



2023-2024 SIJHSAA Girls and Boys Basketball Activity Update

NFHS RULES REVISIONS

3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.

3-5-6: Allows schools with hard-to-find colors to wear black under visiting team jerseys while continuing to require all team members to match.

4-8-1: Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter

7-5-2: Establishes the throw-in spots (the nearest 28 feet mark along each sideline or the nearest spot 3 feet outside the lane line on the end line) 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.

7-6-6: Allows the official administering a throw-in to the wrong team to correct the mistake before the first dead ball after the ball becomes live unless there is a change of possession.

9-3-3: Establishes that a player may step out of bounds without penalty unless they are the first player to touch the ball after returning to the court or if they left the court to avoid a violation.

NFHS POINTS OF EMPHASIS

- 1. Uniforms, Equipment, and Apparel**
- 2. Bench Decorum**
- 3. Throw-Ins-Proper Locations**