



Boca Basketball League Rules

(Spring 2026)

The purpose of each WBB specific rule is to help ensure that the purpose of our league is met; sportsmanship, participation, development and fun. WBB exists to provide a place for the children of our community to enjoy the great game of basketball. The rules are meant to help, but it is up to each and every one of our volunteer coaches to use their best judgment, in addition to these rules, to make sure that all of our players are enjoying this game.

1. High School Rules. Except as noted below, Florida High School rules apply.
2. Length of Games.
 - For all divisions, except as mentioned below, six-minute quarters with a stop clock in effect.
 - Kindergarten, there will be 6-minute quarters utilizing a running clock. The clock stops only for technical fouls and time outs.
 - For the Kindergarten – 2nd grade boys and K – 2nd grade girls, there will be 8-minute quarters utilizing a running clock. The clock stops only for technical fouls and time outs, except that it will be a stop clock during the final minute of the fourth quarter.
 - Half time will be three minutes for all age divisions.
3. Jump Ball/Alternating Possession. Games start with a jump ball, and thereafter possession will alternate. Whenever the rotation rules require a split third quarter or split fourth quarter, possession is maintained by the team with possession of the ball at the end of the first half of the split quarter. The game officials shall determine an appropriate time to stop play at the approximate mid-point of the third period (and fourth period for younger age groups where split fourth periods apply due to rotations) so that teams can rotate their players.

4. Time Outs Allowed. In all age groups there will be two full time outs per half. Unused timeouts in the first half do not carry over to the second half. Unused timeouts during regular play do not carry over to overtime.
5. Overtime(Playoffs Only) Games tied at the end of regulation play result in an additional two-minute overtime period. In the event the game is still tied after the first overtime, a second two-minute overtime results, and so on, until a winner is decided. For age groups where coaches' choice does not apply in the fourth quarter, the first overtime utilizes the first quarter rotation, the second overtime has the second quarter rotation, etc. Each team gets one time out per overtime period with no carryovers. Overtime is treated as an extension of the fourth quarter, thus rules which apply in the fourth quarter would apply in overtime (for example, in younger age groups, full court defense would only be allowed in the final minute of overtime). BB holds the rights under unpredictable circumstances to suspend over-time games.
6. Fouls. Players foul out on the fifth personal foul. Technical fouls charged to a player also count as a personal foul. If a technical foul is charged to a team's coach, it also counts as a team foul. On the seventh team foul of the half, the bonus (one and one) is in effect. On the tenth team foul of the half, all fouls are two-shot fouls.
 - For the K - 2nd boys and girls free throws are attempted from the volleyball end line inside the free throw lane.
 - For the 3rd- 4th grade boys and girls, 4th - 5th grade girls divisions, foul shots are attempted from an imaginary line crossing the free throw lane between the hash marks closest to the standard free throw line.
 - For the K - 2nd boys and girls groups at halftime, free throws are shot (two per player) and the accumulated made free throws are added to the team's point total prior to the start of the third quarter (subject to a maximum difference of five additional points). When there is a different number of players on each team, the coach whose team has fewer players assigns one extra free throw to each of the lowest players in his rotation as necessary to equalize the total free throws attempted.
 - NOTE: The 1st and 2nd boys and girls divisions shall include the awarding of 5 bonus points to any team which, during a game, has five different players score a field goal (or two successful free throws during the course of play). The points shall be awarded immediately upon reaching this team goal. This rule applies only once per team per game and also applies during any overtime periods.
 - Any player receiving a technical foul in any age group will be required to leave the game for two minutes or until the end of the period in which the technical foul occurred, whichever is less. Game officials and division coordinators are asked to help enforce this rule, but head coaches should be aware of this requirement which is designed to avoid player ejections.
 - Any player or coach who receives two technical fouls or one flagrant foul during one game is automatically ejected from the game and suspended from the next following game **without appeal**. Any player or coach or spectator who is ejected from a game for any other reason, is automatically suspended for the next following game without appeal. In the event a head coach is ejected from a game and there is no approved coach available to coach the team, the game shall be immediately forfeited by that

team. Further penalties may also be administered based on a review of the incident by the disciplinary committee.

