

SHBL Basketball League Rules 2025-2026

The SHBL league will follow PIAA High School Rules Except:

1. Game Rules by Grade Level:

	3rd	4th	5-D1 5-D2	6-D1 6-D2	7-D1 7-D2 7-D3	8-D1 8-D2 8-D3	5-D3	6-D3
Game Structure	2 Halves	2 Halves	4 Qtrs	4 Qtrs	4 Qtrs	4 Qtrs	2 Halves	2 Halves
Time	18 Mins	18 Mins	7 Mins	7 Mins	7 Mins	7 Mins	18 Mins	18 Mins
Primary Clock	Running - Stops on Free Throws	Running - Stops on Free Throws	Stop	Stop	Stop	Stop	Running - Stops on Free Throws	Running - Stops on Free Throws
Stopped Clock	Last 2 Mins - Game	Last 2 Mins - Game	Full Game	Full Game	Full Game	Full Game	Last 2 Mins - Each Half	Last 2 Mins - Each Half
Full Court Pressure	Last 2 Mins - Game	Last 2 Mins - Game	Full Game	Full Game	Full Game	Full Game	Last 5 Mins-Game	Last 5 Mins-Game
Bonus	7th Foul per Half	7th Foul per Half	None	None	None	None	7th Foul per Half	7th Foul per Half
Double Bonus	10th Foul per Half	10th Foul per Half	5th Foul per Quarter	5th Foul per Quarter	5th Foul per Quarter	5th Foul per Quarter	10th Foul per Half	10th Foul per Half
Time Outs	2 per Half	2 per Half	3 per Game	3 per Game	3 per Game	3 per Game	2 per Half	2 per Half

- Teams are required to start the game with at least 5 roster players. The home team will wear white or lightest color uniform. Home teams are responsible for a clock keeper at all neutral sites. A 10-minute grace period will be given to fulfill the requirement or that team will forfeit the game.
- Only one person/coach standing per team. Only the Head coach may speak with the referees. Each team is permitted 1 head coach and a maximum of 2 assistant coaches on the team bench. Coaches are not permitted past half court or on the court area during play.
- Mercy Rule:** Continuous running clock for leads above 20 points in the fourth quarter. Clock stops at normal intervals when the lead drops to 10 points or below.
- There will be no pressure or organized press by a team leading by 20 or more points.
- Players will foul out of the game after their 5th personal foul. Overtime periods are 2 minutes, clock stopping on all whistles. Overtime periods will continue until a winner is established. Teams will have 3 full-time outs per game (additional 30 sec. time out will be added for each overtime period at all levels).
- Technical Fouls:** Any technical foul will result in 2 uncontested free throws. The ball is then administered at half court to the opposing team to restart the game after the free throws are completed. Technical fouls assessed to a player are also recorded against the player as a personal foul and against the team counting towards the one and one or double bonus situation. A player receiving his/her second technical foul will result in ejection from the game and is to remain on the bench area. Only a parent or legal guardian of that child is permitted to escort the child from the bench area and are to remain with the child. A coach receiving his/her first technical foul shall lose the privilege of standing to coach his/her team the remainder of the game, a second technical foul will result in ejection from the game and removal from gymnasium. All technical fouls assessed to a coach are recorded as team fouls counting towards the one and one and double bonus situation. All technical fouls MUST be reported to Brian Rumski following the game. A

player or coach ejected from a game MUST be reported to Brian Rumski and the competition committee following the game. The player or coach is not permitted to participate in the next game until a review/discussion with the competition committee concerning the actions causing the ejection has been completed. All details of any technical foul or ejection will be taken into consideration for review, but the disciplinary action assessed to a player or coach is completely at the discretion of the competition committee. The severity surrounding the details of the incident will determine the level of discipline.

