

2023/2024 SMHL RULES

- There shall be NO zone defense played by any team in grades 6th and under. Man-to-man defense must be always played, double teaming is only allowed inside the arc. Help defense is allowed but it must result in switching or returning to your original man rather than double-teaming.
- 7th & 8th grade teams may use any defense desired. However, they may only press full-court until they have a 10-point lead.
- 60 minutes will be allotted for scheduling game times.
- Teams will be given 5 minutes for pre-game warmup and 3 minutes at halftime.
- There is to be no shooting around by other teams during timeouts as coaches are speaking with their teams.
- Each team will get (3) 60-second timeouts during regulation and (1) total during overtime.
- Each game will be 2 (20) minute running time halves, with stop time during timeouts and the last 2 minutes of each half.
- If a team is up by 20+ points there will be running time.
- Overtime will be 2 minutes long (stop time) and, should there be a second overtime, it will be sudden win. Each overtime period will begin with a jump ball.
- Teams will be in the double bonus on the 10th foul (2 shots). There will be no 1 and 1 foul shots.
- Players will foul out on their 6th foul.
- In grades 6 and below teams may only press (man to man) in the last 3 minutes of the GAME and then only until they have a 10-point lead.
- If a coach or player receives a second technical foul in the season, they will be suspended for one game. A third technical foul will result in removal from the league.
- Coaches are responsible for the behavior of their fans and an official may give a technical foul to a coach for fan behavior after warning that coach.
- Coaches are responsible for providing one person to run either the score clock or to keep the scorebook. Games will not begin until the score table is set.
- Size 28.5 ball to be used in girls' division as well as boys' division 6th grade and below.
- If a game consists of a combination of 6th and 7th grade players, the larger ball will be used but the 6th grade pressing rule will be in effect.
- Shooter may jump over the foul line in grades 5th and below only, otherwise a violation occurs.