- The referee, or Division Coordinator must notify a league Director, preferably in writing on the day of the event, of any ejection or other violation of this section of the rules. An ejected player is treated as an injured player for rotation purposes. Any serious violation of the rules which does not result in ejection from a game, based on further investigation by BB, may still result in a suspension from participation in league activity until further notice and at the discretion of the Disciplinary Committee. Such violations could result in the following:
 - Step 1 – Suspension from BB League activities due to inappropriate conduct;
 - Step 2 – Informal or formal decision by Disciplinary Committee communicated to such party, including a notice that said party has the burden to request, in writing, a meeting with the Disciplinary Committee to provide grounds for an appeal of the decision.
 - Step 3 – The Disciplinary Committee may agree to schedule, at the committee's sole discretion, a hearing in front of the Disciplinary Committee which the coach, parent and/or player may attend (if requested by the player's parent or coach). The Disciplinary Committee may take such action as it deems appropriate, including but not limited to, suspension or permanent ejection from the league.

7. Coaches. One coach for each team is allowed on the court for guidance in the K - 2nd boys and girls divisions. Coaches in the younger divisions who exercise the option to coach on the court must remain near the sidelines to avoid endangering the players. In all divisions, a maximum of two coaches are allowed on the bench with the team players. A violation of this rule is a technical foul. All coaches participating in BB must have passed a background check and be approved by league administration before interacting with participants in any form of leadership role, including sitting in the bench area during games or leading drills during practice or games.

8. Three Point Rule. Three-point shots count for two points in any age group where the defense cannot extend beyond the three point line.

9. Illegal Defenses. Restrictions on defenses apply in all age divisions as follows. These restrictions apply whenever the offensive team has team control. Deflected passes do not change team control.

- Kindergarten Boys, K-1 Girls– Defense must have both feet within the paint during the entire game (hands may reach over); a technical foul will be called for stalling (determined at the officials' discretion).
- 1st Grade Boys– Defense must have both feet within the paint (hands may reach over). Failure to do so is a violation. Teams have 10 seconds, once advancing the ball into the front court, to take a shot or get the ball into the free throw lane or it is a turnover
- 2nd Grade Boys, 2nd Grade Girls Division – Defense must have both feet within the blue line extended to the free throw line laterally (hands may reach over). Teams have 10 seconds, once advancing the ball into the front court, to take a shot or get the ball into the free throw lane or it is a turnover

- 3rd Grade Boys & Girls -Defense within the three point line. Teams have 10 seconds, once advancing the ball into the front court, to take a shot or get the ball into the free throw lane or it is a turnover
 - 4th-5th Grade Girls Division – Defense within the three point line in the first half and to half court in the second half. In the first half, teams have 10 seconds, once advancing the ball into the front court, to take a shot or get the ball into the free throw lane or it is a turnover
 - 4th Grade Boys Division – Defense within the three point line in the first half and to half court in the second half. In the first half, the offense must enter the ball into the free throw lane at least every 10 seconds once the ball is in the front court; failure to do so is a violation.
 - 5th Grade Boys - Half court defense only throughout the game.
 - 6th Grade Boys-Half court defense only throughout the game, except that in the final 2 minutes, full court defense will be allowed.
 - 6th - 8th Grade Girls – Half court defense only throughout the game, except that in the fourth quarter and over time full court defense will be allowed.
 - 7th Grade Boys Division – Half court defense in the 1st half and full court in the 2nd half of games.
 - All Other Divisions – Full court defense the entire game.
10. For all age groups, each team shall receive two warnings and thereafter a technical foul will be called for each violation of the defense restriction rules. This rule also applies in games where a team has developed a lead of 15 or more points and has been informed that their defense is restricted. In the event a basket is scored as the result of illegal defense, the points shall not count. If they are counted incorrectly, the error must be identified and points removed as agreed upon by the Division Coordinator and Game Officials prior to the start of the next quarter or the basket will count. For all age groups where defensive restrictions apply, the offensive throw-in by a team that has a lead during the last two minutes of the fourth quarter must be inbound to an area of the court that can be defended (except during the last minute, if full-court defense is allowed). The officials must warn the players of this rule prior to the throw-in and if the player fails to inbound the ball to the front court, it is a violation. If the official fails to warn the player, there is no penalty if the ball is inbounded to the backcourt. For age groups where the defense is restricted to the three-point line, inbounds occurs at the front court baseline. All defensive restrictions refer to the player's feet. The feet must be within the boundary. A hand reaching across does not qualify as a violation of these rules.
11. Minimum Number of Players. In order to begin a game, a team must have at least five players dressed and ready to play no later than five minutes after the scheduled starting time. Failure to comply with this rule results in a forfeit. A team may finish the game with as few as three players.
12. Practices. Coaches should conduct one or a maximum of two practices per week. Practice sites must be in Boca west of the Turnpike– maximum allowable length of practices is 90 minutes in 5th Grade and over and 60 minutes for 4th Grade and under. Prior to the first game, teams may practice as frequently as the coaches and players wish. Violation of practice parameters can lead to game forfeits or coach suspensions. No coach may require extra payments from a parent/player in reference to practices.

