

BRADDOCK ROAD YOUTH CLUB (BRYC) BASKETBALL

Quick-Reference Summary of Rules and Policies Matrix (2026–2027)

- **Gym Facilities:** BRYC permits most gyms from Fairfax County Public Schools (FCPS) and is required to abide by FCPS Gym Policies: 1) Only water is permitted in the gym. Food or other drinks are prohibited, 2) Respect the authority of the custodians, school staff, Volunteer Building Directors and NCS staff. You must follow their directions 3) Abide by your scheduled game start and stop times, 4) No alcohol, tobacco, illegal drugs, garbage or weapons, including smoking of any kind, 5) All event participants (e.g. Players, Coaches, Spectators) are restricted to the gym area.
- **Gym game slots:** BRYC divides court time into game slots of different lengths depending on many factors. All game slots shall have a 5-minute Warm-up time, 35-50 minutes of Basketball time, 5 minutes of Exit time. **No basketball shall be played during Exit time.**
- **Gym Access & Start Time:** Do not attempt to enter the gym prior to your scheduled start time. The first 5 minutes of your slot are reserved for optional warmups, and the game must tip off promptly at 5 minutes past the scheduled start time. All games must conclude by Exit time to ensure subsequent games can begin on time. If you are locked out of your gym at the scheduled start time, contact the Neighborhood and Community Services on-call staff at 703-609-8870, or School Security at 571-423-2000
- **Bench Personnel:** The player bench is restricted to one head coach, one assistant coach, and active team players. Siblings, parents, and any other non-players are strictly prohibited from sitting in the bench area.
- **Game Start:** All games begin with a jump ball.
- **Timeouts & Clock Stoppage:** The game clock always stops for timeouts and injuries. The referees have discretion on whether to implement a running clock in the last 2' of Q2 and Q4 in the interest of time.
- **Timeout Allocation:** Each team receives two (2) 30-second timeouts per half. Unused timeouts do not carry over to the second half or into overtime. Each team is granted one (1) 30-second timeout per overtime period (no carryover).
- **Overtime Duration:** Overtime periods are 3 minutes. During regular season play, if a tie remains after one overtime period, the game concludes in a tie.
- **Bonus Free Throws:** For divisions Boys 3/4 Adv and above, a team enters the bonus upon the opposing team's 5th team foul in each quarter. The fouled player is awarded two (2) free throws. Team fouls reset to zero (0) at the end of each quarter.
- **Playing Time:** Coaches must aim for equal playing time for all players, ensuring no player sits out for extended periods.
- **Short-Handed Play:** Games will not be canceled or forfeited due to attendance. If a team is short, coaches may agree to play 4 vs 5 or 4 vs 4, and players may be borrowed from the opposing team. If an entire team fails to show, the remaining team may play an officiated scrimmage among themselves or use their time to practice.
- **Sportsmanship & Blowout Policy:** Recreational basketball is meant to be a fun developmental learning experience = FUN for EVERYONE. Coaches must actively modify play when leading by 20 points. If a team wins by more than 30 points, a formal warning will be issued to the head coach, and a second offense may result in a BRYC-imposed suspension.

Division	Ball Size	Rim Height	Free Throw Line	Game Clock Format	Defense & Double Teaming	Backcourt Pressing	Mercy / Crush Rule
Boys Pre-K/1	25.5" (Size 4)	8 ft	N/A (No FTs)	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" (Size 5)	8 ft	9 ft	8' quarters (Running)	Man-to-man only (wristbands). Help D allowed in paint.	Not allowed	Scoreboard reset to 0–0 at 20-point lead and no longer displayed.
Boys 3	27.5" (Size 5)	9 ft	12 ft	8' quarters (Running- stops last 2' of Q2 & Q4)	Man-to-man only. Help D allowed in paint.	Q4 and OT only.	No press w/ 15+ point lead. Running clock with 20 pt lead
Girls 3/4	27.5" (Size 5)	9 ft	12 ft	8' quarters (Running- stops last 2' of Q2 & Q4)	Man-to-man only. Help D allowed in paint.	Q4 and OT only.	No press w/ 15+ point lead. Running clock with 20 pt lead
Boys 4	28.5" (Size 6)	9 ft	15 ft (Standard)	8' quarters (Running- stops last 2' of Q2 & Q4)	Man-to-man only. Help D allowed in paint.	Q4 and OT only.	No press w/ 15+ point lead. Running clock with 20 pt lead
Boys 3/4 Adv	28.5" (Size 6)	10 ft	15 ft (Standard)	8' quarters (Running- stops last 2' of Q2 & Q4)	Man-to-man only. Help D allowed in paint.	Q4 and OT only.	No press w/ 15+ point lead. Running clock with 20 pt lead

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Boys 5	28.5" (Size 6)	10 ft	15 ft (Standard)	8' quarters (Running- stops last 2' of Q2 & Q4)	Man-to-man only. Help D allowed in paint.	Q4 and OT only.	No press w/ 15+ point lead. Running clock with 20 pt lead
Girls 5/6 & Boys 6	28.5" (Size 6)	10 ft	15 ft (Standard)	8' quarters (Regulation stop clock on whistles)	Man-to-man only. Help D allowed in paint.	Q4 and OT only	No press w/ 15+ point lead. Running clock with 20 pt lead
Co-Ed 7/8	29.5" Boys 28.5" Girls	10 ft	15 ft (Standard)	8' quarters (Regulation stop clock on whistles)	Man-to-man only. Help D allowed in paint.	Allowed	No press w/ 15+ point lead. Running clock with 20 pt lead