

Modified Boys & Girls Basketball:

# of practices to represent their school	Team & Individual Maximum # of Contest	Minimum time between Contests	Individual Limitations per day	Rules	Time and Distance Limitations
6	14	2 Nights	1 game	Girls NCAA Boys NFHS	7 Minute

Game Rules

1. 4 quarters at 7 minutes each. Extended Quarters if agreed upon (8-9-9-9)
2. If a game is tied at the end of regulation play, there will be 4 minutes of overtime. 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 the awarded goal;
 - b. any violation.
4. The boys will use a Size 7 ball. Girls will use the size 6 ball
5. All field goals are 2 points. Use of the 3-point shot will be determined by league rules.
6. Ten (10) second backcourt rules apply.
7. 4 full-time outs (1 minute) per game with one full-time out (1 minute) for OT
8. 5 team fouls in a quarter = double bonus (no 1 and 1)
9. 7 min Four quarters: teams with less than ten players. When both teams have 10 or more players, They can play extended quarters
 - a. All “A” level players only can play in quarters 1, 3, and 4.
 - b. Quarter 2 is only for all “B” level (lower skill) players; however, a B-level player may play in quarters 1, 3, and 4.
 - c. All quarters count towards the final score.
 - d. Both coaches must exchange rosters before the start of the game to designate A & B-level players.
 - e. Teams will play under the following format:
 - i. Quarters 1 “A” players
 - ii. Quarters 2, “B” players
 - iii. Quarters 3&4 Any players
 - iv. All team members must play in at least one quarter.
10. Leagues can adopt their own rules only to be more restrictive than the section.
11. Home Team’s league rules are to be followed.

Section III Rules and Guidelines

Teams composed of 9th or primarily 9th graders will play under PROGRAM 1.
All other modified configurations will play under PROGRAM 2

Program 1 – Freshmen (primarily 9th graders)

1. No shot Clock
2. The three-point shot is allowed
3. All offenses/defenses permitted.
4. 7-minute quarters

Program 2, 7th grade only, 7/8th or 8th-grade teams

Game Format –

1. For 7th grade teams:
 - a. The only defense allowed is person-to-person, and there is no zone defense. There is also no double-teaming outside the 3-point arc.
 - i. We encourage instruction and use help inside defense.
 - b. Full-court pressing is allowed in the final minute of each quarter in the second half only.

Teams leading by 10 or more points cannot press full court.

2. 7/8th or 8th-grade teams
 - a. In the first half, the only defense allowed is person-to-person—no zone defense. There is no double-teaming outside the 3-point arc.
 - b. The second half will have no defensive restrictions. Full or half-court pressing is allowed. Zone defense and double-teaming are permitted.

Teams leading by 10 may not press; the defense will only be person-to-person.

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