

North Metro Basketball League Rules

Last Updated: 10/9/2023

Policy

NFHS rules governing play will be followed as closely as possible. There are several exceptions and modifications noted in the following Sections.

Section I. REFEREES

Referees have been selected and trained by the Mounds View Basketball Association (MVBA). They are empowered by the MVBA to interpret and enforce the rules. They are the final authority at the game.

Section II. CONDUCT OF COACHES, PLAYERS, PARENTS, & FANS

The mission of North Metro Basketball League (NMBL) is to provide an opportunity for boys and girls to play the game of basketball with an emphasis on sportsmanship and teamwork and to provide a positive environment to develop their skills. It is expected that all who participate in the NMBL follow the [Code of Conduct](#). Failure to comply with any of the conduct expectations can result in the following:

- Behavior warning from a referee
- Technical foul
- Ejection from the game
- Forfeit of the game, if refusal to leave the building

Section III. PLAYING TIME

Coaches will ensure that all players receive equal playing time as much as possible, including situations where a team has an uneven number of players for an eight period game. There should not be a situation where players play more than one additional period compared to their teammates. Attached to these Rules is an example of how coaches should allocate playing time if this situation exists. Referees will monitor for compliance, if necessary.

Substitutions: Substitutions should not be made during the middle of a period other than in case of an injury. When making substitutions, every effort should be made to rotate all players such that players do not consistently play in consecutive periods. The equal playing time requirements apply to both regular season and playoff games

Section IV. PERIODS OF PLAY

Each game will consist of eight, five minute RUNNING TIME periods. There will be a one minute break between periods 1-4(1st half). There will be a three minute half time break at the end of the 4th period. There will be a one minute break between periods 5-8 (2nd half).

5th - 8th Grade Levels: There will be stop time on fouls ONLY during the last two minutes of the last regulation and overtime period(s).

The breaks between periods are only to move players on and off the floor. These are not time outs. If play is being delayed, in the opinion of the referee, the referee will announce that the ball is in play and the clock will start.

Overtime

3rd and 4th Grade Level: There is no "overtime." Games will end in a tie.

5th -8th Grade Levels: should the score be tied at the end of regulation, overtime rules are as follows:

- First Overtime Period:
 - The first overtime period will be three (3) minutes in length.
 - Possession for the first overtime period will be determined by the possession arrow at the end of regulation play.
 - There is one time-out per team for each overtime period played. If the score remains tied at the end of the first overtime period, a second "Sudden Death" overtime period will be played.
- "Sudden Death" Overtime Periods: If a second or subsequent overtime period is required because the score remains tied at the end of the first overtime period or subsequent overtime periods, play will continue until one team scores.
 - Each sudden death overtime period will be three (3) minutes in duration.
 - There is one time out per team for each overtime period played
 - If there is no score in the second overtime period, additional periods will be played until a winner has been determined.
 - Each subsequent overtime period will be separated with a one (1) minute break.
 - Play for each sudden death overtime period will begin with a jump ball.
 - Coaches must re-set their player rotations for equal playing time at the beginning of each overtime period.

Section V. TIMEOUTS

Each team will be permitted one (1) time out per half. These are non-cumulative and are one (1) minute in duration. The clock will stop for a time out. Substitutions cannot be made during a time out other than in the case of an injury.

Section VI. DEFENSES

The first violation for any “illegal defenses” outlined above is a warning. The second and all subsequent violations will result in the offended team receiving one bonus point and the ball out of bounds.

3rd and 4th Grade Level

- Players are required to play a man-to-man defense.
- Double teaming is not allowed.
- Help side defense is allowed. The Helping Player must go back to guarding their player when the defender who needed help has recovered.
- Switching is also allowed.
- Zone defenses are not permitted. A team is considered to be playing a zone defense when in the judgment of a referee a player is intentionally not in an area near the person they are supposed to be guarding in their defensive court.
- No pressing will be permitted. FALL BACK: When a team controls the ball, the other team must fall back past half court. This applies to inbounding the ball, rebounds, etc. For example: Defensive Pressure after a Rebound----- When a defensive player controls a rebound, the team that was on the offense must fall back past half court.

