

## **Modified Boys Basketball 2023 - 2024**

### **\*\*Highlights:**

- The new 5 foul rule will be in effect for all quarters. Fouls reset for each quarter and we shoot 2 foul shots for fouls 5 and more. This includes the 5th qtr format.**
- The Frontier League does use the 3-point shot.**
- The T-shirt and Head band/sleeve rules MUST be applied**

### **Game Conditions**

1. The maximum number of games shall be 14 and length of quarters shall be 7 minutes.
2. A minimum of 2 nights must elapse between games.
3. Minimum number of team practices. 8/6 scrimmage and 10/8 game.

### **Game Rules**

1. The maximum length of the quarter shall be 7 minutes.
2. If a game is tied at the end of regulation play, there will be an overtime period of four (4) minutes duration. If it is still tied, the game will end in a tie.
3. Free substitution is facilitated by permitting substitutions on:
  - a. any dead ball except after an awarded goal
  - b. any violation.
4. Boys Modified will use the large ball.
5. Field goals are 2 points or 3 points if the shot is behind the arc. (Approved Frontier League 2022 season)
6. Ten (10) second backcourt rules apply.

### **Section III Rules and Guidelines**

Teams comprised of 9th or mostly 9th graders will play under PROGRAM 1.  
All other modified configurations will play under PROGRAM 2

#### **Program 1 – Freshmen (mostly 9th graders)**

1. No shot Clock
2. All offenses/defenses permitted.
3. 7-minute quarters

## **Program 2**

For separate 7th or 8th grade teams:

### 1. 7<sup>th</sup> grade only teams

a. The only defense allowed is person to person – no zone defense. No trapping.

Help defense is allowed.

b. Teams that are leading by 10 or more points are not allowed to full court press.

c. Last two minutes of each quarter pressing is allowed unless leading by 10 or more points.

### 2. 7/8th or 8th grade teams (Frontier League approved)

a. For the first half the only defense allowed is person to person – no zone defense.

b. The remainder of the game (4 or 5 quarter game) will have no defensive restrictions unless you're leading by 10 or more points. For the first half the only defense allowed is person to person – no zone defense no trapping. The remainder of the game (4 or 5 quarter game) will have no defensive restrictions unless you're leading by 10 or more points.

i Full or half court pressing is allowed.

ii Zone defense and trapping is allowed.

• A reminder, if leading by 10 or more points you are only allowed person to person defense and no pressing.

## **Game Format – Programs 1 and 2**

**Program 1:** 4 quarters: teams with less than 12 players

a. All “A” level players are restricted to play quarters 1, 3 and 4.

b. Quarter 2 is for all “B” level (lower skill) players only, however, a B level player may play in quarters 1,3 and 4.

c. All quarters count towards final score.

d. Teams are to exchange rosters designation A & B level players prior to the

start of the game.

**Program 2:** 5 quarter: both teams have 12 or more players.

- a. Coaches are required to exchange rosters designating A & B level players prior to the start of the game.
- b. 5th quarter is regularly timed quarter (7 minutes).
- c. Each team gets an additional time out during 5th quarter.\*
- d. No player may play in more than 3 quarters excluding overtime play.
- e. All field goals are 2 points or 3 points if behind the arc.(Frontier League)
- f. Teams will play under the following format:
  - i. Quarters 1 & 3 “A” players
  - ii. Quarters 2 & 4 “B” players
  - iii. Quarter 5 “A” or “B” players
- g. All team members must play in at least 1 quarter.
- h. All points scored in each quarter will count toward the final score.
- i. Halftime will occur at the end of the 2nd quarter.
- j. Schools that have financial restrictions do not have to play the 5th quarter extended play. This should be indicated prior to the start of the game.

**Extended 4 quarter format: as per NYSPHSAA Handbook:**

Time Limits:		Minimum of 7 Players
Basketball 4 Quarter Extended Play		Required for both teams
1st quarter 8 minutes		
2nd, 3rd and 4th quarters 9 minutes		

## **BASKETBALL RULE CHANGES FOR 2023-24**

**Eliminates the one-and-one for common fouls beginning with the seventh team foul and establishes the bonus as two free throws awarded for a common foul beginning with the team’s fifth foul in each quarter and resets the fouls at the end of each quarter. In a five quarter game, the fouls will be reset at the beginning of the 5<sup>th</sup> quarter just like every other quarter.**

**Rule 3-5-6: Allows undershirts worn under visiting teams jerseys to be black or a single solid color similar to the torso of the jersey. All teammates wearing undershirts must wear the same solid color.**

**Rule 7-5-2 thru 5: Establishes four throw-in spots (the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the foul lane line on the end line) when the ball is in team control in the offensive team's frontcourt and the defensive team commits a violation, a common foul prior to the bonus or the ball becomes dead.**

**Rule 9-3-3: Establishes that a player may step out of bounds without penalty unless they are the first player to touch the ball after returning to the court or if they left the court to avoid a violation.**