

NORTHWEST METRO LEAGUE RULES

Revised Oct 2024

Middle School: Girls – 5th/6th, 7th/8th Boys – 5th, 6th, 7th, 8th	High School: Girls – 9th thru 12th Boys – 9th, 10th, 11th, 12th
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These Northwest Metro League (“NWML”) Rules apply to all regular season and league-sponsored tournaments. The Official Minnesota High School Rules apply in all cases unless specifically abridged by the following Rules specific to each League. Any differences between Middle School and High School rules are specified below.

1. ELIGIBILITY

- a. Players in the Northwest Metro League are only eligible to play if they are not concurrently rostered on any other organized basketball teams. This includes, but is not limited to: High School teams, AAU teams, Traveling Basketball, etc.
- b. All challenges to player eligibility must be brought to the attention of the Northwest Metro League Commissioner to review.

2. NEW PLAYERS

- a. **Middle School.** Players who have quit or have otherwise been removed from a traveling team, may join a house league team prior to December 31. The player addition must be approved by the OMGBA House Board and team assignment will be based on need along with an overriding goal of the league to distribute talent equally across the respective community-based teams. Only players registered for a team can play during regular season and tournament games. Players cannot be temporarily “traded” to another team.
- b. **High School.** No players can be added after the first game, unless approved by the OMGBA House Board. Team assignments for such players will be based on need along with the overriding goal of the league to distribute talent equally across the respective community-based teams. Only players registered for a team can play during regular season and tournament games.

3. GAME LENGTH/TIMING FACTORS

- a. **Period Length.** Games will be eight (8) periods. Each period will be 5 minutes.
- b. **Running Time.** Games will be played with running time (even during free-throws) with stop time the last two (2) minutes of the 4th and 8th periods.
 - i. However, if a team is leading by 20 points or more at the 2-minute mark in the 8th period, the period will continue in running time until the difference in points is 10 or less. At this point, the game will revert to stop time.
- c. **Period Breaks.** A halftime break will occur between the 4th and 5th periods of 2-4 minutes in duration, subject to referees’ discretion. Coaches will have 30 seconds between all other periods to get their next group of five players to the scorer’s table for check-in.
- d. **Pre-Game Warm Up.** A minimum of three (3) minutes will be allowed for pre-game warm up. This can be modified by the referee as needed to keep games on schedule.

- e. **Timeouts.** Each team will have two 60-second timeouts per half. No carryovers.
 - i. During overtime, each team will have one 60-second timeout. There are no timeouts during sudden death play.
- f. **Game Intervals Time Limit.** All games will be limited to 65 minutes.
- g. **Required Players / Responsible Adult.** If any team fails to have four (4) players **AND** a coach or a designated adult (Middle School, 18 or over; High School, 21 or over) as a substitute coach available within five (5) minutes after the scheduled starting time, the referee will declare the game forfeited. Teams can play with four (4) players.

4. JUMP BALLS

After the initial jump ball at the start of the game, all jump ball situations will be resolved using the alternate possession rule. A jump ball will be used to start each overtime period.

5. 3-POINT SHOT

The 3-point shot will only be used when the gym is so marked for this shot.

6. OVERTIME

- a. **First Overtime.** If any regular season game ends in a tie, there will be a one (1) minute rest period after which a two (2) minute, stop-time, overtime period is played if begun before the time limit above (65 minutes) is passed.
- b. **Sudden Death.** If there is no winner after this two (2) minute overtime period and the game is still within the above time limits (65 minutes), a second overtime period will be played. The second overtime period will be sudden death.
- c. **Tournaments.** Same overtime rules apply, but overtime(s) must be played, regardless of time (see 5a & b).
- d. **Playing Time Requirements.** There will be no playing time requirements during overtime (as described in the rules below for equal playing time). However, ejected and fouled out players are not eligible to participate in overtime.

