

Modified Boys Basketball

Game Conditions

1. The maximum number of games shall be 14 and length of quarters for interschool play shall be 7 minutes.
2. A minimum of 2 nights must elapse between games.
3. Minimum number of practices per athlete. 9 scrimmage 11 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 awarded goal;
 - b. any violation.
4. Boys Modified will use the large ball.
5. All field goals are 2 points.
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 double teaming.
 - b. Full court pressing is allowed in final minute of last quarter of each half.
 - c. Teams that are leading by 10 or more points are not allowed to full court press.
2. 7/8th or 8th grade teams with League approval and mutually agreed upon by both coaches prior to the start of the game:
 - a. For the first half the only defense allowed is person to person – no zone defense. No double teaming.
 - b. For the second half (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 double teaming 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 in 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. Fouls in the second half of a 5 quarter game (quarters 3, 4 and 5) will be assessed on the 10th team foul (1 and 1) and the 13th team foul (2 shots).
 - e. No player may play in more than 3 quarters excluding overtime play.
 - f. All field goals are 2 points
 - 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

Modified Girls Basketball

Game Conditions

1. A minimum of 2 nights rest between contests.
2. The maximum number of contests shall be 14.
3. Minimum number of practices per athlete. 9 scrimmage 11 game.

Game Rules

1. NCAA Women's Rules
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. All field goals are two points.
4. 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)

5. No shot Clock
6. No 3 point shot.
7. All offenses/defenses permitted.
8. 7-minute quarters

Program 2

1. For separate 7th or 8th grade teams:
 - c. The only defense allowed is person to person – no zone defense. No double teaming.
 - d. Full court pressing is allowed in final minute of last quarter of each half.
 - e. Teams that are leading by 10 or more points are not allowed to full court press.
3. 7/8th or 8th grade teams with League approval and mutually agreed upon by both coaches prior to the start of the game:
 - a. For the first half the only defense allowed is person to person – no zone defense. No double teaming.
 - b. For the second half (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 double teaming 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

3. 4 quarters: teams with less than 12 players
 - a. All “A” level players are restricted to play in 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.
4. 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
 - 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. No player can play in more than 3 quarters.
 - 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:	1 st quarter 8 minutes	
	2 nd , 3 rd and 4 th quarters 9 minutes	