

2023-24 NFHS BASKETBALL RULE UPDATE



BONUS FREE THROWS

Rule 4-8-1

Bonus Free Throws (4-8-1)

Following the NCAAW model

Two free throws will be awarded on all common fouls (except for player control or team control fouls) **BEGINNING** with the fifth team foul in each quarter.

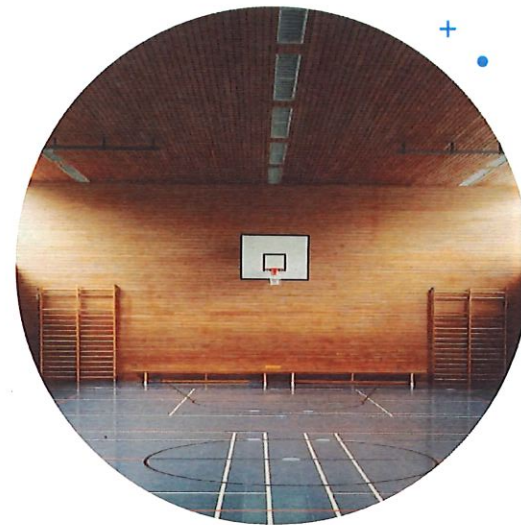
Team fouls will be reset to zero at the end of each quarter.



Bonus Free Throws (4-8-1)

Rationale

- Allows for better game flow by allowing teams that run into early foul trouble in each half the opportunity to adjust their style of play at the outset of both the second and fourth quarters and not have the bonus immediately come into play.
- The guarantee of two free throws eliminates the physical play that has often been associated with rebounding action on the first free throw.



Situations

Play 1

- **PLAY:** Late in the 1st quarter, A1 is dribbling the ball on the perimeter when B2 is whistled for a common foul. It is team B's fifth foul of the first quarter.
- **RULING:** A1 is awarded two free throws, with play resuming from the result of the second free throw.

Play 2

- **PLAY:** At the end of the 1st quarter, team A has three team fouls and team B has six. Early in the 2nd quarter, A1 and B2 are battling for a rebound near team B's basket, and the officials rule a pushing foul on B2. The teams begin to line up at team A's basket to shoot free throws.
- **RULING:** The team fouls reset at the end of the 1st quarter. This is the first team foul against team B in the 2nd quarter. Team A is entitled to a designated-spot throw-in in the backcourt nearest the spot of the foul.

Play 3

- **PLAY:** The score is tied, 30-30, at the end of the 4th quarter. Each team has committed 4 team fouls. Soon after team A wins the jump ball to start overtime, A1 is dribbling the ball up the court when B2 commits a common foul.
- **RULING:** The extra period is an extension of the fourth quarter; therefore, the team fouls do not reset. This is the 5th team foul by team B and A1 is awarded two free throws, with play resuming as a result of the second free throw.



RESUMPTION OF PLAY PROCEDURE

Rule 7-5-2, 7-5-3, 7-5-4 New

Throw-ins (7-5-2 thru 7-5-5)

When the ball is in team control in the offensive team's frontcourt and the defensive team commits a violation, a common foul prior to the bonus, or the ball becomes dead, the corresponding throw-in by the offensive team will be at one of four designated spots determined by where the infraction took place.

The designated spots are either the nearest 28-foot mark along each sideline or the nearest spot 3 feet outside the lane line on the end line.

The one exception is when the defensive team causes a ball to be out of bounds, the throw-in shall be the spot where the ball went out of bounds.

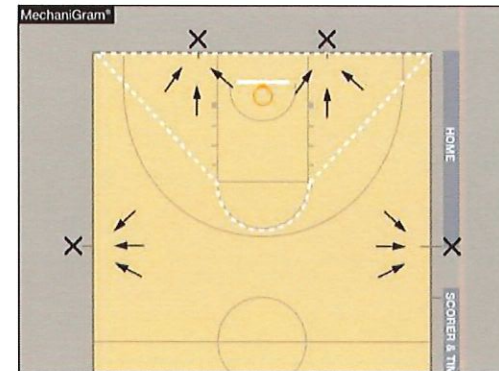
No additional court markings are required.



Throw-ins (7-5-2 thru 7-5-5)

Rationale

- Allows teams to develop throw-in plays both offensively and defensively from four pre-determined locations.
- Eliminates much of the judgement for an official about where exactly the throw-in spot should be located.



NOTE: Additional court markings are not required.

Situations

Play 1

- **PLAY:** A1 is dribbling the ball in the front court outside the 3-point arc in front of her team's bench when she is fouled by B2. It is team B's 4th team foul of the quarter.
- **RULING:** Team A is awarded a frontcourt designated-spot throw-in at the 28-ft. mark on the table side of the floor.

Play 2

- **PLAY:** A1 is dribbling the ball in the backcourt when B2, standing in the frontcourt opposite the table between the lane line and 3-pt. arc, is whistled for a foul for holding A3.
- **RULING:** While the ball was in the backcourt when the foul was committed, the ensuing throw-in for team A takes place in the front court because of the location of the foul. Because it is a frontcourt throw-in resulting from a foul, it must go to one of the four designated spots- in this instance, 3 feet outside the lane line opposite the table.

Play 3

- **PLAY:** A1 is in the backcourt and throws a long pass down the sideline toward A2. B3 steps in front of the pass and catches it with one foot on the sideline, 5 feet away from the end line.
- **RULING:** Team A is awarded a designated spot throw-in at the location where B3 caused the ball to go out of bounds.