Refer to Coaches' Manual for recommended practice sites. All practices must be outdoors.

13. Player Substitution. Players who must be replaced for any reason (fouling out, injuries, etc.) during their rotation must be substituted for by mutual agreement between the opposing coaches. Coaches need to remember this is a recreational league and reach a quick decision out of earshot of the players. The substitute then plays in his regular rotation as well as filling in for the injured player. If a player continues to be unable to play when the substitute is scheduled to play in a subsequent regular rotation, then both coaches will agree on a subsequent replacement. If the opposing coaches are unable to agree on a substitute within thirty seconds of being directed to select a sub, the Division Coordinator shall select a substitute, and play will resume. This 30 second period can be extended at the discretion of the Division Coordinator. In all instances when a player leaves the game (due to any reason other than an injury where the player must receive urgent medical care), that player must remain in uniform on the bench with his team. Removing one's jersey after being disqualified from further participation is a technical foul.
14. Player/Late Arrival. Players arriving after the start of the game but prior to the start of the second quarter shall be inserted into the lineup at the start of the second quarter. The Head Coach of the team will be allowed two minutes at the end of the first quarter to redo his rotation sheet, with the understanding that the players from the first quarter must remain in slots 1-5(in any order) in the rotation. Players arriving after the second period has begun may not play.
15. Mandatory Rotation Schedule. Rotation of players will be in effect for all regular season and tournament play and is as follows. Coaches should refer to the Rotation forms in the Coach's folder distributed prior to the start of the season. Participation is a critical element of the league's success and rotation rules are established to ensure relatively equal participation by all team members. WBB asks the support of all Coaches in balancing playing time for the benefit of all participants. Rotation sheets must be turned in prior to the beginning of each game to the Division Coordinator. All players must report to the scorer's table before entering the game. It is the responsibility of both coaches to ensure that rotations are being followed. Neither coach is empowered by agreement with each other to break these rules. Each violation of the rotation rules is a technical foul. For repeat violations (3 or more) by a coach during a season, the Disciplinary Committee or Executive Director will make a determination as to whether that coach is allowed to continue as a coach in this league. The Rotation Schedule submitted by coaches must include the jersey numbers at a minimum, not just player names.
16. Appeals. Appeals of outcomes of all games, regular season or tournament, must be brought to the attention of the league Executive Director or, in his or her absence, the Division Coordinator on the day of the game. A determination is then made as to the rules violation on which the appeal is based and whether or not the outcome will be changed. All decisions made by the Executive Director in consultation with the officials for the game are final. If for any reason the rules are unclear with respect to the appeal so that the Executive Director does not feel comfortable making a decision, then the rules committee shall be called for a special meeting to discuss the case and make a decision. In general, the rules committee shall govern all game outcome appeals which cannot be settled by reasonable interpretation of these rules. Judgment calls by game

officials or rotation violations which are not discovered/exposed until after a game is completed are NOT grounds for an appeal.

