



**MODIFIED**  
**GIRLS**  
**BASKETBALL**  
**HANDBOOK**  
**2025-2026**

## MODIFIED GIRLS BASKETBALL

### Modified Athletic Council President

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### Girls Basketball Sport Coordinator

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## IMPORTANT INFORMATION

### Sport Season- Winter II

START DATE: January 20, 2026

END DATE: March 28, 2026

### 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. 5<sup>th</sup> Period is left to Coaches discretion; anyone can play
  - f. Rosters are exchanged prior to the 1<sup>st</sup> Quarter
  - g. One additional 30 sec Time Out is awarded during the 5<sup>th</sup> 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. Athletes can play 3 quarters , but if possible try and not have them play 3 in a row.
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.

6. 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.

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

#### 8. Team Fouls

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

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

10. 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.

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

12. 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

13. Substitutions are allowed prior to the first free throw or after the last successful free throw.

#### NEW 2026

Uniforms - Game Jerseys and Shorts (Rule 1 Section 22 Art. 11) Deletes the requirement that the game jersey be tucked into the game shorts. (Players can play without their jerseys tucked into the shorts)

Supplemental Apparel Rule 1 Section 23 Article 4 Permits headbands not wider than 4 inches

Supplemental Apparel Rule 1 Section 23 Article 7 Requires undergarments and knee/leg sleeves to be the same legal color.

- Please note undergarments are defined as anything that may extend below the game shorts such as compression shorts or full-length compression pants. If a player is wearing compression shorts that extend below the game shorts and also wearing knee/leg sleeves, they must be the same solid color. Legal colors are:

White, Black, Beige, or a color contained in the game jersey.

Personal Fouls Rule 10 Section 10 Article 5.c Deletes the prohibition of multiple touches with one hand. This means players can use multiple "Hot Stove" Touches as long as it does not affect the ball handler dribblers rhythm, speed, balance and quickness.

### Points of emphasis:

- Equal roster A and B
- Teams must have an "A" Team and a "B" Team. The "A" Team should be playing against "A" team in the First and Third Quarters, the "B" team should be playing against "B" team in the Second and Fourth Quarter of a Five Quarter Game. During the Fifth Quarter, anyone can play any amount of time if the teams have adhered to the rules prior to the Fifth Quarter. If it is a 4 Quarter game, no player can play 3 straight quarters
- If a team has more than 10 players, the game is played with FIVE 7 minute quarters
- If a team has less than 10 players, then it is a FOUR quarter game. The 1st Quarter is 8 mins. The 2nd, 3rd and 4th Quarters are 9 mins each.
- All games are ALWAYS STOP TIME.
- Defense - Man to man or 2-3 Zone Defenses are the only defensive formations allowed. When a team is playing man to man defense, the defender must stay within arms-length of the player they are defending. Help defense is allowed but once the player recovers that help player MUST drop off the girl! Double teaming is not allowed unless it is in the area below the box in the lane area. No double teaming is allowed anywhere else on the court at any time during the game. If a player is double teamed anywhere outside this area, the official will make it a "teachable moment" and show the defensive team where they are allowed to be. Second occurrence will be a warning if continues it will be "administrative technical foul" and the offensive team will get 2 foul shots and the ball.
- If a team is playing 2-3 Zone Defense, they must not go outside the 3 Point Arc. If there is no 3 Point Arc, then the defensive team must stay below the

top of the key and again, no Double Teaming above that area, on the sidelines or in the backcourt.

- Pressing is allowed in the Fifth Quarter ONLY! (or last quarter of the game) If a team is pressing, it MUST BE a MAN-TO-MAN PRESS, again players must be arms distance away from their player, no trapping or double teaming in the backcourt. No ZONE PRESSES and/or Trapping/Double Teaming during PRESSING Situations.
- There is no shot clock. There is a 10 Second Count and if the offensive team does not get the ball past half court prior to 10 seconds it is a violation.
- During the last minute (59.9 sec) quarter of the game teams are allowed to advance the ball to the Frontcourt... tableside or opposite the table...if they have not previously advanced the ball prior to the timeout being granted. (Advancing the ball means dribbling, passing, or making a move to go to the frontcourt before the timeout is granted.) Once the timeout is called and granted the officials will ask the coach if they want to advance, which side of the court the team would like to advance the ball to and advise the opponent that the ball will be advanced to where it will be advanced to.
- If tied at end of regulation game there is a 3-minute overtime, if still tied there is 3 minute sudden -victory. If still tied, the game ends in tie.

SPORT	TIMELIMIT			MINIMUM #OF PLAYERS REQUIRED
	Regulation Game	5 Period Play	4 Quarter Extended Play	4 Quarter Extended Play
BASKETBALL	7 minute quarter s	7 minute periods	9 minute quarters (quarter 1-8 min)	7
FIELD HOCKEY	25 minute halves	12 minute periods	15 minute quarters	15
FOOTBALL	10 minute	10 minute quarters	12 quarters periods	19
BOYS LACROSSE	9 minute quarter s	9 minute periods	11 minute quarters	14
GIRLS LACROSSE	25 minute halves	12 minute periods	15 minute quarters	16
SOCCER	15 minute quarters	15 minute periods	18 minute quarters	15

In boys' and girls' lacrosse and in girls' field hockey, if a team has only one goal keeper that goal keeper may play in all periods of 4 Quarter Extended Play or in all periods of 5 Period Play. Except for the goal keeper, the "time" allocated for the game will not be extended. All players except for the goal keeper will follow the 4 quarter or 5 periods extended playing time format and are therefore only eligible to play 3 periods.

