

SCRA Basketball
Rules and Regulations
11U Divisions
(Revised November 2014)

LEAGUE REGULATIONS

- A. No one other than players and two coaches shall be allowed on the team bench during the game.
- B. All coaches and players will be subject to suspension for conduct which is unsportsmanlike or offensive to spectators or officials. This suspension may be for the remainder of the season or for any part of it at the discretion of the Director of Basketball. ANY PLAYER OR COACH EJECTED FROM A GAME WILL NOT BE ALLOWED TO PARTICIPATE IN THE NEXT GAME WITHOUT APPROVAL OF THE DIRECTOR OF BASKETBALL.
- C. Each team shall supply one adult as team official scorer keeper. They will advise and supervise each other and look after their respective team's interest.
- D. No rules protest will be considered unless the protesting coach has first called a time-out and presented the officials and the opposing coach with a copy of the rule in question. If the head official agrees with the validity of the protest, the time-out will not be charged.
- E. If a coach does not discontinue violating the rule brought to his attention (in D above) a protest will be allowed. In addition, ANY OBVIOUS FLAGRANT VIOLATIONS OF THE OVERALL PHILOSOPHY OF THE LEAGUE SHALL BE GROUNDS FOR CONSIDERATION OF UNSPORTSMANLIKE CONDUCT. The protesting coach must call the Director of Basketball within 24 hours as well as request a notation in the official score book by the lead official.
- F. Decisions made by the officials are not protestable.

PLAYING RULES

Official basketball rules as published by the National Federation of State High School Associations will be used with the following exceptions:

1. All games will be divided into 4 periods of 7 minutes each. Overtime periods shall be 2 minutes. Half time will last 5 minutes. A team will be allowed 2 time-outs in the first half, 3 time-outs in the second half and one time-out in each overtime.

2. Every player dressed will play at least one full-uninterrupted period in the first half. Unlimited substitutions will be allowed in the second half.
3. Every player must sit out at least one uninterrupted period. The only exception to this rule is for injury or a team having less than 7 eligible players. Any other violations to this rule will be considered a forfeit if the Director determines Regulation E has been violated. If a team has less than 7 players, the must play rule is waived for both teams.
4. A player will be considered eligible if he/she arrives before the beginning of the second quarter unless both coaches agree to suspend this rule for extenuating circumstances.
5. Substitutions may be made only when the clock is stopped.
6. A full sized ball will be used.
7. First half defense must be “man to man” defense. Second half defense can be of any type. Double teams are allowed on a player who is in possession of the ball. No double teams are allowed on players without possession of the ball.
8. Backcourt pressing can only be in the 4th Qtr. No pressing allowed if the lead is equal to or greater than 20 points.
9. On a free throw, players in the lane spaces are allowed to enter the lane upon the release of the ball by the free thrower. All other players behind the free throw line extended and the three point line, including the free thrower, are required to wait until the free throw touches the rim or the free throw has ended before entering the lane.