

High School Gym Rule Changes 2023-24

In accordance with the latest PIAA rule changes, the following changes are in effect for our 2023-34 church league basketball season:

Timing Rules: In the D and E leagues, we will now be switching to four 5-minute quarters with the clock stopping on every whistle.

Inbounding Plays: All inbounding plays in the front court, except for out of bounds, will take place at the nearest of four designated inbounding spots: the 28-foot mark on either sideline, or the 3-foot mark on either side of the lane on the baseline.

Bonus: Team fouls reset at the end of each quarter, not each half. Players are awarded two free throws on all fouls (except offensive fouls) starting with the fifth team foul of each quarter. There are no more 1-and-1's.

Full Court Press: (D League Only) Full court press is only allowed in the 4th quarter. Teams cannot press when up by 10+ points.