



# O. H. S. L.

## Modified Basketball Rules



The OHSL will play both boys and girls modified basketball games following the detailed format below (effective Fall 2019). This will effect games involving any two of the following OHSL member schools:

A.P.W.	Chittenango	Institute of Technology	Onondaga (OCS)	Solvay
Bishop Grimes	CBA (Syracuse)	Jordan Elbridge	Phoenix	S.A.S.
Bishop Ludden	Faith Heritage	Lafayette	Port Byron	Tully
Cato Meridian	Fabius Pompey	Lyncourt	Pulaski	Weedsport
Cazenovia	Hannibal	Marcellus	Skaneateles	Westhill
Cortland	Homer	Mexico		

### **Length of play & format:**

1. Coaches are required to exchange rosters, prior to the game, designating "A" & "B" level players. When a team has less than 10 players (unbalanced roster) 5 players of lesser ability are marked as "B" and the remaining players are "A".
2. "A" players can only play in the designated "A" periods. "B" players may participate in "A" periods. No one can make an appearance in more than (3) three periods (excluding OT).
3. Overtime is (4) four minutes. If a winner is not decided after the first OT, the game will end in a tie.
4. Each team gets (4) four timeouts per contest and will receive (1) one extra during OT
5. All periods count towards the final score
6. All team members must appear in at least (1) one period

#### 12 or more players (both teams)

- 35 total minutes
- (5) 7:00 periods OR 4 quarters of 8:00, 9:00, 9:00, 9:00
- Format: A-B-A-B-A (5 periods) or A-B-A-A (4 quarters)

#### 11 players or less

- (4) 7:00 quarters (28 total minutes)
- Format: A-B-A-A

### **Fouls:**

#### Boys

- 4 quarter game by half: 7 team fouls (bonus) / 10 team fouls (double bonus)
- 5 quarter game: First half (same) 2nd half: 10 team fouls (bonus) / 13 team fouls (double)

#### Girls

- 5 team fouls in a quarter = double bonus (no 1 and 1)

### **Rules & Guidelines:**

- 3-point field goals are allowed, and will be awarded, if the court is properly marked
- Full court pressing is allowed during the entirety of all "A" periods, unless a team is leading by 10 or more points. Half court traps are considered a press defense.
- Full court pressing is not allowed in any of the designated "B" periods

#### 7<sup>th</sup> grade

- Defense is limited to man to man with help side defense and 2-3 zone

#### 7/8 combined and 8<sup>th</sup> grade

- There are no half court defensive restrictions, in any period. All half court defenses are permitted, including traps, zones and double teams.

**\*When in doubt defer to the modified sports philosophy. "Individual schools have the final responsibility equalize competition"**