

BASKETBALL

1. If cuts are made, teams must have a minimum of 15 players.
2. The official-sized "smaller basketball" (28.5) will be used during the girl's season only.
3. The 7th grade game will be played first followed immediately by the 8th grade game.
4. Games will consist of three (3) four-minute periods in the first half and two (2) six-minute periods in the second half.
5. First half: (Regulation clock – stopping time)
 - a. A team's strongest players will play in the first four-minute period, second-strongest players will play in the second four-minute period, and the remaining players will play in the third four-minute period.
 - a. A coach with more than 15 players may request a stopped clock at the two-minute mark in the third period for the purpose of substituting players who have not been in the game previously.
 - b. The alternate possession rule shall be utilized at the start of every period after the start of the game.
 - c. No team member may play in more than one (1) four-minute period in the first half. For the intent of this rule, play in any part of a period constitutes a period played.
 - d. Exceptions:
 - . If a team has between 11 and 14 players, no team member will be allowed to play in more than two (2) periods in the first half or a total of three (3) periods in the entire game.
 - i. No player who plays in the first four-minute period of the game may play in the third four-minute period in the same half.
 - ii. If a team has between eight to ten players, no team member will be allowed to play in more than two (2) periods in the first half or a total of four (4) periods in the entire game. Unless there are extenuating circumstances that have been explained to the opposing coach before the game, no player who plays in the first four-minute period of the game may play in the third four-minute period in the same half.
 - a. Man-to-man defense is the only defense that may be played in the front court during the first half of the game with no double teaming or trapping in the corners. This pertains to the defense that is set up after the ball is brought to the mid-court line. The use of presses or pressure defenses in the back court are not permissible during the first half.

0. Second half:

- a. Two (2) regulation periods of six (6) minutes each with a stopped clock will be played per NFHS regulations.
 - a. Team members will play at the coach's discretion with the exception that no player shall play in more than three (3) periods during the entire game. For example, if a team member plays in any portion of one (1) four-minute period in the first half, he/she may play in both periods in the second half. If a team member plays in any portion of two (2) four-minute periods in the first half, he/she can only play in one (1) period in the second half.
 - b. The use of presses or pressure defenses in the backcourt is permissible in the second half. Teams may not press in the backcourt at any time if they have a lead of 15 or more points.
 - c. Four (4) time outs per regulation. One (1) time out per overtime.
 - d. Overtime is three (3) minutes
 - e. Running clock after 20 point lead. If lead drops below 20 points, regular clock.
0. The NFHS has announced changes to foul rules in high school basketball that will bring about the end of the bonus. The MHSAA competes under NFHS rules. Under the new rule, team fouls will be tracked and reset by quarter. There will be no one-and-one but instead the opposing team will shoot two free throws after the fifth foul of each quarter. (updated 9/21/23)