



Salt City Athletic Conference

Modified RED Girls Basketball Rules

The SCAC will play all boys modified BLUE division basketball games following the detailed format below (effective October 2022). This will effect games involving any two of the following SCAC member schools:

CNS Blue	JD Red	Lpool Orange
CNS White	JD White	Lpool Blue
FM Green	WG Blue	B'ville White
FM White	WG Gold	
Auburn Maroon	B'ville Red	

Length of play & format:

1. Coaches are required to exchange rosters, prior to the game, designating “A” & “B” level players
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

- 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

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

Fouls:

Girls

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

Rules & Guidelines:

- Only man-to-man (MM) defense is permitted for the duration of the game.
- MM defense allows for defensive players to be in help position in gaps, and in the paint for help.
- In the final quarter of the game (Q4 or Q5 depending on numbers), full court MM is permitted.
 - To play full court MM, a team must either be losing or leading by 10 or fewer points.
- No double teaming or run & jump defense permitted within MM (half or full court).
- 3-point field goals are allowed, and will be awarded, if the court is properly marked