



YORK NORTH BASKETBALL ASSOCIATION

Rules and Regulations 2011/2012

ATOM BOYS AND GIRLS DIVISIONS

- ~ Half Court, 1.5 hours (45 minute skills and drills, 45 minute games)
- ~ 4 on 4 OR 5 on 5, 8 X 4 minute shifts, run time
- ~ Player press last 2 shifts under 10 pts. Players may shoot free throws a step or two in

MINOR BANTAM BOYS AND GIRLS DIVISIONS

- ~ Full Court, 1.5 hours (45 minute skills and drills, 45 minute games)
- ~ 8X4 minute shifts, run time
- ~ Player press last 2 shifts under 10 pts

BANTAM BOYS AND GIRLS DIVISIONS

- ~ Full Court, 1.5 hours (45 minute skills and drills, 45 minute games),
- ~ 8 X 4 minute shifts, run time
- ~ Player press last 2 shifts under 10 pts. Bantam Girls - any press under 15 pts

MIDGET GIRLS DIVISION

- ~ Full Court, 1.5 hours (30 minute skills, 1 hour game)
- ~ 10 X 4.5 minute shifts
- ~ Any press under 15 pts

MIDGET BOYS/JUVENILE BOYS DIVISIONS

- ~ Full Court, 1.5 hours (30 minute skills and drills, 1 hour game)
- ~ 10 X 4.5 minute shifts, run time
- ~ Any press (less than 15 pts. MB / under 20 pts JB)

EQUAL PARTICIPATION

- ~ Coaches will **ensure equal participation** for all team members over the entire game including overtime and further throughout the season. Substitutions occur only at shift change. If a substitution is made because of injury, please try to get the player back in the game the same shift if they would like and are able.

TIME OUTS

- ~ Each team will have 2 one minute time outs per half which may not be carried over.

SHIFT CHANGE

- ~ The team with possession at shift change KEEPS possession. The arrow is used at half-time. **After a free throw which ends a shift: on a make, it is the defending team's ball, on a miss, the arrow is used. Ball to half.**

DEFENSIVE RESTRICTIONS

Atom Boys, Atom Girls, Minor Bantam Boys, Minor Bantam Girls, Bantam Boys, Bantam Girls:

1. Only *player to player* defense may be used. After one referees' warning, the ball is awarded under basket of penalized team.
2. During shifts 1-6, once a defensive team secures the ball (dribbling or holding) in the back court, the opponents shall immediately retreat to their side of half.
3. During shifts 7 and 8, teams may use full court *player to player* defense provided the team pressing is leading the game by no more than the listed point spread above for that division OR is losing the game.
4. There is no over-and-back rule in the half court Atom Boys and Girls games.

Midget Girls, Midget Boys, Juvenile Boys:

1. All defenses/press types are permitted. Coaches please try to vary these for learning purposes.

FORFEIT

- ~ A team must have 5 players at some point during a game for their game to count as a win in the standings. 4 or less players constitute a forfeit, but the game is STILL PLAYED.
- ~ When a team has 6 players or less, the other team should donate players in order to maximize both playing time and balance ability level so a competitive game can take place. Players may also be 'brought up' from a lower division where player donation is not possible.