

Dayton Metro Winter Conference Game Rules 2019-2020
(Score Table Sheet)

1. All league games use a 28.5 size basketball
2. All games are (4) six minute quarters. Clock stops per Ohio High School rules.
3. If overtime is required, each period is 3 minutes.
4. Hoops are at 10 feet for all divisions except for 3rd grade boys and girls and 4th grade girls. Hoops are at 9 feet for those divisions.
5. Free throws for 3rd and 4th grade are 18 inches in from the free throw line. If the hoops are overhang, free throws will be from the regular foul line.
6. If free throws are shot from the shorter line (18 inches in), then the first player on the lane will line up below the block instead of the normal position above the block.
7. Man to man defense is required in third grade games until the final two minutes. In third grade, defenders must guard a player but can help in the lane and the low block area. Isolation of a player on one side of the court on the offensive end is not allowed as well. In all other grades, any defense is allowed in the frontcourt. One warning is allowed for not complying. Each occurrence after that is a 2 shot bench technical foul.
8. There is no backcourt defense in the following grades until:
 - 3rd grade Final 2 Minutes
 - 4th grade Fourth Quarter
 - 5th grade Second Half
 - 6th grade Entire GameTwo warnings are allowed for illegal backcourt defense. Each occurrence after that is a 2 shot bench technical foul.
There is no backcourt defense allowed when there is a 15 point lead.
9. If there is overtime, backcourt and zone defense is allowed during all overtime periods.
10. If there is an eligibility dispute during a game, please document the dispute and finish the game and then file a protest with the conference director (Brett Bush).
11. All other rules are per OHSAA standards.