

Youth Basketball League Rules & Regulations Atomic Division

1. The Atomic League will be for boys and girls in grade 3 and 4.
2. The basket will be 9' 6" high from the floor.
3. A 28.5 size ball will be used.
4. Games shall consist of four 8-minute quarters, modified-stop time. There is one minute between quarters and a three-minute half time. Times subject to change in effort to keep to schedule.
5. The clock will stop at the closest whistle to the four minute mark to allow for player substitutions. Substitutions permitted at this time only, with exception to player injury, sickness and foul trouble. This limits the confusion regarding defensive match-ups and allows for accurate tracking of playing time requirements.
6. Games that are tied at the end of regulation will end in a tie.
7. There will be three time-outs per game. Times-out will be 30 seconds in length.
8. Teams must play only man-to-man defense. Each player must be matched with another player from the opposing team with similar ability levels. Matching up will occur prior to each quarter and at substitutions and will be done by the referees and/or other Y staff at the scorers table. No zone defenses or double-teaming. If an offensive player is *driving to the basket*, those defenders within six feet may temporarily help stop the ball from scoring, then recover to defend original offensive player assignment.
9. The black division line (half court) is the defensive pick-up line. No defensive player can cross that line while the ball is on the other side. Rule applies for sideline throw-ins.
10. Players will play equal time of each game.
11. Individual fouls will be kept and players foul out after 6 individual fouls.
12. Team fouls will be kept as well and after 10 then shoot 2 foul shots.
13. There shall be no isolation, or clear-out plays. Technical foul will be assessed after a warning from officials.
14. The Recreational Sports Director and staff will handle any exceptions to these rules.