Sharon Recreation Basketball League

	Elementary (Boys & Girls Grade 3-4)	Middle (Boys & Girls Grade 5-6 Boys Grade 7-8, SR Girls)	High School (Grades 9-12)
Man to Man or Zone	**No Zone**	**Boys 5/6-Boys 7/8: Man to Man or zone** **Girls: Man to Man**	**Man to Man or Zone**
Full Court Press	**Last 1 minute of 3rd /4th quarter** ***Allowed with 10 point lead or less**	**Last 2 minutes of 3rd/4th quarter** *** Allowed with 10 point lead or less**	**Allowed, with 10 point lead or less**
Backcourt Rule	**Yes**	Yes	Yes
Double Team	Grades 3-5: Within the lane	Within the 3pt arc	Yes
Foul Shot Line	**~13 feet (flexible)** **Grade 3/4: One step in from line**	15 feet	15 feet
3 second rule	**3 seconds, give warning**	3 seconds	3 seconds
Time Outs	3 per game, max 2 per half	3 per game, max 2 per half	3 per game, max 2 per half
Bonus Foul	5 team fouls in a quarter—2 shots Team fouls reset each quarter	5 team fouls in a quarter—2 shots Team fouls reset each quarter	5 team fouls in a quarter—2 shots Team fouls reset each quarter
Technical Foul/ Flagrant Foul	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league
Overtime	None Playoff only—2 minutes	None Playoff only—2 minutes	Regular Season — 1 minute Playoff only — 2 minutes
Basketball	**Junior (28.5) - Boys** **27.5—Girls**	Grade 5/6: (28.5) Boys 7/8: (29.5) Girls 7-8: (28.5)	Regulation (29.5)
Playing Time	Equal Playing Time * Non-compliance results in forfeit	Equal Playing Time * Non-compliance results in forfeit	**Equal Playing Time recommended** * Non-compliance results in forfeit
Time Played	(4) seven minute stop time, no break in between quarters	(4) seven minute stop time, no break in between quarters	(4) seven minute stop time, no break in between quarters