



Welcome to the Roots ATL Middle School League for the 2025-2026 Winter Season!

Please read the following information carefully.

Email [CoachT@therootsbasketball.com](mailto:CoachT@therootsbasketball.com) with any questions or concerns.

### **Game Rules**

- 6th grade boys- 28.5" or size 6 game ball
- 7th & 8th grade boys - 29.5" or size 7 game ball
- **Pre-Game Warm Ups:** Teams will have a minimum of 3 minutes
- **Halftime:** Each halftime period will be 3 minutes
- **Quarters Length:** Four 7 mins quarters
- **Timeouts:** Each team has 4 total timeouts per game
  - Two 30 second timeouts, two full timeouts
  - Each team will have 1 full timeout per overtime period, no matter how many timeouts already used in regulation. You can't carry additional timeouts in OT
- Overtime will be 1 minute, stopped clock
  - If the game goes into double overtime, it is a sudden death situation with first to score wins the game.
- Players will foul out after 6 fouls. A Technical foul is an additional personal foul
- Free throws: Teams will reach the bonus at 5 fouls in the quarter and shoot 2 free throws. Fouls will reset each quarter.
- If a coach receives a technical foul, they will have to remain seated for the remainder of the game. If the coach receives a second technical foul, they will have to leave the gym.

### **Rosters**

Please be sure that your rosters are submitted prior to the first week of play. Athletes cannot be on multiple rosters within the same grade level. Athletes can play in multiple divisions, as long as they are playing at their grade level or a grade level older than them. Athletes cannot play at a younger grade level. If a grade level comes into question, the coach needs to be prepared to share documentation showing proof of grade with the Roots leadership team.

### **Gate Entry Fees**

All Gate Tickets: \$8                      5 & under: Free

### **Zero Tolerance**

Roots Basketball has a zero tolerance policy towards staff, players, coaches, officials and other fans. If negative outbursts during games from a fan or coach become an issue, play will be stopped and the respective coach will be asked to resolve the issue immediately. If behavior continues, technical fouls will be assessed. A third offense results in removal from the gym with no refund and a subsequent 1 game suspension.

**Reminder, THE WHY here is to create positive playing & learning environments for these young athletes. Focus on keeping the main thing the main thing. Anything that brings negative energy towards the game play is counter-productive.**