



**MODIFIED**  
**GIRLS**  
**BASKETBALL**  
**HANDBOOK**  
**2023**

# MODIFIED GIRLS BASKETBALL

## Modified Athletic Council President

Cathleen Dnyprowsky- Great Neck Schools

[cdnyprowsky@greatneck.k12.ny.us](mailto:cdnyprowsky@greatneck.k12.ny.us)

516-441-4668

## Girls Basketball Sport Coordinator

Karin Leary – East Rockaway High School 887-8300 ext 447

[kleary@eastrockawayschools.org](mailto:kleary@eastrockawayschools.org)

## Official

Sheri Zappala- [szapatc@att.net](mailto:szapatc@att.net) 516-330-7343

## IMPORTANT INFORMATION

### Sport Season- Winter II

**START DATE: January 17, 2023**

**END DATE: March 25, 2023**

### 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.

## **GENERAL ELIGIBILITY RULES FOR THE MODIFIED PROGRAM**

**Situations not covered by the following specified modified rules shall be governed by the Eligibility Standards of the New York State Public High School Athletic Association, Inc.**

1. **AGE:** Upon entry into the 7<sup>th</sup> grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season. **NOTE:** Schools, leagues and sections may organize Modified Program competition by age, grade, geography and/or ability levels within the limitations of the NYSPHSAA Eligibility Rules to ensure safe and equitable competition. Teams shall practice and compete only against other teams that use the same criteria for organization (i.e. age, grade, performance).
2. **BONA FIDE STUDENTS:** A contestant must be a bona fide student of grades 7, 8, 9 of the school represented. **NOTE:** If it becomes necessary to combine member schools to maintain a team or sport, a written request must be submitted and approval obtained from the league and section involved. Schools which have combined must submit a report to the Modified Committee and this will be submitted to the Executive Committee.
3. **CHAMPIONSHIPS-TOURNAMENTS:** Tournament competition is not permitted in the Modified Program. No sectional team or individual championships are to be conducted, nor are there to be championship playoffs on a team or individual basis.
4. **DURATION OF COMPETITION:** High School Eligibility Standard #8 becomes effective on the date of entry in ninth grade.
5. **EMERGENCY PROCEDURES:** It is recommended that all schools develop emergency procedures to be followed by coaches.
6. **EXTENDED PLAYING TIME:** Eligibility for play in an extended playing time should be determined on the basis of the following participation standards:
  - a) Players with no participation in the regular game/contest should be eligible for play in an extended playing time.
  - b) Players whose participation in the regular contest is limited, i.e., their total participation was no more than one-half of the regular playing periods/quarters shall also be eligible for play in an extended playing time.
  - c) Limited participation shall be further defined to mean that entry into a playing period rather than actual playing time shall constitute "participation" in the regulation contest.

Optional Plan for use at the league or Section level: If a team has fewer than the minimum number of players to play the five (5) period concept the following game rules will apply.

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



SPORT	TIMELIMIT			MINIMUM #OF PLAYERS REQUIRED
	Regulation Game	5 Period Play	4 Quarter Extended Play	
BASKETBALL	7 minute quarters	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 quarters	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.

- HEALTH EXAMINATION:** A student who may engage in interschool competition shall receive an adequate health examination and may not practice or participate without the approval of the school medical officer. **NOTE:** Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months after the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be re-qualified by the school physician prior to participation. If the 12 month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex, football), the

student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

**NOTE:** The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

8. **INTERSCHOOL PRACTICE SESSIONS/SCRIMMAGES:** A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. By sectional approval, in cases where officials are not available for contests and all avenues of obtaining certified official have been exhausted, additional scrimmages are permissible as replacements to the scheduled contests. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football.

**NOTE:** With Section/League approval, up to 50% of the maximum number of games permitted for each modified level sport may be designated as scrimmages. (Example: Basketball - 14 games scheduled, 50% (7) could be scrimmages plus 7 games for a total of

14. Under this option, if a contest is converted to a scrimmage, the scrimmage would count toward the 50% as outlined in the Promotion Rule. **NOTE:** In practice sessions/scrimmages:

- a) Both squads use the same field simultaneously with both coaches making corrections and giving instruction to players as they would do during their own practice,
- b) No official score is kept'
- c) No admission is charged,
- d) No spectators are permitted unless such is the usual plan whenever the squad has a practice.

