



# S.M.L.A.L. Rules Sheet



## Rules for Basketball

1. **Mercy Rule** - Once an A team is ahead by 20 points and B team by 15 points, the referee will call a time out and...
  - a.) Inform BOTH coaches that the mercy rule will be applied
  - b.) And inform BOTH coaches that the clock will run continuously until such time as the lead is cut to below 15 or 20. The LOSING coach, however, has the option to refuse the continuous clock.
  - c.) And finally inform the WINNING coach that his/her team may not come past the 3 point line to play defense, may not fast break, and are encouraged to sit first string players.
2. **Special B rules:**
  - a.) Once possession has been established by the offense in the backcourt, the defense must fall behind the half court line.
  - b.) The defense may press, however, for the last 60 seconds of quarters 2 & 4.
  - c.) Players may occupy the spot on the lane below the block on free throws. (A-team players may NOT)
3. The home team is responsible for providing and paying both referees.
4. A team must have 5 eligible players to begin a game or must forfeit.
5. If a team cannot play or refuses to play a league scheduled game, it shall count as a win for the other team. The win must be reported to the league secretary for it to count.
6. B-games have 5 minute quarters with 5 minute halves. A-games have 6 minute quarters with 5 minute halves.
7. Time outs—a team is allowed three 60-second timeouts and two 30-second timeouts.
8. Teams may play their players more than 6 quarters as long as both coaches are in agreement.
9. When a player is injured, the game can be stopped immediately by the referee without waiting for a dead ball.
10. Overtime periods are 3 minutes in length and a team gets 1 full and any timeouts leftover from regular play.
11. 3 point shots count on courts so equipped.



## Rules for Soccer

1. Home team will be responsible for providing a playing field in the best possible playing shape (Appr. 50 by 100 yards).
2. Team Personnel - Eleven people shall normally constitute a team; a minimum of eight players may constitute a team.
3. Substitution - Free substitution; Official must be notified by team coach or captain on the field of play; substitution occurs only during a dead ball of that team's possession.
4. Time Limit - games should consist of two 30 minute halves; a 10 minute intermission shall be held between halves.
5. League members shall strive to secure the best qualified officials for games; home team shall provide one official; visiting team may also provide an additional official, but the home team official's decision shall be considered final (unless it is in direct contradiction with U.S. Soccer Federation rules); Home team shall also provide 2 linesmen.
6. Home team shall provide an official, black-and-white leather soccer ball for game use.
7. Cleats – a non-metal type may be used. No toe cleats.
8. Shin guards – mandatory.
9. Uniforms - Both teams shall not wear the same color shirt; home team should wear a white top if the opposing team has colors that clash with theirs;

## Coaching Guidelines

1. Accept referees decisions. This is grade school athletics there is no place for loud and angry displays of emotion towards the referees OR towards your own players!
2. Be positive with your players; teach good sportsmanship.
3. When you're ahead in a game, teach your team to be gracious winners; do not humiliate or embarrass the opponent. When you're behind in a game, teach your players to be good losers.

## Rules for Volleyball

1. Teams are allowed two timeouts per game (not to exceed one minute).
2. Service line for B team players may extend 3 feet forward of official serving line regardless of if they are playing on A or B teams.
3. The serving team will rotate to a new server after 5 consecutive successful serves.
4. Before the game, Home team will choose side. At the coin toss, the winner will choose serve or receive.
5. B teams play first: Duel matches are best 2 out of 3 games. "Game point" for the first two games will be to 21. You must win by two points, or whoever reaches the cap of 25 first. If a third game is needed, there will be a coin toss to decide who serves, and who takes what side. Game is played to 15, win by two, or cap at 18.
6. A teams play second: Duel matches play the best 2 out of 3 games. "Game point" for the first two games will be to 25. You must win by two points, or whoever reaches the cap of 28 first. If a third game is needed, there will be a coin toss to decide who serves, and who takes what side. Game is played to 15, win by two, or cap at 18.
7. Rally scoring will be used for A and B games.
8. B teams usually consist of grades 5-6. If a team is short, however, they may use a 7<sup>th</sup> or 8<sup>th</sup> grade student (use good judgment, please). If a 7<sup>th</sup> or 8<sup>th</sup> grader is used, she must serve underhand and from the back line.
9. Home team provides referees for games and home team must keep the official scorebook. Line judges should be high school or older.
10. Before the match and after each game, the teams should line up at the baseline and wait for the referee to motion them into position or switching of sides.
11. Substitution: Each team is allowed a total of 18 substitutions. There is no maximum on an individual player. After 18 substitutions have been made, no more are allowed.
12. **LET SERVES ARE LEGAL:** Any served ball that comes in contact with the net and continues over is considered live and playable.
13. Proper substitution practices should be followed as a courtesy to referees and as a learning tool for student athletes.