17. Height of Basket.

- 8 Foot - K Boys, K-1 Girls, 1st and 2nd Boys, 2nd-3rd Grade Girls
- 9 Foot - 3rd Grade Boys
- 10 Foot – All Others

18. Coaches, Uniforms and Age Requirements

- All coaches are required to wear an official coach's shirt supplied by the league. This can also be a shirt and tie. Violation of this rule is a technical foul at the beginning of the game (only) on the Coach and is also a team foul. An approved temporary volunteer is exempt from this rule if the head coach is not at the game. Assistants may purchase and wear a coach's shirt if they desire but are not required to do so.
- All head coaches must be at least 15 years of age and be unpaid volunteers, and are subject to director approval.
- Each head coach must adopt and enforce, to the best of his/her ability, these rules. All head coaches must read and agree (electronically) to the league mission statement and coach's agreement before drafting or coaching a team.
- Coaches whose child/children are in Boca Basketball get priority to coach.

19. Game Uniform - Players are required to wear their Boca Basketball uniform jersey and shorts. If a violation of this rule is brought to the attention of the referee prior to the point where a player is entering the game for the first time, one technical foul will be assessed to any team having one or more infractions, and this will be counted as a team foul for the first half. If the infractions are identified for players who are starting the game, the game will begin with the administration of free throws. If both teams have an infraction, the technical foul penalties offset and the game will begin with a jump ball. The Division Coordinator may override this rule if the problem was a league problem in providing the uniform. No more than 1 technical foul will be assessed per team per game for uniform violations.

20. Mercy Rule /Rotations and Common Sense - Any team having a lead of 15 points (20 points in 10th Grade and above) or more must relax their defense to the next more-restricted area (from full court to half court, or from half court to three-point circle, etc.) until the lead is 9 or fewer points. In all age groups, if a team holds a 20-point lead or more at the beginning of or any time during the fourth quarter, a running clock shall be employed until the game ends or the lead is 9 or less points. This running clock will only stop for timeouts. Coaches who have players who are not showing good sportsmanship by continuing to run up the score in a game that has already been decided should exercise common sense and notify the Division Coordinator that certain players are being removed from the game, even if this means an adjustment to the rotation sheet. Coaches should exercise this provision using common sense and good judgment regarding what's right for the team and the league. The same latitude applies if a coach feels that a player on the court is behaving inappropriately either with the opposing players, the officials, or in interactions with teammates or his coaches. Said player may be removed from the rotations without penalty by communicating with the Division Coordinator.

21. Prohibited Conduct - Boca Basketball, Inc. maintains a recreational league with an emphasis on participation and good sportsmanship. Any person participating in league activities in any capacity, including but not limited to players, coaches, assistants, officials, parents or spectators, must conform their conduct to the league's objectives in order to participate in league activities. Any person participating in league activities in any capacity, including but not limited to players, coaches, assistants, officials, parents or spectators, who engages in unsportsmanlike conduct in any manner, including but not limited to physical abuse, verbal abuse, intentional destruction of League or school property, flagrant unsportsmanlike conduct, cursing or fighting, may be removed from the premises of the practice or game or any other league activity or from participation in the practice or game or any other league activity by the team's Coach, the officials, the Division Coordinator, or the Executive Director in consultation with the team's Coach. Coaches shall not address the opposing coach for any reason once the game has begun, unless the communication is with the supervision of the Division Coordinator or game officials.
22. Drinks in Beach Area - Game officials and league management are instructed to issue one warning per game for any team whose players or coaches have drinks in the bench area. This warning is a separate delay of game warning from any other delay of game warnings under high school rules. However, upon the second violation of this rule, the team will be penalized with a technical foul which will be considered an indirect technical foul to the head coach and the coach will lose his coaching box privileges for the remainder of the contest.
23. End of Game - In order to promote good sportsmanship, all players in all divisions are required to line up at the conclusion of each game to shake hands with their opponents. Violators of this rule will be issued one warning and a second violation will lead to suspension and disciplinary action.
24. Concussion - Players returning from a concussion must present clearance to the Division Coordinator.
25. Coaches - Coaches may not override these rules during games through mutual agreement.
26. Copies of Rules. A copy of these rules is available to any player or parent of a player upon request.
27. Errors and Omissions - Anything missing or in error is subject to decision by league director.
28. Coaches/Division Coordinators may not change the rules, even if all parties agree.