9. **MIXED COMPETITION:** see Eligibility Standard #15.

10. **MULTI-SCHOOL CONTESTS/TOURNAMENT COMPETITION/CHAMPIONSHIP/FINALS AND AWARDS:** Tournament competition is not permitted in the modified program. No sectional team or individual championships are to be conducted. With sectional/league approval in multi-school contest and invitational, may award place ribbons to the top competitors. Championship playoffs on a team or individual basis are prohibited. Sections, leagues, devices or groupings should not host an end-of-season final multi-school contest that can be construed as a jamboree, carnival, or invitational tournament. Multiple school contests can be conducted at the end of the season only if it is in a sport in which multiple team contests are regularly scheduled throughout the season and the final contest mirrors that of the rest of the



schedule, thus the contest is not larger than all the others. This may be true for individual dual sports (i.e. squad meets for wrestling, cross country or track). Team sport multiple school contests prior to the end of the season are permitted provided:

- a. No participant shall compete in more events, matches or games than permitted in any other regularly scheduled contest in that sport, on that day
- b. All handbook rules are applicable.

Coaches and directors are encouraged to design ideas that follow the spirit of, and guidelines for, modified athletics.

161

V12/14

8

## 11. PENALTIES:

- a) If a school uses an ineligible student in any interschool contest, the penalties shall be as follows:
  1. In all team sports-forfeiture of the contest. In individual sports, the use of an ineligible player would result in the contest being forfeited. However, the performances and outcomes of the other individuals would stand.
  2. In the individual sports-bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, track, wrestling – all points scored by the individual shall be forfeited and places moved up accordingly.
- b) For any violation of eligibility or sports standards a school or a school authority may be censured, placed on probation, or suspended.
- c) Consistent with good ethical standards the prompt reporting of the knowledge of an infraction shall be made to the proper authorities in writing.
- d) School Districts may appeal to the Section to gain relief from the prescribed penalty if the violation of eligibility standards resulted from circumstances out of the District's control.

12. **PRACTICE SESSIONS:** Each student may participate in only one practice session a day on only six days of a calendar week. Practice sessions shall be limited to two hours and be at least 45 minutes in length. No student may be permitted to participate in school organized practice or play on seven consecutive days.

All required practice sessions shall include vigorous activity related to the specific sport.

A tryout session may be used toward the required number of practices needed prior to the first scrimmage or contest when the high school and modified seasons start simultaneously or when the high school tryout periods are contiguous to the beginning of the modified sports season.

13. **PROMOTION:** A contestant in grades 7, 8, and 9 who practices or competes with or against a freshman, junior varsity or varsity performer shall not return to the modified athletic program in that same season in that same sport. Contestants shall not be promoted to a higher classification within the modified program or to a junior varsity or varsity team after

completion of fifty percent of their modified schedule.

**NOTE: EXCEPTIONS:**

- a) General Eligibility Rule #17 "TRYOUTS".
- b) In school where no junior varsity program is provided in a specific sport, a ninth grade modified contestant may be promoted to the varsity team at any point in the season if he/she displays the skills and maturity to compete at the varsity level. A promoted 9th grade contestant is eligible to participate immediately upon promotion providing that he/she has completed the necessary number of required practices for that specific sport. The contestant may not exceed the total number of contests as outlined in the HS Sport Standards Chart.
- c) In a section whose "early winter" season ends in mid-winter, followed by the "late winter" season, the modified ninth grader could not be elevated to the varsity for post schedule contests in a sport played in the "early winter" modified season.
- d) Promotion Regulation shall be waived for Boys' and Girls' Swimming & Diving and Boys' and Girls' Outdoor Track and Field permitting schools with section approval the option of running combined modified and varsity swimming and diving meets, alternating events.
- e) The NYSPHSAA Executive Director may grant a waiver of the promotion rule if a High School team is dropped by the school district.

14. **SPORTS SEASONS:** All competition shall be completed within the sport season indicated by each individual section.

