

South Metro Recreational League Rules (With Sherwood 3rd Grade Modification)

	3rd (Sherwood Only)	4th	5th	6th	7th/8th
Hoop Height	9'	10'	10'	10'	10'
Ball Size	Boys: 28.5" Girls: 27.5"	28.5"	28.5"	28.5"	Boys: 29.5" Girls: 28.5"
Game Length	10-minute Running Quarters. Stops for (TOs), (FTs), and (last 2 minutes of game within 10 point spread)				
Time-outs (TOs)	One 1-minute per half	One 1-minute per half	Two 1-minute and two 30-second per game	Two 1-minute and two 30-second per game	Two 1-minute and two 30-second per game
Substitutions	At mid-quarter, quarter-end, TO, when injured, or fouls out	Dead Ball at mid-quarter, quarter-end, TOs, injury, or foul-outs	Any dead ball	Any dead ball	Any dead ball
Backcourt Defense	None	None	Any time within a 15 point spread	Any time within a 15 point spread	Any time within a 15 point spread
Defense/Offense	No zone; no double teams, except in the key; no extreme isolation offense	No Zone; No Double Teams, except in the key; No extreme isolation offense	No Zone; No extreme isolation offense	Coach's discretion	Coach's discretion
In the Key	5 seconds allowed	5-second Rule applied	3-second Rule applied	3-second Rule applied	3-second Rule applied
Shot Clock	No Shot Clock				
Closely Guarded	No 5 second rule	No 5-second Rule	5-second Rule applied	5-second Rule applied	5-second Rule applied
Free Throws (FTs)	About 3' in front of the line; rebound once hits the rim.	12' Line (3' inside); rebound on rim contact	15' Line; rebound on release	15' Line; rebound on release	15' Line; rebound on release
Overtime	No OT		One 2-min stop clock OT only. No Timeouts		
Combined Grades	Any combined grades use the higher grade level rules				
Score Keeping	Scoreboard & scorebook for points and fouls are kept for every game				
Volunteer Help	Home = scorebook; Visiting = scoreboard				
	*All other rules will follow the OSAA Rule Book				