

Modified Boys Basketball 2023 - 2024

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.
 - b. any violation.
4. Boys Modified will use the large ball.
5. All field goals are 2 points unless the three-point shot is allowed with section and league approval.
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. No 3 point shot.
3. All offenses/defenses permitted.
4. 7-minute quarters

Program 2

1. For separate 7th or 8th grade 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 with League approval and mutually agreed upon by leagues prior to the start of the season.
 - a. For the first half the only defense allowed is person to person – no zone defense.
No trapping.

- 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.
 - 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

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.
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. **RULE CHANGE 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 5th quarter.**
 - e. No player may play in more than 3 quarters excluding overtime play.
 - f. All field goals are 2 points unless the three-point shot is allowed with section/league approval.
 - g. 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
 - h. All team members must play in at least 1 quarter.
 - i. All points scored in each quarter will count toward the final score.
 - j. Halftime will occur at the end of the 2nd quarter.
 - k. 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
4 Quarter Extended Play Required for both teams

Basketball: 1st quarter 8 minutes
2nd, 3rd and 4th quarters 9 minutes

BASKETBALL RULE CHANGES FOR 2023-24

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.