

MIAA Basketball Modifications

66. Basketball

High school basketball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

66.1 Mouth guards are highly recommended for all basketball players while on the court.

66.2 The 35-second shot clock will be adopted at all levels per NFHS Basketball Rule 2-14.

66.3 Remove the words "or dribble" from NFHS Basketball Rule 9-10-1-a.

66.4 All varsity contests shall be played in four, 8 minute quarters. Sub-varsity contests also shall be played in equal quarters of no more than 8 minutes.

66.5 Five 60 second time-outs may be charged to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs accumulate and may be used at any time.

66.6 A coaching box, as described in current National Federation rules, shall be utilized in all games. If the head coach is charged with a technical foul (either direct or indirect), coach will be allowed to use the coaching box and remain standing.

66.7 Athlete Participation Limitations

66.7.1 A student may practice or play for their high school basketball team only once in any one day. 66.7.2 No member of a high school basketball squad shall participate in more than six quarters per day. (This does not include official over-time periods. On a given day, a student may participate in more than one interscholastic basketball contest at different sites provided that the six quarter limit is not exceeded).

66.8 For all varsity basketball contests, the home team must assign an adult contest manager, other than a member of the basketball coaching staff, to be responsible for all aspects of administration of the contest.

66.9 The team jersey torso color shall be light for the home team and a contrasting dark color for the visiting team.

66.10 The shot clock will reset to 20 seconds when there is an intentionally kicked or fisted ball with 19 seconds or less left in the possession. If the violation occurs with 20 or more seconds on the shot clock, no reset will take place and the offense will have the remaining time left in the possession. (updated 8/22/22)