

South Metro Recreational League Rules

	3rd/4th	5th	6th	7th/8th
Hoop Height	10'	10'	10'	10'
Ball Size	3rd Grade: 27.5" 4th Grade: 28.5"	28.5"	28.5"	Boys: 29.5" Girls: 28.5"
Game Length	10-minute Running Quarters. Stops for (TOs), (FTs), (Mid-quarter Subs), and (last 2 minutes of game within 10 point spread)	10-minute Running Quarters. Stops for (TOs), (FTs), and (last 2 minutes of game within 10 point spread)	10-minute Running Quarters. Stops for (TOs), (FTs), and (last 2 minutes of game within 10 point spread)	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	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	Dead Ball at mid-quarter, quarter-end, TOs, injury, or foul-outs	Any dead ball	Any dead ball	Any dead ball
Backcourt Defense	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 extreme isolation offense	Coach's discretion	Coach's discretion
In the Key	5-second Rule applied	3-second Rule applied	3-second Rule applied	3-second Rule applied
Shot Clock	No Shot Clock	No Shot Clock	No Shot Clock	No Shot Clock
Closely Guarded	No 5-second Rule	5-second Rule applied	5-second Rule applied	5-second Rule applied
Free Throws (FTs)	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		
Mercy Rule	If a team is leading by 25 or more points by the end of the 3rd quarter, no more points are posted			
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