

MODIFIED GIRLS BASKETBALL

Modified Athletic Council President

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IMPORTANT INFORMATION

Sport Season- Winter II

START DATE: January 21, 2020
END DATE: March 21,2020

REQUIRED NUMBER OF PRACTICES:

Scrimmage: 6 Team Practices
Contest: 6 Team Practices

MAXIMUM NUMBER OF GAMES: 11 Contests

SCRIMMAGES- 2 scrimmages will be permitted prior to first game

provided they are approved by the Athletic Directors

GAME RULES:

1. Five (5) Period Basketball Game – Seven (7) minutes each
 - a. Minimum of ten (10) players
 - b. Roster is divided into 2 **equally skilled** teams “A” and “B”
 - c. “A” Squad plays Quarters 1 and 3. “B” Squad plays Quarters 2 and 4
 - d. No player is allowed to play three Quarters in a row
 - e. 5th Period is left to Coaches discretion; anyone can play
 - f. Rosters are exchanged prior to the 1st Quarter
 - g. One additional 30 sec Time Out is awarded during the 5th period (4 Full & 2 30sec)
2. Four (4) Quarter extended play game – If either team has 6, 7, 8 or 9 players, teams will play four extended Quarters. The first quarter will be 8 minutes, and the last three will be 9 minutes. No athlete is allowed to play all 4 quarters if team has 7,8,9 players
3. Four (4) Quarter regular play – If either team has only five players, teams will play four (4), seven (7) minute quarters. 4 full timeouts and 2 30 sec timeouts.
4. Play person-to-person and 2-3 Zone only. No double teaming, and no isolation plays. It is illegal to send players to the corners and have one player go one-on-one. Another example that may not be

employed is sending four players to the left or right sideline and having the fifth player drive one-on-one to the basket. The referees are required to enforce this rule – officials will stop play once, and ask the coach to enforce the spirit of the rule. If a team continues to violate, a Technical Foul will be assessed directly against the Head Coach. Two Direct Technical Fouls against the Head Coach, and he/she will be ejected, and required to leave the gym.

5. Pressing is ONLY man to man (must guard the in- bouncer) and is allowed in the **final** period of every game throughout the entire season. In a five period game, pressing is only allowed in the fifth period. In a four period game, pressing is only allowed in the fourth period. Pressing is also allowed in all overtime periods.

6. All player fouls carry over to the 5th Period. This rule is mandatory, and is not left up to the Referees or Coaches discretion.

7. Team Fouls

A team is awarded two free throws for each common foul committed by a team's 5th foul during EACH period.

8. Three (3) point shots ARE ALLOWED, as long as the court has the three-point line marked on it.

9. If the game is tied at the end of regulation play, there will be one overtime period of four (4) minutes. If the score is still tied at the end the game will be declared a tie.

10. After a made field goal, the clock does not stop in the last minute of the game.

11. All other women's rules, including 10 second back-court count, apply.

NO new 10 sec back court when:

There is a held ball and the offense retains it

When the ball goes out of bounds by the defense

There is a technical foul against the offense

The offense takes a time out---they DO NOT get a new 10 sec

12. Option to Advance

Advancement of the ball in the last minute of the game when the clock is at 59.9 or below, can be on either side of the 28 foot line only when the team calls a time out and they have not yet advanced the ball.

13. Substitutions

Are allowed prior to the first free throw or after the last successful free throw.