

Metro Prep Basketball League Competition Rules

(Effective September 14, 2019)

1. Competition Rules.

- A. All Metro Prep Basketball League ("The League") games will be conducted under *National Federation of High School Basketball Rules*, unless otherwise noted.

2. Uniforms.

- A. While it is required to have numbers on the back of the uniform, it is recommended that uniform numbers be on both the front and back of the uniform.
- B. All other NFHS rules regarding uniforms and uniform numbers are waived. It is recommended, but not required, that teams have both a dark and light-colored jersey.

3. Home Team Designation.

- A. Home team wears lighter colored jersey. Away team wears darker colored jersey. In tournament bracket play, the top team will be the home team.

4. Game Ball/Scorekeeper/Clock Operator.

- A. Teams are not required to provide the scorekeeper or clock operator. These are provided for by The League. The scorekeeper will only keep track of team & individual fouls, and time outs.

5. Ball Specs.

- A. ("28.5") will be used for 5th Grade & below divisions and all Girls' divisions.
- B. 6th Grade & up will use the regulation size ball (29.5").
- C. Practice and game balls will NOT be provided.

6. Game Duration.

- A. 2 - 20 Minutes halves – Running Clock.
- B. Stopped clock in last 2 minutes of the 2nd half - if the game is within 15 points.
- C. Half-Time will be 3 minutes.

7. Overtime

- A. If the game is tied at the end of regulation, a three (3) minute overtime period will be played.
- B. If the game remains tied at the end of the first overtime, a sudden death overtime period will be played. (In the sudden death overtime period, the first team scoring any point whether off a free throw or a basket.)
- C. Overtime periods start with a center jump ball.

8. Pre-game Warm-Up.

- A. Will be a minimum of 5 minutes (the Warm-Up time length may be reduced at the option of the Site Director).

9. Free Throws.

- A. NO 1&1 bonus.
- B. Teams will shoot double bonus on the 10th team foul.

10. Timeouts.

- A. Each team will be allowed 4 thirty-second timeouts per game.
- B. One additional timeout will be allowed for each overtime period.

11. Pressing Rules.



- A. Grades 5th & below: Teams are not allowed to press beyond half court with a 20 point or more lead anytime during the game.
- B. Grades 5th & up: Teams are not allowed to press beyond half court with a 20 point or more lead in the 2nd half.
- C. If the lead is reduced below 20 points, teams are then allowed to press beyond half court.
- D. The first violation of the “no press” rule will draw a warning from the officials; subsequent violations will be assessed a bench technical foul (indirect technical foul to Head Coach).

12. Tiebreaker for season standings.

- A. Two Team Tie: Head to head.
- B. Three or more teams tied:
 - 1. Head to head record for tied teams.
 - 2. Point Differential.
 - 3. Points Allowed.

13. Behavior Standards.

- A. Inappropriate behavior and verbal assault will not be tolerated.
- B. Each coach is responsible for the conduct of the team’s players, coaches and fans on and off the court and must promote the best sportsmanship, win or lose.
- C. The Site Director or any game official may remove a player, coach, or attendee from a game, tournament, or venue for inappropriate behavior or verbal abuse.
- D. The Site Director may take any such other corrective action it deems appropriate to assure proper sportsmanship, the safety and well-being of all participants, and the integrity and standards of the event.
- E. All teams, coaches, players, and spectators are subject to such rulings and corrective actions.
- F. *Any coach, player, or spectator who is ejected from a game by a game official or the Site Director may be subject to further suspensions or removal from the MPBL.*

14. Player Eligibility – No Exceptions.

- A. Grade Based Eligibility. Events will be organized by grade divisions only. A team must participate in the division which corresponds with the highest grade of any player on the team.
- B. Playing Up. A player may play up in a higher-grade division.
- C. Gender Specific Divisions. Players are only allowed to play in a division for the player’s gender (for example, a girl player cannot play on a team participating in a boy’s division).

15. Protesting & Process.

- A. To help alleviate conflicts and allegations on player eligibility, the League recommends coaches keep a copy of a player(s) proof of grade such as a current report card or student ID with you during games.
- B. If you have concerns that a player is not within the eligibility rules, address this with site coordinator or league commissioner at any time.
- C. Do not comment on or address this issue with the opposing coach, referee, players or spectators.
 - 1. Upon a protest, the league commissioner or site coordinators may ask to see documents or proof on any or all players on your team roster.
 - 2. Violation of player eligibility rules can result in forfeits, coach suspension, and/or team and player removal from the league.

16. Division Edits.

- A. The league commissioners may find it necessary to move a team into a higher or lower division to maintain appropriate competition levels.
- B. Division edits will in no way warrant refunds or credits.

17. Borrowing Players / Avoiding Forfeits.

- A. Your team can legally play with a minimum of 4 rostered players to avoid an automatic forfeit.
- B. If your team has or is projected to have a shortage of players for any scheduled, game your team can borrow grade-eligible players from another league team.
- C. A team that has to borrow players will lose the game by forfeit in the standings, however the game will be played as if it were a regulation game. We want kids to play!