2026 State Basketball Rule changes

*Due to low divisioning numbers in the Unified competitive league, SOMT will not make this league an option for 2026. Instead, rules for player development and competitive will merge and teams will play under the same rules to eliminate confusion. The following rules changes will take effect in 2026.

5V5 Traditional

- Fouls will be called on athletes. An athlete will “foul out” of the game on their 5th foul.
- Free throws will be awarded if a foul occurs in the act of shooting.
- Two free throws will be awarded on and after the 5th team foul of each half.
- Clock will stop on the first free throw and begin again when the shooter receives the ball for the second free throw.
- The 50% rule for athletes has been removed, however, player dominance will still be in effect.

5V5 Unified

- Fouls will be called on athletes and partners. Players will “foul out” of the game on their 5th foul.
- Free throws will be awarded if a foul occurs in the act of shooting.
- Two free throws will be awarded on and after the 5th team foul of each half.
- Clock will stop on the first free throw and begin again when the shooter receives the ball for the second free throw.
- No single Unified Partner may account for more than 50% of his/her team’s points in a game. After that, it will be considered player dominance.

3V3 Traditional

- Fouls will be called on Athletes. Athletes can “foul out” of the game on their 5th foul.

3V3 Unified

- Fouls will be called on athletes and partners. Players will “foul out” of the game on their 5th foul.