

Sherwood Basketball Rules Summary Matrix - Rec League
As of 1/3/2022



	3rd	4th	5th	6th	7th	8th	HS
Ball Size - Boys	28.5"	28.5"	28.5"	28.5"	29.5"	29.5"	29.5"
Ball Size - Girls	28.5"	28.5"	28.5"	28.5"	28.5"	28.5"	28.5"
Hoop Height	9'	9'	10'	10'	10'	10'	10'
Time Outs	One 1-minute per half	One 1-minute per half	Two 1-minute, two 30-second per game	Two 1-minute, two 30-second per game	Two 1-minute, two 30-second per game	Two 1-minute, two 30-second per game	Two 1-minute, two 30-second per game
Substitutions	At mid-quarter, quarter-end, TO, when injured, or fouls out	At mid-quarter, quarter-end, TO, when injured, or fouls out	Any dead ball	Any dead ball	Any dead ball	Any dead ball	Any dead ball
Game Length	10-minute running quarters; stops for TO's; stops for free throws in last 2 minutes of game	10-minute running quarters; stops for TO's; stops for free throws in last 2 minutes of game	BOYS: 8 minute stop time quarters GIRLS: 9-minute stop time quarters	9-minute stop time quarters	9-minute stop time quarters	9-minute stop time quarters	20 minute running clock halves (stop clock for last 2 minutes of 2nd half if score within 10)
Scoring	No points shown on scoreboard or book; keep track of fouls only.	Scoreboard & scorebook for points & fouls	Scoreboard & scorebook for points & fouls	Scoreboard & scorebook for points & fouls	Scoreboard & scorebook for points & fouls	Scoreboard & scorebook for points & fouls	Scoreboard & scorebook for points & fouls
Backcourt	None	None	4th Quarter, score within 15 pts	Any time as long as you are not up by 15 pts or more	Any time as long as you are not up by 15 pts or more	Any time as long as you are not up by 15 pts or more	Any time as long as you are not up by 20 pts or more
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	Zone allowed	Zone allowed	Zone allowed	Zone allowed
Parent Help	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook	Home = scoreboard; visiting = scorebook
In the Key	5 seconds allowed	5 seconds allowed	3 seconds allowed	3 seconds allowed	3 seconds allowed	3 seconds allowed	3 seconds allowed
Closely Guarded	No 5 second rule	No 5 second rule	5 second rule applied	5 second rule applied	5 second rule applied	5 second rule applied	5 second rule applied
Free Throws	About 3' in front of the line; rebound once hits the rim.	About 2' in front of the line; rebound once hits the rim.	Normal distance; rebound once leaves shooters hand	Normal distance; rebound once leaves shooters hand	Normal distance; rebound once leaves shooters hand	Normal distance; rebound once leaves shooters hand	Normal distance; rebound once leaves shooters hand
Leagues	Sherwood / Tualatin		Sherwood / Tualatin / West Linn / Wilsonville				Sherwood / Tualatin