Updated 8.23.2026

Game Rules & Regulations – All Divisions

(Game rules for each age division are located at the end)

- **Rosters**
  - **Practice**
    - i. Only one (1) practice per week is allowed after the Jamboree.
    - ii. Must be outside at an approved court location.
  - b. **Roster Size**
    - i. Each team must carry 10 players.
    - ii. Short rosters must be reported.

2. Uniforms – Players & Coaches

a. **Players may only wear official BRBC jersey and shorts.**
   - i. No extra markings or modifications permitted.
   - ii. Player jerseys tucked in.
   - iii. No boxer shorts extending below BRBC shorts.

b. **No jewelry or hair clips**
   - i. No bracelets, rings, earrings, watches, etc.).
   - ii. No tape over earrings.
   - iii. No metal or plastic hair clips.

c. All players must wear basketball shoes.

d. Players may not wear hats during games or warm-ups.

e. **Undershirts**
   - i. Navy t-shirt under orange jersey (girls) or navy jersey (boys).
   - ii. White t-shirt under white jersey (everyone).

f. **Coaches**
   - i. Coaches must wear official BRBC coach shirts.

g. **Uniform Color**
   - i. White uniform – Home team
   - ii. Orange/Blue uniform – Away team

h. **Violations** – if a violation of these rules is brought to the attention of the referee prior to the player entering the game for the first time, one technical foul will be assessed and counted as a team foul for that quarter. No more

than one technical foul will be assessed per team per game for uniform violations. A League representative can override this rule if the problem was a league issue in providing the uniform.

3. Game Regulations

a. **Game Timing**
   i. Teams must be ready to start play within 5:00 minutes of the scheduled game time or forfeit.
   ii. 6:00 minute quarters with stop clock
      1. Girls 7-8U and Boys 7U – see below for specific rules
      2. Exception for the Mercy Rule
   iii. Games may not exceed 55 minutes total
      1. Referees may use a running clock in the 4th Quarter
   iv. No overtime during the regular season
      1. Playoffs: one 2:00 minute period and one (1) extra timeout.

b. **Coach's box**
   i. Coaches must remain within the coach's box.
   ii. Only one coach may stand at a time.

c. **Rotations/Substitutions**
   i. Rotation sheets must be provided to the scorer's table before the game.
   ii. Failure results in a technical foul and loss of possession.
   iii. Each player must play at least 9:00 minutes in the first three (3) quarters (per the rotation sheet).
      1. 3rd Quarter Substitutions / 3-Minute Rule. Clock starts at 6:00. At approximately 3:00 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.
      2. 4th Quarter playing time is at the coach's discretion.
   iv. **Injury Rule** - Players that must be replaced for any reason (fouling out, injuries, etc.) during their rotation will have a replacement chosen by the opposing head coach. This should be handled discreetly between the coaches and officials.
   v. **Playoffs** - rotation rules differ from the regular season to ensure competitive balance and fair play. Please refer to the playoff specific rotation sheets.

d. **Minimum Players**
   i. Teams must start with five (5) players within 5:00 minutes of game time or forfeit (practice scrimmage may still be played).

e. **Personal Fouls**
   i. Team Fouls: five (5) per quarter → two (2) bonus free throws.
   ii. Player Fouls: five (5) per game → player removed.
   iii. Technical Fouls: count as personal fouls.

f. **Timeouts**
   i. Two (2) per half; none carry over.
   ii. During the playoffs, if applicable, one (1) extra TO in overtime.

4. General Conduct

a. **Benches**
   i. Only registered BRBC coaches may sit on the bench and/or participate in team huddles.
   ii. Players must remain on the bench with their team. No wandering or sitting in the bleachers.

b. **Technical Fouls**
   i. Two (2) direct technical fouls (player or coach) = ejection.
   ii. Ejected players/coaches must promptly leave the premises.
   iii. Ejected players/coaches are suspended from the next game **without appeal**.
      1. Suspended players must attend the next game in street clothes and sit with their team on the bench.
      2. Suspended coaches are prohibited from attending the next game.
   iv. Ejected players are treated as an injured player for rotation purposes (see Injury Rule).
   v. Three (3) direct technical fouls (player or head coach) = game forfeiture.

c. **Fighting**
   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.

d. **Taunting, Trash Talking and/or Foul Language**
   i. Strictly prohibited by players, coaches, parents and fans.
   ii. In accordance with the Florida High School Athletic Association (FHSAA) regulations, Referees may issue ejections at their discretion.

iii. 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.

e. **Disciplinary Action**
   i. BRBC reserves the right to issue additional disciplinary action including but not limited to suspension and expulsion.

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 and running clock in the 4th Quarter.
   i. If the lead falls below 20 points, the clock will stop.
   ii. If the lead falls to 10 points, pressing may resume.
b. 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).

[Scroll down for Age Division specific rules]

8. Division Specific Rules – 7-8U Girls

Duration	Five (5) periods. Periods 1-4 are 8:00 minutes running clock. Period 5 is 6:00 minutes with stopped clock.
3 Shot Rule	A player cannot take 3 consecutive shots to start a possession.
Defense/Press	Must stay in the key. No full or half court pressing.
Foul Shots	Periods 1-4 modified positioning. Period 5 standard positioning.
3-Point Shots	No
Basket Height	8’
Ball Size	Women’s (size 6; 28.5)

9. Division Specific Rules – Girls 10U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
3 Shot Rule	NA
Defense/Press	Start behind the 3-point arc. May extend to half-court defense once the ball crosses the half court line.
3-Point Shots	No
Basket Height	9’
Ball Size	Women’s (size 6; 28.5)

10. Division Specific Rules – Girls 12U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
Defense/Press	Quarters 1-3 half court defense only. Quarter 4 full court press.
3-Point Shots	Yes
Basket Height	10’
Ball Size	Women’s (size 6; 28.5)

11. Division Specific Rules – Girls 15U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
Defense/Press	Full court press
3-Point Shots	Yes
Basket Height	10’
Ball Size	Women’s (size 6; 28.5)

12. Division Specific Rules – 7U Boys

Period	Five (5) periods
Time	Periods 1-4 are 8:00 minutes running clock. Period 5 is 6:00 minutes with stopped clock.
3 Shot Rule	A player cannot take 3 consecutive shots to start a possession.
Defense/Press	Must stay in the key. No full or half court pressing.
Foul Shots	Periods 1-4 modified positioning. Period 5 standard positioning.
3-Point Shots	No
Basket Height	8’
Ball Size	Women’s (size 6; 28.5)

13. Division Specific Rules – Boys 9U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
3 Shot Rule	NA
Defense/Press	Half-court defense only.
3-Point Shots	No
Basket Height	9’
Ball Size	Women’s (size 6; 28.5)

14. Division Specific Rules – Boys 11U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
Defense/Press	Quarters 1-3 half court defense only. Quarter 4 full court press.
3-Point Shots	Yes
Basket Height	10’
Ball Size	Women’s (size 6; 28.5)

15. Division Specific Rules – Boys 13U, 15U and 18U

Duration	Four (4) quarters. 6:00 minutes with stopped clock.
3 Shot Rule	NA
Defense/Press	Full court press.
3-Point Shots	Yes
Basket Height	10’
Ball Size	Men’s (size 7; 29.5)