

# VISION BASKETBALL ACADEMY

## TOURNAMENT RULES

### Rules of Play for U11 Boys & Girls

In keeping with the Long Term Athlete Development model for Basketball, modifications have been made to the FIBA rules specific to each age group and their developmental stages.

#### Modified Rules for U11 at Vision Basketball Tournaments

1. Games will be played 4-on-4
2. Size 5 Ball
3. 8' 6" basket
4. Foul Line – 3 feet closer to the basket than the regular foul line
5. Games will be the same length of time as all other VBA Kick Off games – that is, 9 minute stop time quarters with a 5 minute half time
6. Time outs will be the same as all other VBA Kick Off games – two (2) in the first half and two (2) in the second half
7. Substitutions are at the coach's discretion – remember that this is an important developmental stage where every kid needs to play –we will not enforce playing time rules, however, a coach is fully expected to ensure that all kids play relatively equal time – player development by far supersedes the score or outcome of the game
8. Man to Man defense ONLY – no zone defense allowed
9. No intentional double teaming on the ball unless it is near the basket on a drive (in the key) – double teaming at half court or out on the perimeter is not allowed
10. Absolutely no ball screens and no off ball screens – no screens, period
11. No full court press

All other rules will be the same as outlined in the [Vision Tournament Rules](#) information. If there is an obvious U11 Rule missing in this outline, please let Mark Hogan know.