

2025 – 2026 NFHS NYSPHSAA RULES MODIFICATIONS (NYS ONLY)

CONCUSSION RULE:

- A player who has been removed from the game after exhibiting signs and symptoms consistent with a concussion **shall not return to the game**. Refer to Rule **2-8-5; 3-3-8** and **Appendix C, page 85**. NFHS Rulebook

TIME OUTS: (NYS ONLY) DIFFERENT THAN NFHS RULE

- Four - 60-second time-outs: May be used anytime during any quarter or extra period.
- Two - 30-second time-outs: Only one 30-second time out may be used during each half.

COACHING BOX RULE:

- During play, coaches must be within the confines of their coaching box, which encompasses the area out of bonds, in front of their bench, from the end line toward the division line to a 28' line. They are not allowed to **stand or coach outside of the coaching box, or in front of the scorer's and timer's table**. A warning or technical foul may be assessed for leaving their coach's area. **Head coaches maintain the coaching box privileges throughout the game.**

UNIFORMS & TEAM MEMBER'S EQUIPMENT, APPAREL:

- The home team is required to wear **white jerseys** and the visiting team is required to wear **dark jerseys**. This uniform rule applies to the **varsity level only**. Black undershirts are allowed to be worn by the defensive team under dark jerseys.
- Team Member's Equipment and Apparel rule **MUST** be enforced. Arm sleeves, knee and leg sleeves, compression shorts, head bands and wrist bands **must all be the same color** and must be one solid color. **No designs**. (knee braces must not be altered.) The only allowable apparel colors (sleeves, headbands, etc.) are, **white, black, beige, or the predominant color of the jersey**. Undershirts shall be a single solid color similar to the torso of the jersey.

ENTANGLED NET:

- If the net gets entangled during the course of play, allow play to continue until there is an opportunity to have the net attended to (e.g. dead ball period). Don't stop play just to pull the net down.

BACKCOURT COUNT REMINDER:

- Under New York State rules, officials are still required to show a 10-second backcourt count. **This applies to games utilizing the shot clock and regardless of how much time is on the shot clock. 10-second count goes by the official's count**
- **35-second shot clock**: Will be used for **varsity and junior varsity**. 5-second closely guarded count is still in effect.
- The shot clock **will** be reset to **35-seconds** when one team fouls, a live ball (inbounds) lodges between the backboard and ring or comes to rest on the flange, or if a try, or tap hits the ring.
- The shot clock **will** be reset to **20-seconds** when it displays 19 seconds or less when a **defensive player** intentionally kicks or fists the ball or an intentionally leaving the court violation is ruled. The throw-in will be at the closest designated spot. The official will show the number two (2) with the right hand and a clenched fist for zero (0) with the left hand alerting the shot clock operator to set the shot clock to **20-seconds** when it displayed 19 seconds or less.
- The shot clock **will not** be reset when it displays **20-seconds or more** and a **defensive player** commits the violation of intentionally kicking the ball or intentionally fists the ball.
- The shot clock **will not** be reset when a **double foul** is ruled and **there was team control** of the ball. Play shall be resumed by awarding a throw-in to the team that was last in control of the ball at the designated spot nearest to where the ball was located when the stoppage occurred - Point of Interruption.
- During team control, the shot clock **will not** be reset if a **defensive player** causes a held ball and the alternating possession arrow favors the offensive team.
- If one shot clock is not working, the game will be played using the remaining shot clock. If neither shot clock is working, the game will be played using a timing device at the table.
- If there is no timing device at the table, ask the coaches if they want to play the game without a shot clock. If one or both of coaches refuse to play without a shot clock, the game will not be played.
- The shot clock operator must sit at the timer's and scorer's table.

REFEREE'S PREGAME DUTIES WITH HEAD COACHES AND CAPTAINS – NYS RULE: A MEMBER OF EACH TEAM'S COACHING STAFF, MUST ATTEND THE ON FLOOR PREGAME (ADOPTED BY NYS 2022)

- Verify with the head coach, prior to each contest, that his/her team members' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest (**RULE 2-4-5**).
- **AS MANDATED BY NYSPHSAA, OFFICIALS SHALL READ THE SPORTSMANSHIP CARD, WORD FOR WORD, TO THE TEAM CAPTAINS AND HEAD COACHES AT ALL LEVEL GAMES PRIOR TO EACH GAME.**
- **NYS The five(5) sec. closely guarded count is still in effect. No change was made by NYSPHSAA for this year. 25/26**