

## RULE MODIFICATIONS FOR 11U DIVISIONS

### For games in the 11U Divisions:

- played with a four (4)-on-four (4) format.
- ball size - 11U Boys and Girls - Size 5
- the use of screens, on-ball as well as off-ball, will not be permitted at the 11U level of play.
- defensive 3 second rule will be in effect – this will be a point of emphasis to encourage proper person-to-person defensive positioning and to prevent players from sagging on defense and/or being placed in a sagging position.
- ***Spirit of the Rule*** – coaches and teams will be asked to honor the spirit of the defensive 3 second rule. Any indication of deliberate or clearly demonstrated violations of this rule will not be tolerated.

### In the 11U division:

MUST play person-to-person defense, proper help side technique is permitted on-ball only.

- Once the ball has entered the front court, defensive players must establish person-to-person position.
- A Player may leave their check to help on an opposing player who is entering the key with the ball. If the ball leaves the key, so should the help side. **Stopping the ball in the key is NOT considered a double team.**
- No full court pressure of any kind will be permitted.
- No double teams and no trapping will be permitted.
- No zone pressure of any kind will be permitted.

### Free Throws:

- In the 11U divisions, free throws may be taken from 12 feet (i.e. Three feet closer than the marked free throw line.)

### SUBSTITUTION AND TIMING RULE MODIFICATIONS

11U Divisions shall consist of Periods 1 to 13 with 3-minute run time and Period 14 with 3-minute stop time. The pre-game warm-up will begin as per scheduled start time and is 5 minutes long. For example, if the game is scheduled for 8:30 am, tip-off should commence at 8:35 a.m. to allow for team warm-ups.

New for 2023 – 11U Division will introduce Automatic Substitutions as follows:

- Automatic substitutions will take place every 3 mins, up to the final 3 mins of period 14
- The score table will set the game clock to 3-minute periods to indicate substitutions for the referees and teams

Modified Rules: (based on 8 players or more)

- 3 Minute shifts where the buzzer will sound (even during live play) to rotate the next 4 players in. Players subbing in should be ready at the score table.
- No player is to double shift except for the following exceptions:
  - A player can play in period 7 and start period 8. Halftime is considered as a reset, and this is not considered a double shift
  - Period 14 (final period of the game) coaches' consideration will be given in this period. This includes players that may have played in period 13.
- Score table minor officials running the score sheet must fill out the player jersey numbers on the tracking sheet to make sure players do not double shift. If the minor official sees that a player has double shifted, they are to bring it to the attention of the referee and the coach will be asked to make a substitution.

- Shooting Fouls - Periods 1 thru 13 - If a player gets fouled in the act of shooting the team will automatically receive 2 points. If a player gets fouled in the act of shooting and scores the basket, the team will receive 3 points. In both scenarios the game will proceed as if a basket was made and the other team will inbound the ball on the baseline.

Below is clarification on Period 14:

- **PERIOD 14** – The final period of the game will be a 3-minute stop-time period. During this period, fouls in the act of shooting OR when teams are in the bonus will shoot free throws like a regular game.
- Bonus begins at 10 fouls in each half. For the exception of Period 14, any fouls committed while in bonus will result in an automatic two points for the other team.
- Possession arrow will be in place for the start of Periods 2 to 14. A jump ball will take place at the start of the game.

Exceptions to playing time rules:

- Less Than 8 players – a team with less than 8 players will have no choice but to double shift at least 1 player each shift.
- All double shifts must be spread out equally with the players.
- Example, with 7 players in this format, no player would double shift more than 2 times in the first 14 periods.
- Unable to Continue current shift – if player “X” gets injured, gets into foul trouble\*, fouls out or is unable to continue their shift, any player can substitute for the remainder of that shift, and it will not be considered a double shift. They are playing on behalf of that player for the rest of the period. However, for all future periods, the playing time rules will apply if player “X” is unable to participate for the remainder of the game. Disciplinary – If a player is not being played for a portion of the game due to circumstances within the team, the player’s number, and length of time the player will be sitting, needs to be indicated on the tracking sheet before the start of the game.

**\*Please note** that foul trouble will be defined as follows: more than two fouls in the first four periods, more than three fouls in the first 8 periods and more than four fouls in the first 12 periods.

Time Format:

Total 14 x 3-minute periods

First Half: Periods 1 to 7	3 – minute run time
HALFTIME	2 – minutes
Second Half: Periods 8 to 13	3 – minute run time
Period 14	3 – minute stop time

