5 min warm-up, 35–50 min of play, 5 min exit. No play during exit time.
- Don't enter the gym before your slot. Tip off 5 minutes in; finish by exit time so the next game stays on schedule.
- Locked out at your start time? Call NCS on-call at 703-609-8870, or School Security at 571-423-2000.

Bench

- One head coach, one assistant coach, and active players only. No siblings, parents, or other non-players in the bench area.

Game Play

- Games start with a jump ball.
- Clock stops for timeouts and injuries. Referees may run the clock in the final 2 minutes of Q2 and Q4 to save time.
- Timeouts: two 30-second timeouts per half (no carryover to the 2nd half or OT); one 30-second timeout per overtime period (no carryover).
- Overtime periods are 3 minutes. Regular season: still tied after one OT ends in a tie.
- Bonus free throws (Boys 3/4 Adv and above): the bonus kicks in on the opponent's 5th team foul each quarter, awarding 2 free throws. Team fouls reset to 0 each quarter.

Coaching & Fair Play

- Coaches should give all players roughly equal playing time.
- Short-handed teams play on rather than forfeit — 4v5, 4v4, or borrowed players. If a team doesn't show at all, the other team scrimmages or practices.
- Blowout rule: ease up at a 20-point lead. Winning by more than 30 triggers a formal warning to the coach; a second offense may mean suspension.

Division Rules Matrix

Division	Ball Size	Rim	FT Line	Clock Format	Defense	Press	Mercy Rule
Boys Pre-K/1	25.5" (4)	8 ft	N/A	Six 5' periods (running)	Man-to-man only (wristbands). Stealing prohibited.	Not allowed	N/A (score not recorded)
Girls 1/2 & Boys 2	27.5" (5)	8 ft	9 ft	8' quarters (running)	Man-to-man (wristbands). Help D in paint.	Not allowed	Scoreboard resets to 0–0 at 20-pt lead, no longer shown
Boys 3	27.5" (5)	9 ft	12 ft	8' quarters (running, stops last 2' of Q2/Q4)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Girls 3/4	27.5" (5)	9 ft	12 ft	8' quarters (running, stops last 2' of Q2/Q4)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Boys 4	28.5" (6)	9 ft	15 ft	8' quarters (running, stops last 2' of Q2/Q4)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Boys 3/4 Adv	28.5" (6)	10 ft	15 ft	8' quarters (running, stops last 2' of Q2/Q4)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Boys 5	28.5" (6)	10 ft	15 ft	8' quarters (running, stops last 2' of Q2/Q4)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Girls 5/6 & Boys 6	28.5" (6)	10 ft	15 ft	8' quarters (regulation, stops on whistle)	Man-to-man. Help D in paint.	Q4 & OT only	No press w/ 15+ lead. Running clock w/ 20-pt lead
Co-Ed 7/8	29.5" B / 28.5" G	10 ft	15 ft	8' quarters (regulation, stops on whistle)	Man-to-man. Help D in paint.	Allowed	No press w/ 15+ lead. Running clock w/ 20-pt lead