

Sherwood Basketball Rules Summary Matrix - 3rd Grade Rec League
As of 11/2/2023

3rd

Ball Size - Boys	28.5"
Ball Size - Girls	27.5"
Hoop Height	9'
Time Outs	One 1-minute per half
Substitutions	At mid-quarter, quarter-end, TO, when injured, or fouls out
Game Length	10-Minute Running Quarters. Stops for Tos, FTs, and last 2 minutes of games within 10 point spread
Overtime	No OT
Scoring	Scoreboard & scorebook for points & fouls
Backcourt	None
Defense / Offense	No zone; no double teams, except in the key; no extreme isolation offense
Parent Help	Home = scoreboard; visiting = scorebook
In the Key	5 seconds allowed
Closely Guarded	No 5 second rule
Free Throws	About 3' in front of the line; rebound once hits the rim.