

## 11U Modifications

### Section 7a

- 7a.1 Play will consist of a 4 on 4 format.
- 7a.2 Ball size will be Size 5.
- 7a.3 No three (3) point line.
- 7a.4 No screens are permitted in 11U
- 7a.5 Foul line is 2 feet in from the marked free throw line
- 7a.6 Basket height will measure 8 ½ feet, where adjustable baskets are available.
- 7a.7 A 30-second shot clock will be utilized.
- 7a.8 Teams shall have 10-seconds to advance the ball over half court.
- 7a.9 Teams are permitted to return the ball to the back court during a front court throw-in.
- 7a.10 Game Timing shall be as follows: Two (2), Twenty-One (21) minute RUN time halves with a two (2) minute half time break. Each half will be broken into Seven – three (3) minute shifts to allow for automatic substitutions. There are no breaks in between shifts, only at half time. The final shift of the second half is a STOP time shift.

#### 7a.11 11U Automatic Substitutions

- 7a.11.1 11U games will consist of Two (2), Twenty-One (21) minute RUN time halves with a three (3) minute half time break. Score keepers will put three (3) minutes on the score clock at the start of each shift, then proceed to run the clock as per the existing EYBA rules (RUN time for the entire game, except for the final 3-minute shift).
- 7a.11.2 The alternating possession rule is in place to settle all jump ball situations. In the 11U Divisions, this now includes the 3-minute substitution changes. Following a 3-minute substitution change the ball should be administered at half court based on alternating possession (same as the standard start of the quarter).
- 7a.11.3 At the completion of each three (3) minute shift the game clock horn or the officials whistle will sound to mark the end of the shift. All eight (8) players on the floor will head to their team's bench and four (4) different players from each team will take the floor and start a new three (3) minute shift.
- 7a.11.4 The exception to the above rule is the final three (3) minute shift of the game, which will be at the discretion of the head coach and any four players from the roster, that are still eligible, can play the final three (3) minute shift of the game. During the Final three (3) minute shift, substitutions can be made at any stoppage of play. The Final three-minute shift is STOP TIME.
- 7a.11.5 At the completion of Seven (7) three (3) minute shifts the teams will take a two (2) minute half time break. At the completion of the two (2) minute break the second half will start with another Seven (7) three (3) minute shifts for the second half of play.

- 7a.11.6 All players must come off the floor at the end of each shift and four (4) new players from each team must enter the game at the start of each new shift. Exceptions to this rule are allowed if a team has less than eight (8) players available to play, then coaches must substitute all available players on the bench at each shift change. Players can only be on the floor for a maximum of two (2) shifts in a row when teams have less than eight (8) players available to play.
- 7a.11.7 Coaches will not be allowed to make any substitutions during dead ball situations unless it is for injury or emergency situations. (In very rare instances coaches can make substitutions to deal with discipline issues with regards to their players.)
- 7a.11.8 Coaches May also make a substitution if a player is in “foul trouble”. Foul trouble is defined as 3 fouls in the first half or 4 fouls in the second half. Substitution for a player in foul trouble can be made in dead-ball situations or by calling a timeout.
- 7a.11.9 A coach may choose to sit a player for their scheduled shift if they are already in foul trouble, especially in cases where the team has 8 players or less. This means a double shift will be permitted for those not in “foul trouble”

## **7a.12 Fouls/Shooting Fouls**

- 7a.12.1 Periods 1 thru 13 - If a player gets fouled in the act of shooting the team will automatically receive 2 points.
  - 7a.12.2 If a player gets fouled in the act of shooting and scores the basket, the team will receive 3 points.
  - 7a.12.3 In both scenarios the game will proceed as if a basket was made and the other team will inbound the ball on the baseline
  - 7a.12.4 Exception: Bonus – If a team reaches 10 fouls in a half the automatic point rule remains and now the fouled team retains possession.
  - 7a.12.5 Final Shift of Game: No automatic points, free throws to be taken (this shift is stop time). Normal FIBA bonus rules apply.
- 7a.13 Teams are not permitted to play half court zone defense at any time during the game.
- 7a.13.1 Defensive players are required to play one-on-one defense. Each defensive player must be responsible for guarding one offensive player.
  - 7a.13.2 No specific distance is stated for the purpose of guarding an offensive player.
  - 7a.13.3 If an offensive player moves from one ball side to non-ball side, or vice versa, the defensive player must move to the same side of the floor as well.
  - 7a.13.4 A defensive player must move when the offensive player they are checking makes a legitimate offensive move such as making a cut/offense attach.
  - 7a.13.5 A Player may leave his/her check to help on a player with the ball that is attempting to score and is in the paint/key. If the player who had the ball passes the ball to another offensive player, the defensive player must return to guard his/her offensive player.
  - 7a.13.6 Two or more defensive players may not double-team an offensive player who is not in possession of the ball. Double teams are only allowed on a player in

possession of the ball who is attempting to score and is in the paint/key. A warning will be issued for the first violation of this rule and subsequent violations may be penalized with a technical foul, issued to the Head Coach.

- 7a.14 Teams may not employ a full court press. The definition of a full court press is the defensive team attempting to take the ball away from the offense by pressuring the ball once possession has clearly been established. Going for a loose ball or offensive rebound is not a full court press, but once the defense has established possession of the ball the offense, and now the defense as a result of loss of possession, must retreat to half court.