

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

I. MODIFIED BASKETBALL STANDARDS (Grade 7, 8, 9) p.101

A. “Pressing” by definition is an extension of one’s defense. It is usually interpreted by the defense extending their formation to $\frac{1}{2}$, $\frac{3}{4}$, or full court. In boys basketball the half court line can become an extra defensive player because of the 10-second time restriction.

B. A team is considered NOT to be “pressing” if, after a change of possession, the team on defense retreats back inside the three-point circle. If a three point circle does not exist, an imaginary line can be drawn through the top of the key circle (19’ 9”) and extend to the sidelines. The team will remain behind the restraining line until the ball passes the mid-court line. At this time the defense can extend beyond the restraining line.

C. From the start of the season (1st Monday after Thanksgiving) to Martin Luther King Day (3rd Monday in January) only “**man to man**” defense is to be used in the games. **No press of any form can be used until the last 2 minutes of the contest and the overtime period, if needed.**

D. On the Tuesday after Martin Luther King Day any and all defenses can be used, including pressing.

E. **7/8 Basketball Program** - It is important that the highest standards of sportsmanship and fair play be maintained among both coaches and participants.

F. Program Implementation

1. **Tryouts/Player Selection** - All coaches will select a minimum of 12 players, and must maintain at least 10 players on the roster in order to begin the five period game. If a team does not have 10 players available at game time the game will be played under the regular four period rules. Teams with less than 12 players must confirm with the opposing school that the 5/4 format will not be used.

Modified Basketball Program Implementation *(continued)*

2. Game Format

A. At the beginning of the 5 period game, each coach will submit copies of his/her roster forms, dividing the team equally into A and B squads, to the opposing coach and scorer's table. Once A and B players have been determined, no switch may be made for the entire game (except in case of injury, ejection, or foul disqualification which causes the number on one squad to fall below five players, in which case any player from the other squad may be substituted.)

B. Squads will play each period as follows:

1st period A squad

2nd period B squad

3rd period A squad

4th period B squad

5th period Any player from either A or B who has not played in more than 2 quarters (i.e. the player who shifted squads due to the injury/disqualification rule.) See #1.

C. In a five period game there will be 7 minute periods with 1 minute between periods. In a four period game there will be 7 minute periods with 1 minute between periods. Half time will always consist of a 5 minute break.

D. Six time-outs per game are allowed.

E. The 3 point shot is not allowed.

F. There shall be only one overtime period that is 3 minutes in length. There shall be two time-outs for that period. All players are eligible for the overtime period. If a tie exists at the end of the overtime period, the game will then go into "sudden victory" until at least one point is scored, then the game is over. Time-outs do not carry over into overtime periods.

G. Bonus situation (free throws). The one and one rule will be enforced on the 5th team foul in each period; **at the end of each period all team fouls will be eliminated.** Team fouls are not to be continuous from period to period.

H. The smaller sized ball is to be used for girls only; boys use the **full sized ball.**