

Basketball Rules Changes - 2022-23

By NFHS on May 13, 2022 [basketball](#)

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3-5-4d: Allows hair adornments provided they are securely fastened close to the head and do not present an increased risk to the player, teammates, or opponents.

Rationale: Creates inclusivity of hair styles while maintaining that the risk of injury to the athlete, teammates and opponents should not be compromised.

2022-23 Basketball Major Editorial Changes

Shot Clock – State Association Adoption Guidelines

2022-23 Basketball Editorial Changes

4-19-4, 4-22, 4-28-2, 6-4-3f

2022-23 Basketball Points of Emphasis

1. Sportsmanship
2. Reducing Illegal Contact – Hand Checks, Post Play, Off-Ball Play
3. Pregame Meeting – Addressing Illegal Uniforms, Equipment and Apparel