7. EQUIPMENT

All players must wear athletic, non street shoes. Mouth guards are recommended. First aid supplies and ice packs are the responsibility of each team. Blood kits should be available at game sites. The home team will always wear light colored jerseys; the visitors will wear dark colored jerseys. Players must only wear white, gray, or black undershirts, if any. Boys in grades 5th & 6th use a 28.5" ball; 7th through 12th grade use a regulation 29.5" basketball. Girls use a 28.5" for all grades.

- a. All jewelry must be removed prior to stepping onto the court. Players are not allowed to tape over any kind of jewelry (earrings, bracelets, necklaces, etc.).

8. TIMEKEEPER/SCOREKEEPER

- a. **Visiting Team / Timekeeper.** The visiting team will be responsible for furnishing the official timekeeper who will be responsible for operating the score clock.
- b. **Home Team / Scorekeeper.** The home team will be responsible for furnishing the official scorekeeper who will be responsible for completing the official scoresheet, including fouls, time outs, player substitution and the alternating possession of teams.
 - i. Scoresheet is required to note any reason a player is not playing (including but not limited to late arrival, disciplinary action, illness, etc.)
 1. The above notations need to also be communicated to the opposing head coach
- c. **Score Table / Volunteers.** The timekeeper and scorekeeper must sit together at a designated area, preferably at the scoring table. Coaches are encouraged to use the same parent volunteer timekeeper/scorekeepers for continuity and reduction of errors.
 - i. There should be no more than two volunteers at the scoring table. These volunteers should not be players from either team.
 - ii. The timekeeper and scorekeeper should be dedicated at doing their job and not other activities (such as recording the game, criticizing the refs, etc.).
- d. **Scoresheet.** Coaches shall have team rosters filled out and recorded on the official scoresheet at least five (5) minutes before game time. A customized scoresheet is provided at the end of this document and must be made available by at least one head coach prior to the start of the game. Only one official scoresheet should be present on the table during competition.
- e. **Delay.** Any unnecessary delays can result in a bench technical foul.

9. PLAYING TIME REQUIREMENTS

- a. **Equal Play.** Coaches must play their players as equally as possible during the game and not try to “manipulate” the rule to create an advantage for their team by playing the “star” players more than their fair share of the game. Only players registered for a team can play during NWML games.
- b. **Known Reason.** If it is known before the start of the game that a player will not be played equally for disciplinary, illness or injury reasons, this must be discussed with the referees and the opposing coach before the start of the game.
 - i. The known reason clause must also be listed on the official scoresheet as noted in 5.b.i.
 - ii. If a player will try to play with an identified injury prior to the game but must be substituted because of that same injury, he/she may not return for the remainder of that game.
- c. **Late-Arriving Players.** If a player arrives late to a game, when that player is ready to enter the game, the head coach must inform the referees and opposing coach and note on the scoresheet which period that player was first eligible to play. From that point on, it is up to the head coach's discretion how much playing time that player receives, but the player needs to play at least half of the remaining periods and cannot play more total periods than any other player who was there from the beginning of the game.

d. **Participation.** The number of periods for each player is listed below. Playing time per player is based on the number of players available to compete in each game.

- For example, on a team with eight (8) players, each player would play in five (5) of the eight (8) periods.
 - The coach, at his/her discretion, will decide who plays in which period. The scorekeeper will record the periods of play for each player so that no player exceeds his or her maximum amount of playing time.
- With nine (9) players, the coach would play four (4) players in five (5) periods and five (5) players in four (4) periods. Each coach will decide which players on his or her team get the “extra” period.
- This chart allows each coach to draw up a playing rotation in advance of the game. The same chart will be at the scorer’s table for use in recording the periods of participation for each player.
- The participation rule is designed to allow the coach maximum flexibility to determine line ups while ensuring participants as close to equal playing time as possible.
- Coaches are responsible for checking the scoresheet multiple times during the game (recommended at halftime and before the 8th period) so that corrections to the rotation can be made prior to the end of the game to stay compliant with league playing time rules. The scoresheet on the table is official, and will be used as is for all playing time discussions and decisions.

