



Last Updated: June 2020

7.1. U11 Rule Modifications (Boys and Girls)

- 7.1.1. Games will be played with a four (4) vs. four (4) format.
- 7.1.2. Ball Size: 5 (27) both boys and girls
- 7.1.3. Hoop Height: 8ft 6in
- 7.1.4. Foul Line: 15ft from baseline, or 3ft closer than marked foul line
- 7.1.5. Each team will have a minimum of four (4) players.
- 7.1.6. Games shall consist of two (2) halves of twenty-three (23) minutes.
 - 7.1.6.1. Twenty-two (22) minutes running time and one (1) minute stop time at the end of each half.
 - 7.1.6.2. There shall be a two (2) minute half time break.
 - 7.1.6.3. The clock shall be stopped for time outs and injuries.
- 7.1.7. Each team shall have two (2) timeouts in the first half and two (2) time outs in the second half - No Carry Over.
- 7.1.8. Bonus occurs on the 8th Team foul in each playing half.
- 7.1.9. All U-11 divisions must employ half court person to person defense. No full court defense of any kind is permitted.
 - 7.1.9.1. No intentional double-teaming or traps on the ball carrier is allowed.
 - 7.1.9.2. Any player without the ball cannot be double teamed.
 - 7.1.9.3. Each defensive player must be responsible for guarding one offensive player.
 - 7.1.9.4. On Ball Defense - When defensive players are guarding a player with the ball they need to be at maximum two arm lengths away from the player with the ball (Canada Basketball calls this gap distance.) No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.
 - 7.1.9.5. Off Ball Defense - A defensive player must move spots on the court when the offensive player they are covering moves spots on the court. Off ball defenders should not be standing in the middle of the key, they need to move as the player they are guarding moves and or the ball moves, and should only have one foot in the key if their offensive check is off the lane (more than 2 steps of the key). No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.
 - 7.1.9.6. Help Side Defense - A Player may leave his/her 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.
- 7.1.10. There is no screening on or off the ball in U-11.
- 7.1.11. All teams must follow the CMBA Playing Time Guidelines (Please click this link to go to CMBA Playing Time Guidelines).