

## **BOYS BASKETBALL SCRIMMAGE GUIDELINES**

A basketball scrimmage must include 10 minute time periods with running time (except time-outs) and unlimited time outs. The score will be cleared at the end of the time period and the time will be reset.

Scrimmages must also include one or more of the following:

1. Optional shot clock.
2. Shoot only fouls against the shooter with free throws awarded in a one plus one.
3. At the end of the 1st and 3rd quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket; sideline out-of-bounds.