

METRO PREP BASKETBALL LEAGUE COMPETITION RULES
(Revised March 2024)

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.

** Players will be disqualified on their **6th Personal Foul**

** Technical Foul will not count as a Personal Foul



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

4. Game Ball/Scorekeeper/Clock Operator.

a. The Home Team will provide the game ball. Teams must provide their own warm up balls.
b. The league provides the official scorekeeper and clock operator.

5. Ball Specs.

a. ("28.5") will be used for Boys Junior & *Middle Divisions, and all Girls' divisions.

*If both coaches from the Middle Division agree – they can play with a 29.5" regulation ball.

b. The Senior Division will use the regulation size ball (29.5").

6. Game Duration:

a. (4) 10 Minute Quarters – Running Clock.

b. Stopped clock on the whistle during the final 2 minutes of regulation - 15 points.

c. 1 minute in between each Quarter

d. Half-Time will be 3 minutes.

7. Overtime

a. If the game is tied at the end of regulation, a three (2) minute overtime period will be played.

b. Stopped clock on whistle

c. 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.)

d. Overtime periods start with a center jump ball.

8. Pre-game Warm-Up.

a. Will be a minimum of 3 minutes (the Warm-Up time length may be increased/reduced at the option of the Site Director).

9. Free Throws.

a. 1&1 bonus will take place on the 10th Team Foul of each half. (*No double bonus)

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10. Time Outs.

a. Each team will be allowed 3 thirty-second timeouts per game.

b. One additional timeout will be allowed for each overtime period.

11. Pressing Rules.

a. Junior Division: Teams are not allowed to press beyond half court with a 20 point or more lead anytime during the game.

b. Middle Division & 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:

i. Head-to-head record for tied teams.

ii. Point Differential.

iii. 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. Divisions.

- a. Teams register according to the highest grade of any player on the team.
- b. League Divisions are finalized after season registration ends.
- c. Divisions are formed based on a combination of grade and skill/experience level of each team, and coaches will be informed of their assigned Divisions shortly after league registration ends.
- d. The teams within each Division may contain players from more than 1 grade (i.e. - 6th and 7th grade).
- e. Teams can only play with players that correspond to the grade they registered for ("highest grade of any player on the team"). Violation of this rule will result in a forfeit, and the team being moved to a different division.
- f. The league directors may find it necessary to move a team into a higher or lower division to maintain appropriate competition levels.
- g. Division edits will in no way warrant refunds or credits.

15. Protesting & Process.

- a. If a coach has a concern that a team is playing in the wrong division, address this with the site coordinator or league directors.
- b. Do not comment on or address this issue with the opposing coach, referee, players, or spectators.
- c. The league directors will assess the situation and act accordingly.

16. 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 borrowed 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!