

2023-24 NFHS/NJSIAA Basketball Rule Changes & Modifications

Bonus Free Throws (NFHS Rule Change)



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.

Rationale: Improves flow by providing an opportunity for teams to adjust their play by not carrying over fouls from quarters 1 and 3 to quarters 2 and 4 while significantly reducing the opportunity for correctable errors to occur. Minimizes risk of injury by eliminating the one-and-one and reducing opportunities for rough play during rebounding opportunities.

Note: Overtime is an extension of the 4th quarter, thus the team fouls are not reset and handled the same as in previous years.

Frontcourt Throw-In Spots (NFHS Change)



7-5-2 thru 5: Establishes four throw-in spots (the nearest 28-foot 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.

Rationale: Simplifies throw-in procedure when there is team control in the frontcourt and the defensive team commits a violation. Also provides clarity for inbounding (for coaches and officials) which is inline with NCAA mechanics. Permits coaches to run pre-programmed plays easier.

