



★ BOCA RATON ★ BASKETBALL CLUB

Rules & Regulations

1. General Conduct

- a. All players must wear basketball shoes.
- b. No jewelry (bracelets, rings, earrings, watches, etc.) may be worn. No tape over earrings. No metal or plastic hair clips.
- c. Players must remain on the bench with their team. No wandering or sitting in the bleachers.
- d. All coaches must be registered and approved by Boca Raton Basketball Club.
- e. Only registered BRBC coaches may sit on the bench and/or participate in team huddles.
- f. In accordance with the Florida High School Athletic Association (FHSA) regulations, players, coaches, parents and fans are subject to removal or ejection from a game and the gymnasium due to fighting, arguing, and/or use of foul language. If a player, coach or parent refuses to cooperate, the team will forfeit the game. If a team has only one coach and that coach is ejected, a league representative may step in to finish the game.
- g. Technical Fouls
 - i. Two (2) direct technical fouls (player or coach) = ejection.
 - ii. Ejected players/coaches must promptly leave the premises.
 - iii. Three (3) direct technical fouls (player or head coach) = game forfeiture.
- h. Taunting and trash talking is strictly prohibited by players, coaches, parents and fans. Referees may issue ejections at their discretion.
- i. Player fighting results in ejection from the game and a one (1) game suspension. Suspended players must attend the next game in street clothes and sit with their team on the bench. Failure to appear will carry the suspension over to the next game.

2. Game Regulations

- a. If designated, coaches must remain within the coach's box. Otherwise, coaches must remain seated except when calling timeouts.
- b. Each player must play at least nine (9) minutes in the first three (3) quarters (per the player rotation rules). 4th quarter playing time is at the coach's discretion.
- c. 3rd Quarter Substitutions / 3-Minute Rule. Clock starts at 6:00. At approximately three (3) minutes into the 3rd quarter, the referee stops play for substitutions. Possession arrow does not change. Play resumes quickly. This stoppage is not a timeout.
- d. 3-Point Shots are allowed in U12G, U15G and U11B, U13B, U15B, U18B.
- e. Team Fouls: five (5) per quarter → two (2) bonus free throws.
- f. Player Fouls: five (5) per game → player removed.
- g. Technical Fouls: count as personal fouls.
- h. Game Timing
 - i. Games start on the hour
 - ii. 55 minutes total
 - iii. Referees may use a running clock in the 4th quarter
 - iv. Overtime (playoffs only): one 2-minute period, one (1) extra timeout per team.
- i. Minimum Players: Teams must start with five (5) players within five (5) minutes of game time or forfeit (practice scrimmage may still be played).
- j. Only one (1) practice per week is allowed after the season begins.
- k. Roster Size: must carry 10 players. Short rosters must be reported. No changes after Week 5.
- l. Timeouts: two (2) per half; none carry over. One (1) extra in overtime.
- m. Coaches must provide rotation sheets before the game. Failure results in a technical foul and loss of possession.
- n. Pressing Rules: full court – U13B, U15B, U15G, U18B.
 - i. Illegal defense – U9B, U11B, U10G, U12G (2 warnings, then technical).
- o. Basket Heights:
 - i. 8' for Instructional U8G and U7B.
 - ii. 9' for U9B and U10G.
 - iii. 10' regulation for all others
- p. Ball Size
 - i. Men's ball (size 7; 29.5 cm) – U13B, U15B, U18B.
 - ii. Women's/Intermediate (size 6; 28.5) – all others.

3. Uniform Rules

- a. Teams receive 10 jerseys. Hand out to players based on assigned sizes.
- b. If a player drops, their jersey must be returned for replacements.
- c. No extra markings or modifications allowed.
- d. Undershirts must match jersey color. White for home and navy for away.
- e. No boxer shorts extending below BRBC shorts.
- f. Players are required to wear official BRBC jersey and shorts.
- g. Lost jerseys must be reported immediately. Temporary replacements available at player's expense.
- h. Jerseys must be tucked in at all times.
- i. Coaches must wear official BRBC coach shirts.
- j. Players may not wear hats during games or warm-ups.

4. Game Day Etiquette

- a. Players must be ready at game start.
- b. Rotation sheets filled out in advance.
- c. Scorekeepers/timers are volunteers. If unavailable, coaches must supply them.
- d. Make substitutions promptly.

5. Parent/Fan Conduct

- a. Coaches are responsible for parent/fan behavior.
- b. Bench area is for players and coaches only.
- c. BRBC will enforce the Parent Code of Conduct throughout the season.
[Click here to review the Parent Code of Conduct.](#)

6. Mercy Rule

- a. If leading by 20 points, no pressing is allowed.
- b. If the lead falls to 10 points, pressing may resume.
- c. Running clock in 4th quarter if lead is 20+.
- d. Coaches encouraged to sub in less-skilled players.

7. Protests

- a. Only valid for misinterpretation of rules.
- b. Must be submitted in writing within 24 hours by the head coach only.
- c. Appeals decided by Commissioners and BRBC Board.
- d. Decisions are final (unless replay is ordered).

8. Division Specific Rules – 7U Boys & 8U Girls

- a. Games: five (5) periods. The first 4 periods are 8 minutes each with running clock. The 5th period is 6 minutes with stopped clock.
- b. Foul Shots: standard in 5th period; modified positioning in first 4 periods.
- c. 3-Shot Rule: A player cannot take 3 consecutive shots to start a possession.
- d. Defense: Must stay in the key. No pressing outside this area.

9. Division Specific Rules – Girls 10U

- a. After change of possession, defense must retreat to the 3-point arc.
- b. Once offense crosses half court, defense may play full half-court defense.

10. Defensive Rules by Division

- a. Full court Press (entire game): U12Gs, U15G, U18G, U13B, U15B, U18B.
- b. Half court press: U11B (Q1–3) and full court in Q4.
- c. Half court press (entire game): U9B.
- d. Must stay in paint: U7B, U8G.
- e. Special Rule: U10G – see above.