Number of Players	Group A	Group B
5	5 play 8 periods	N/A
6	4 play 7 periods	2 play 6 periods
7	5 play 6 periods	2 play 5 periods
8	8 play 5 periods	N/A
9	4 play 5 periods	5 play 4 periods
10	10 play 4 periods	N/A
11	7 play 4 periods	4 play 3 periods
12	4 play 4 periods	8 play 3 periods
13	1 play 4 periods	12 play 3 periods

e. **Exceptions.** Once a period has begun, the coach may not substitute during that period, unless one of the following exceptions occurs:

- Player injury
- Blood rule – The player removed because of the blood rule should return as soon as they are able.
 - Coaches may not modify their normal playing rotation to “make up” for the removed player’s “lost time.”

- iii. Disciplinary decision for an action during or prior to the game
- iv. If a player is called for their 3rd foul before halftime
 - 1. Participation rules are back in effect after halftime, except in the event of a 4th foul (see next bullet point).
- v. If a player is called for their 4th foul prior to the 7th period
 - 1. Participation rules are back in effect after the sixth period. NOTE: coaches, at their discretion, may choose to leave a player on the court that is in serious foul trouble
- vi. **Comparable Substitutes.** During these exceptions and when a player fouls out, a coach should use a substitute player of "comparable ability," subject to the referee's discretion. Sportsmanship should be the guide, not winning! The playing time of the substitute will not be recorded against his/her normal rotation.
- vii. **No other substitutions are allowed while making any of the above substitutions.**
 - 1. **Penalty.** Coaches who are found to intentionally violate this rule, or the spirit of this rule, will be given a bench technical foul (two (2) points and possession to the opposing team). In addition, a game protest can be made (see GAME PROTEST below – section 13).

10. PRESSING/DEFENSE RESTRICTIONS

- a. 5th/6th grade girls and 5th grade boys
 - i. Full-court person-to-person press only allowed in the 8th period and overtime. However, if a team leads by 10 points or more, they may not press.
 - 1. No trapping and double teaming is allowed in the full court press.
 - ii. Double, triple, etc., teaming is permitted inside the three point line only.
 - iii. Zone defense is prohibited (e.g., no Box and One defenses).
- b. All other grade levels of players may full-court, person-to-person or zone press, at any time.
 - i. However, if a team leads by 20 points or more, they may not press.
- c. Infractions of any of the above defensive restrictions will first get a warning from the referee and a second offense will result in a bench technical.

11. FOUL RULES

High school league rules apply, except as noted below:

- a. Teams will begin shooting one-and-one foul shots when the opposing team has committed its 7th team foul each half. Teams will begin shooting two (2) foul shots when the opposing team has committed its 10th team foul each half.
- b. A player will foul out of the game when they commit their 5th foul.
 - i. If a team has only four (4) eligible players remaining, the last player fouling out can remain in the game. Every foul that player commits from that point on will result in two (2) foul shots plus the ball out of bounds at mid-court. Or the team may choose to play with less than five (5) players to avoid this situation.

1. Players that fouled out earlier in the game may not re-enter the game.

c. Technical fouls count as a personal foul against a player. All technical fouls will be non-shooting fouls. All technical fouls will result in the opposing team inbounding the ball at midcourt.

