

# 2024/2025 SMHL RULES

## GAME ADMINISTRATION -

- 60 minutes will be allotted for scheduling game times. Teams should be present at least 15 minutes before their scheduled time.
- Teams will be given 5 minutes pre-game warmup and 3 minutes at half time.
- Each game will be two 20-minute, running-time halves. Stop time only during the last 2 minutes of each half, time outs, and in case of injury.
- If a team goes ahead by 20 points the clock will NOT STOP.
- Overtime will be 2 minutes Stop Time. If there is a second overtime, it will be sudden victory (first point(s)wins). All overtime begins with a jump ball.
- Each team will get (3) 60-second time outs during regulation and (1) total during overtimes. Time outs DO NOT carry over from regulation.
- Teams will be in the double bonus on the 10th foul. (2 shots) NO 1-1 foul shots.
- Shooters in grade 5 and below may go over the line when shooting a foul shot.
- Players will foul out on their 6th foul. A technical foul is also a personal foul.
- A size 28.5 ball will be used in all girls divisions & boys grades 6 & below.
- If a game consists of a combination of 6th & 7th grade players, the larger ball will be used, but the 6th grade pressing rule will be in effect.

## DEFENSE -

- 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.
- Only 7th & 8th grade teams may use any defense desired. However, they may only press full-court until they have a 10-point lead. Once a 10-point lead is obtained, that team must return to half-court defense.
- 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.

## BEHAVIOR-

- There is to be no shooting around by other teams during timeouts as coaches are speaking with their teams.
- If a player or coach is EJECTED from a game, they must sit out the next game.
- If a coach or player receives a second technical foul in the season they will be suspended for one game. A third technical foul, at any point during the season, will result in removal from the league for that season.
- 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.
- If you have more than one coach, ONLY the head coach may stand, and/or speak to an official during the game. Only team players and coaches are allowed to sit on a team bench during a game.
- Coaches are responsible for providing one person to run either the score clock or to keep the score sheet. Only SMHL score sheets may be used.