15. **TIME INTERVAL:** Unless extenuating circumstances arise, it is recommended that no more than two contests should be scheduled per week. Except in football and cross country, contests may be played with only one night of rest three times per season for rescheduling purposes only. A team may never play three days in a row. There shall not be more than three contests played per calendar week. Baseball and softball shall be permitted to play two games a day twice during the season. (See Baseball and Softball – Game Conditions.)
16. **TRANSFER:** A student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of his parents or guardians, or having reached the age of majority establishes a residency.
- a) A student who transfers from one school to another becomes eligible after starting regular attendance.
  - b) Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of regular attendance for fall sports.  
**NOTE:** After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.
  - c) Practices at the previous school district may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

**17. TRYOUTS:**

- a) A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and passed the NYS Education Department Selection/Classification (S/C) Procedures and Standards the opportunity to be selected for a high school team.
- b) Seventh and eighth grade students must pass the S/C qualifications prior to the tryout period.
- c) Ninth grade students do not have to pass the S/C qualification to participate in the tryout.
- d) The tryout period for a modified athlete shall be defined as participation in three (3) of the first five (5) practice days of the high school season. During the tryout period, the modified athlete may not return to modified program until the athlete's tryout is complete.
- e) Tryout periods for wrestling, boys lacrosse and ice hockey shall be a maximum of five (5) of the first seven (7) practice days of the high school season.
- f) The tryout period for football shall be a maximum of eight (8) of the first ten (10) days of the high school season.
- g) Student athletes participating in sectionally approved tryout sessions are not subject to the Promotion rule.
- h) In cases involving new transfer students, overlapping season, and/or medical conditions the student's try-out period will be 3 out of 5 days, 5 out of 7 days, or 8 out of 10 days of the high school season depending on the sport.

163

10

**next page**

## PROGRAM SAFETY

**PHYSICIANS:** It is recommended that a physician be present at all football games and to be readily available during practice sessions. If an injury occurs during a game in any sport, the physician in attendance will determine the athlete's fitness to continue play. During practice sessions, in the event of potentially serious injury to head, neck or spine of a player, a physician should see the injured as soon as possible. Any pupil whose safe participation is in question as a result of the health history review interview, or injury, or prolonged absence must be re-qualified by the school physician prior to participation.

**OFFICIATING:** Proper officiating is a most important safety factor. The following policies should be in effect:

1. The use of the "fast whistle" is mandatory when participant safety is questionable.
2. Strict enforcement of all rules violations will inculcate the proper playing habits and attitudes.
3. Special attention should be made to determine "potentially dangerous" holds in wrestling and to eliminate them.
4. It is required that certified officials should be used in contact sports to provide the safest possible game supervision. Three (3) officials are preferred for football.

**EQUIPMENT:** Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Protective equipment which is properly fitted should be provided for sports of a contact nature. Supporter cups should be worn in those sports where this protection is logical.

Protective headgear may be worn by soccer goalies for protective purposes. Shin guards must be worn at all times by all soccer players and field hockey players.

**COACH ON THE FIELD:** The coach is permitted to be on the field during timeout periods to check such matters as seem desirable to control the safety of the games and to use the existing situation as a teaching opportunity. It is realized that this rule is subject to abuse by overzealous coaches. Any coach violating the spirit of this rule should be removed from the program.

**RULES OF THE GAME:** The approved game rules for all sports are listed in the Modified Sports Standards. All adopted modifications indicated for each sport take precedence.

## **IT IS THE DUTY OF ALL CONCERNED WITH THE MODIFIED PROGRAM OF ATHLETICS:**

**MODIFIED  
PROGRAM**

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable modified interscholastic program will encourage participation at several achievement levels. Interscholastic competition in a modified sports program should encourage participation for as many children as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no overmatching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that the highest ideals of sportsmanship are upheld; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program should be balanced with all other activities essential to youth, including those which may be conducted by out-of-school groups, to avoid an excessive load for any student.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the educationally based athletic program in its proper perspective, with minimal loss of school time, limited publicity, competent officiating, and limited awards focused on participation.
7. To provide qualified leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis on safety procedures.
8. To cooperate with schools in the area in providing an interscholastic athletics administrative organization within your section that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.
9. To conduct the program so that proper respect for authority is achieved. All participants, coaches, parents, spectators and interested individuals will demonstrate appropriate conduct at all times.
10. To promote sportsmanship by competing within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and to lose graciously.
11. To finance the program through Board of Education approved funds.
12. To cooperate with the Sectional Athletic Council, League or Conference in its efforts to provide sound leadership for all in modified athletics program. No sectional team or individual championships are to be conducted in modified interscholastic athletics.





