

NYSPPHSAA Handbook

Scrimmages –Boys and Girls: A basketball scrimmage must include ten (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 first (1st) and third (3rd) quarters, each team will run five (5) special plays.

Example: out-of-bounds play underneath the basket: sideline out-of-bounds