5th -6th Grade Level

- Players are required to play a man-to-man defense.
- Double teaming is not allowed.
- Help side defense is allowed.
- Switching is allowed.
- Zone defenses are not permitted.
- No pressing is permitted until January 1st. Then pressing is allowed the last 2 minutes of the game if score differential is less than 10 pts

7th- 8th Grade Levels

- Man-to-man and zone defenses are allowed.
- Double teaming is allowed.
- Switching is allowed.
- Pressing is allowed when the score differential is less than 15 points.

Section VII. FOULS

Any player that commits five (5) fouls will be required to sit the remainder of the game.

- Personal Fouls: A personal foul is committed when, in the opinion of the referee, physical contact with an offensive player by a defensive player occurs. A player that creates an advantage by physical contact will be called for a personal foul. Any contact with an offensive player by a defensive player attempting to steal the ball is a personal foul. All such infractions will be called by the referee. Incidental contact that does not create an advantage is part of the game and will not be called as a personal foul.

- Shooting Fouls:
 - 3rd and 4th Grade Level: There are no free-throws at the 3rd -4th grade level.
 - If the shot is made, the goal will count and the team will be awarded 1 additional point. The defending team takes the ball out of bounds. If the shot was not made, the shooting team will be awarded 1 point and will take the ball out of bounds.
 - 5th -8th Grade Levels: A player fouled in the act of shooting shall be award free throws, as follows:
 - If the field goal was made, the field goal will count and the shooting team will be awarded one free throw attempt.
 - If the field goal was not successful, the shooting team will be awarded two free throw attempts.
- Intentional, Flagrant, or Technical Fouls:
 - 3rd and 4th Grade Level: The offended team shall be awarded two points and will be awarded the ball out-of-bounds.
 - 5th -8th Grade Levels: The offended player shall be awarded two free throws and the offended team will be awarded the ball out of bounds.

Section VIII. BONUS POINTS/FREE THROWS

3rd and 4th Grade Level: Points or shots will be awarded based on the following criteria:

- A team that commits more than six fouls in periods one through four or periods (1st half) or five through eight (2nd half) shall be penalized by awarding the offended team one point for every foul over the six foul limit. This bonus point will be awarded on all fouls over the limit.
- A team that commits more than ten fouls in a periods one through four (1st half) or period five through eight (2nd half) and beyond shall be penalized by awarding the offended team two points for every foul over the ten foul limit. These bonus points will be awarded on all fouls over the limit.

5th -8th Grade Levels: Points or shots will be awarded based on the following criteria:

- A team that commits more than six fouls in periods one through four or periods (1st half) or five through eight (2nd half) shall be penalized by awarding the offended team one free (one-and-one) on the 7th, 8th and 9th foul.
- A team that commits more than ten (10) fouls in a periods one through four (1st half) or period five through eight (2nd half) and beyond shall be penalized by awarding the offended team two free throws for every foul over the nine foul limit.

Section IX. SPECIAL RULES

- Basketball size
- Basket height:

- A team must have four players to start and finish an official game. The fourth player must arrive within five minutes of the designated start of the game or the game will be forfeited. If a team only has four players, they will play 4v5 i.e. short-handed. If the game is officially ruled a forfeit, the coaches may agree to scrimmage with those present until the designated start time of the next game.

Example Playing Time Chart
Number of Periods each Player to participate

		10	9	8	7	6	5
Number of players participating in each period.	10	4	-	-	-	-	-
	8	-	-	5	-	-	-
	6	-	-	-	-	-	-
	5	-	4	-	6	-	8
	4	-	5	-	-	7	-
	2	-	-	-	5	6	-

Example: If a team has 7 players at a game, the coach should attempt to play 5 players in 6 periods and 2 players in 5 periods.