

BASKETBALL

Controlled Scrimmage Rules and Regulations



I. Date

Each basketball playing school may choose to participate in an inter-school controlled scrimmage after five days of practice and prior to the first scheduled game.

Only one scrimmage shall be held by a high school. JV players and freshmen players may be utilized, provided that they have been included in the practices prior to the scrimmage and that their plays are included as part of the scrimmage time limit. All players must have full eligibility to participate. There shall be no separate freshman or junior varsity scrimmages organized.

II. Contractual Agreement

Schools who choose to participate in a scrimmage must schedule another Indiana team. Schools are implored to use good judgment and attempt to scrimmage against a team that is similar to their talent and skill level.

There shall be a contract between the two schools, which will include the location, time, and any financial arrangement between schools.

Spectator admission into the scrimmage would be an option of the participating schools. Both schools must agree to financial arrangements prior to the scrimmage.

III. Coaches

Each team may have the head coach and two additional coaches on the court during the scrimmage. All other coaches will be on the sideline or in the bleachers.

Each team shall have the opportunity to videotape/film the scrimmage. Only one person from each team will be allowed to videotape/film the scrimmage. Scouting is not permitted at the scrimmage. **The scrimmage videotapes shall not be exchanged with other coaches for the purpose of scouting. The purpose of the scrimmage is evaluate your own squad.**

Coaches should communicate with each other prior to the scrimmage. This should be done to assure players are competing against players of the same comparable talent level and so that coaches are in agreement as to the format of the time schedules. Coaches of the two teams shall select in advance either Option A or Option B.

IV. Players

Only those players who have participated in five days of practice and who have full or limited eligibility shall be allowed to participate in this scrimmage, including those players coming directly from a fall sport.

V. Time

The maximum amount of time allowed for the scrimmage is 2 hours to 2 hours and 15 minutes. (This includes the warm-up time and breaks.)

VI. Officials

Three officials shall be provided by the home team. The clock will run according to the rules listed below. The clock will stop for injuries. Officials should go through all signals, but the clock operator should not stop the clock for fouls, violations, etc. This does not apply to the parts of quarters specified as "clock would stop."

Officials are responsible for seeing that the clock runs according to the listed rules and that no more than the maximum time of each segment is played. This is a very important point. The scrimmage officials are responsible for enforcing all the specified rules, including the time rules of the scrimmage. No one has the authority to supersede the officials' decision on any aspect of the scrimmage.

Scrimmage Time Schedule

Option A or Option B Permitted



Option A

15 minute warm-up session

- 4 – 15 minute quarters with running clock
- Each team permitted one time out (with clock stopped) during each of the four quarters
- 5 minutes between quarters for drink and rest.
- No free throws will be shot.
- Score will be kept, but will start over each quarter.
- Substitutions may be made at any time during a dead ball.

1 st Quarter	Half court man-to-man defense only. (No full court defense!)
2 nd Quarter	Half court zone defense and/or switching defenses. (No full court defense!)
3 rd Quarter	Full court defense is allowed. A consensus with both coaches is required.
4 th Quarter	Each coach may choose their defense. (Discussion prior to quarter is suggested.) (Mutual consent on pressing)

Option B

15 minute warm-up

- 5 – 12 minute quarters
- Each team permitted one time out (with clock stopped) during each of the five quarters
- Running clock for the first eleven minutes of each quarter
- No free throws during the first eleven minutes of each quarter
- During the last minute of each quarter the clock would stop, free throws would be shot
(both teams designated as in bonus (2 free throws))
- 4 minutes between quarters for rest and drink
- Score will be kept, but will start over each quarter.
- Substitutions may be made at any time during a dead ball.

1 st Quarter	Half court man-to-man defense only. (No full court defense!)
2 nd Quarter	Half court zone defense and/or switching defenses. (No full court defense!)
3 rd Quarter	Full court defense is allowed. A consensus with both coaches is required.
4 th Quarter	Each coach may choose their defense. (Discussion prior to quarter is suggested.) (Mutual consent on pressing)
5 th Quarter	Each coach may choose their defense. (Discussion prior to quarter is suggested.) (Mutual consent on pressing)

One of the five quarters must be used as a “Second String” quarter. This quarter should be agreed upon by the coaches before the scrimmage.