

2023-2024 Section 1 Modified Basketball Rules

Game Rules: NFHS (boys) & NCAA (girls) Section One Rules & Standards

“Pressing” by definition is an extension of one’s defense. It is usually interpreted by the defense extending their formation to $\frac{1}{2}$, $\frac{3}{4}$, or full court. In boys’ basketball the half court line can become an extra defensive player because of the 10-second time restriction.

- A team is considered NOT to be “pressing” if, after a change of possession, the team on defense retreats back to the top of the key extended. The team will remain behind the restraining line until the ball passes the mid-court line. At this time the defense can extend beyond the restraining line.
- From the start of the season to Martin Luther King Day (3rd Monday in January), No press of any form can be used until the last 2 minutes of the contest and the overtime period, if needed. After MLK Day, pressing is allowed at any time.
- From the start of the season (1st Monday after Thanksgiving) to Martin Luther King Day (3rd Monday in January) only “man to man” defense is to be used in the games. On the Tuesday after Martin Luther King Day until the end of the season, any and all defenses can be used.

7/8 Basketball Program - It is important that the highest standards of sportsmanship and fair play be maintained among both coaches and participants.

Player Selection - All coaches must maintain at least 12 players on the roster in order to play a five-period game. If a team does not have 12 players available at game time, the game will be played under the regular four period format.

Game Format

The 3-Point shot is allowed. If a court does not have a 3-point line it will not be used.

Bonus Situation (free throws) – The one and one rule will be enforced on the 5th team foul in each period; at the end of each period all team fouls will be eliminated. Team fouls are not to be continuous from period to period.

Halftime – Is after the 2nd period regardless of a 4 or 5 quarter game.

Overtime – There shall be two time-outs for that period. All players are eligible for the overtime period. Time-outs do not carry over into overtime periods.

Ball Size – Boys (29.5 basketball) Girls (28.5 basketball)

If there is nothing listed on this sheet refer to the NCAA rule book.