- g. Disputes during a game must be noted in writing by both coaches and reported to the competition committee as soon as possible (maximum 24 hours). Coaches will be notified after a review has been completed and a final determination has been made by the competition committee.
- h. A “Zero Tolerance” policy will be enforced for all fans, parents, and coaches. Any behavior deemed unsportsmanlike in accordance with the SHBL Codes of Conduct will be immediately addressed by the officials and home team administrator or home team head coach. One warning will be given followed by an ejection from the gym/premises. The home team must have a designated facility coordinator for each home game or home team coach will act as facility coordinator when one is not present. All home team coaches will act as coordinators for their games at neutral site locations.
- i. All jewelry is to be removed from all players prior to the start of every game. Band aids or bandages are not permitted to hide jewelry from the view of the officials. Any player not willing or able to remove jewelry prior to the start of the game will not be permitted to participate in any contest until the jewelry is removed. Only medically necessary bracelets will be permitted but must be taped over to avoid injury to others.
- j. Religious head wraps are permitted, if they are free from any hard plastic or metal substance and fit properly and securely.

2. Special Notes for 3rd - 4th Divisions:

- a. There will be no organized press or pressuring the ball in the back court until the final 2 minutes of the game and through the entirety of overtime.
- b. No trapping is allowed by the defense, however, help defense is legal once the ball handler is in or around the 3 second area. Exception is the last 2 minutes of the game and the entire overtime, regular basketball rules will apply full court with the exception of no trapping.
- c. Man to man defense is mandatory, help defense is legal. Please remember, we’re trying to make these kids better players. Playing man to man defense better prepares them for future competition.
- d. The free throw shooter is allowed to land across the free throw line after releasing the ball but can’t be the first to touch the ball on a miss. Players may enter the lane when the shot is released in all grades.
- e. The 3-point shot will count.

3. Rosters/Playoffs:

- a. A roster must be submitted to the SHBL via email or league website prior to the first game.
- b. Players can only be rostered on one team. Teams can call up to roster a total of 7 players; a player can participate in a call up a maximum of 3 occurrences.
- c. Teams must notify the competition committee within 24 hours of a game to call up a player. Any team in need of calling up a player more than 3 times must get approval from the competition committee. Call-ups may not be permitted during playoffs (special circumstances will be reviewed by the competition committee for approval).
- d. Top 8 teams from every division will qualify for playoffs.
- e. Players must participate in 6 or more regular season games to be eligible to participate in playoffs.

4. Basketball Size:

- a. Boys – 3rd/4th/5th grades use a 28.5” size ball. 6th-8th grade use a 29.5” size ball.

- b. Girls use a 28.5" size ball.

5. Referee Compensation:

- a. Two referees for all grade levels. Referees are paid \$45.00 each per game, \$50.00 each per game for any single game or multiple single games with a gap between starts due to a cancellation or a scheduling issue. The home team coach is responsible for paying the referee fees.
- b. **If a referee needs to officiate a game alone due to unforeseen circumstances, the home team will compensate them with an additional 50% game fee.**
- c. Any game not cancelled by midnight prior to game time will result in full game fee payment(s) to all referees. Exceptions: severe weather, school closings, etc. The cancelling/forfeiting team is responsible for paying the referee fees.
- d. Notify the SHBL league scheduler and **Brian Rumski 412-951-6938** of all changes immediately.

6. Schedule Changes:

- a. The home team is responsible for coordinating schedule changes with the visiting coach.
- b. Before rescheduling any games, the home team coach must contact referee coordinator, Brian Rumski 412-951-6938, so he can check the referee availability, be aware he may have you choose another day where back-to-back games can be played or when referees are more available.
 - i. Contact him via cell phone: (412) 951-6938. For changes within 48 hours of game also send an email btrumski@gmail.com.
 - ii. Once Brian Rumski has given the OK, the league scheduler must be notified by the home team so the game can be added to the website.
- c. We will not alter the playoffs for AAU/tournament play. Please communicate this to your players/parents. Our playoff dates are communicated well in advance.