



SECTION VIII

2025-2026

MODIFIED BOYS BASKETBALL HANDBOOK

Modified Boys Basketball

Boys Basketball Coordinator

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Sport Season: Winter 1

Start Date: November 3, 2025

End Date: January 16, 2026

Required Number of Practices prior to 1st scrimmage/contest: 6

Maximum Number of Games: 11 contests

SECTION VIII BOYS MODIFIED BASKETBALL

The NYSPHSAA Modified Program has been approved by its member schools and is based on over twenty five years of experimentation and implementation with **SAFETY** as the major concern.

Game Rules: National Federation Rules

Game Conditions

1. A minimum of two nights rest between contests.
2. The maximum number of contests shall be 11.
3. **Six** practices are required before the first scrimmage.
4. Two scrimmages will be permitted prior to the first game provided they are approved by the Athletic Director.
5. **Six** practices are required before the first contest.
6. Contests may be played with only one night of rest for rescheduling purposes only.
7. A team may not play three days in a row.

Game Rules

1. **Rosters:** Rosters from both teams **MUST** be presented at the scorer's table prior to the start of the contest. [A/B Roster](#)

2. Extended Playing Time Philosophy

The Modified Athletic Council has developed rules for Middle School Athletics to maximize quality playing for all team members. It is the intent of extended playing time:

- to provide an opportunity for team members to participate in every contest;
- to equalize competition so that no overmatching of teams or individuals occurs.

3. **Rule Change:** There is no longer 1 and 1. On the 5th foul in each quarter you will be shooting two shots.

If a team has fewer than the minimum number of players to play the 5 period concept the following game rules will apply.

A 4 quarter game will be played with the number of minutes being increased for each quarter (see chart below); however no player may play more than 3 quarters (*see exception). This will apply provided the team has a sufficient number of players so as not to exceed the State regulated playing time allocation for each sport (see chart below).

Extended Playing Time

If a team has fewer than the minimum number of players to play the five (5) period concept the following game rules will apply:

	Regulation Game	5 Period Play	Minimum # Players for 5 period	4 Quarter Extended Play	Minimum # Players for 4 quarter extended
Basketball	4 quarters 7 minutes	5 periods 7 minutes	10	4 quarters 9 minutes (quarter 1 is 8 minutes)	7

3. If less than 7 players on either squad, a regulation four quarter game shall be played with each quarter having a maximum length of 7 minutes.

Things to Remember:

Pressing 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 allowed in all overtime periods.

If a game is tied at the end of regulation play, there will be an overtime period of one (4) minute in duration. If it is still tied, the game ends.

In a 4 period game, each team has 4 time outs that can be used at any time during the game. Each team also has 2-30 second timeouts. Only one per half can be used. In games played with five (5) periods, an additional time out will be granted.

“Man to Man” Defense: Defense “man to man” only (within 6 feet), no double teaming and no isolation plays. It is illegal at this level to send players to the corners or one side of the court and have one player go one-on-one. 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 be in violation of this rule, a Technical Foul will be assessed directly against the Head Coach and will be charged as a team foul. Two direct technical fouls against the Head Coach and he will be ejected.

“2-3” Zone Defense: Defense is allowed to play a 2-3 Zone with no trapping.

The three (3) point shot is allowed if the gym is allowed if the gym has the line.

There is No shot clock.

There is a ten (10) second backcourt violation.

The ball that is being used is the regulation 29.5” size basketball.

SECTION VIII SPORTSMANSHIP PHILOSOPHY

Sportsmanship (noun): Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

A good sport... is a person known for the manner of his/her acceptance of the rules of the game or of a difficult situation.

“The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and players. There will be no tolerance for negative statements or actions between opposing players, especially trash-talking, taunting, or baiting of opponents. If such comments are heard, a penalty will be assessed immediately. The officials have been instructed not to issue warnings during the contest. It is strongly suggested that participants of this policy be frequently reminded of this.”

The Section VIII Athletic Associations are committed to promoting the ideals of sportsmanship. These include the concepts of ethical conduct and fair play by all who participate in, officiate, or attend our events and activities. We stand in opposition to all instances and activities which do not support the high standards of athletic competition and do not

4 Quarter Extended Playing Time Basketball Roster

List all Players:

Player # Player

- | | |
|--|--|
| 1. _____
2. _____
3. _____
4. _____
5. _____ | 6. _____
7. _____
8. _____
9. _____ |
|--|--|

Every player is *ineligible* to play one of the 4 quarters.

Using the chart provided below list all players in one of the 4 quarters. Use the legend at the bottom of the page to determine how many players must be listed for each quarter.

Quarter 1 Quarter 2

Player # Player

- | | |
|----------------------------------|----------------------|
| 1. _____
2. _____
3. _____ | 1. _____
2. _____ |
|----------------------------------|----------------------|

Quarter 3 Quarter 4

Player # Player

- | | |
|----------------------|----------------------|
| 1. _____
2. _____ | 1. _____
2. _____ |
|----------------------|----------------------|

Legend:

# of Players	Quarter 1	Quarter 2	Quarter 3	Quarter 4
7	2		2	2 1
8	2		2	2 2
9	3		2	2 2