- i. However, the following points will automatically be awarded:
 1. two (2) points for a player technical foul,
 2. two (2) points for a bench technical foul,
 3. two (2) points for a team technical foul,
 4. two (2) points for a flagrant foul.

d. **A flagrant foul will result in player ejection and a minimum suspension from the next two (2) games, subject to OMGBA House Board review of the incident. Such review could result in expulsion from the league.**

e. Intentional fouls can be technical fouls, depending on the severity of the foul as assessed by the officials of the game. Intentional fouls are two shots and the ball.

f. Game disqualification – Any player, coach, or fan can be ejected from a game. **COACHES ARE HELD FULLY RESPONSIBLE FOR ALL OF THEIR PLAYERS AND FANS.** Referees are in charge any time they are on the court. Players, coaches, and fans are all held accountable to [OMGBA Code of Conduct](#) and [Behavior Code](#).

g. **COACHES** may or may not be given a warning to gain control of themselves, bench personnel, players or fans. After potential warning, they will be assessed one technical foul. A second technical in a game will result in immediate game ejection for that coach and he/she is required to leave the facilities. If the team does not have an adult assistant coach on the bench when the head coach is ejected, the game is forfeited by that team at that point and the game ends. A referee MAY elect to eject only the fan(s) that cannot be controlled.

h. **PLAYERS** may or may not receive one warning to gain control of themselves. After potential warning, they will be assessed one technical foul. A second technical in a game will result in immediate game ejection for that player and he/she is required to leave the facilities.

i. **Two Technical Fouls in the season.** Upon receiving two (2) technical fouls in a season, including NWML tournaments, a player or coach will be suspended for one additional game, which will be the next game. The coach or player cannot be on the bench or in the facilities.

j. **Third Technical Foul in the season.** Upon receiving a 3rd technical foul in the season, a player or coach will be suspended for two (2) additional games, which will be the next games (including NWML tournaments). The coach or player cannot be on the bench or in the facilities.

k. **Fourth Technical Foul in the season.** OMGBA House Board will decide suspension length and eligibility to participate in future seasons.

l. All technical fouls will be tracked on the NWML team standings page.

- i. Technical fouls related to non-conduct-related violations (6 men on court, player calling a time-out when none are left, etc.) do not result in any warnings or suspensions but coaches should still report them to the league.

- ii. The respective community liaisons for the players and coaches with suspensions will be expected to contact the impacted players and coaches in advance of the particular game.
- iii. A player or coach participating in a game in violation of the posted suspension will result in a game forfeit and an additional game suspension. This suspension is to occur over the next two (2) team games, whether they are regular season or tournament.

12. REPORTING SCORES

- a. **Each coach is responsible for reporting game scores** (regardless of the result, win or lose) on the OMGBA website within 24 hours after the game. Records with or without using the last regular season game will be used to establish end of season tournament seeding.
 - i. Coaches are also responsible for reporting any technical, intentional or flagrant fouls issued to any players, coaches or fans during their games.
 - ii. Failure to report game scores, technical, intentional or flagrant fouls can result in a bench technical foul issued to the coach and will be subject to Foul Rules above.
- b. Technical fouls will be tracked and monitored by the OMGBA House Board.
- c. Middle School Score Reporting <https://forms.gle/qk1Cz6VsWYcGHaJC7>
- d. Senior High Score Reporting <https://forms.gle/ZteyH61VXzLukSjB9>
- e. Score Sheets <https://www.dropbox.com/s/j58x9s9k8w0gjtf/ScoreSheet-2022-2023.pdf>

13. REFEREES

The outsourced Referee Assignor designates two (2) qualified referees for each game. Should a situation arise that only one (1) referee is available, the coach must reach out to their respective Commissioner to alert he/she of the issue, but the game will be played with one (1) qualified referee. The game will only be rescheduled if no referees are available.

- a. NWML is in support of having a “Senior” referee training in a newer employee. As a reminder our entire league is devoted to developing individuals and sportsmanship.

14. GAME PROTESTS

- a. For regular season games, the referee must be notified of a protest prior to the end of the game, and the protest must be filed with the OMGBA House Board within 24 hours after the end of the game. Protests must be related to participation rule infractions and not related to calls made by referees.
- b. For tournament games, protests must be logged with the referee prior to the end of the game, followed by immediately notifying a tournament supervisor.

15. TOURNAMENT SEEDINGS

- a. **Junior High:**
 - i. **Mid Season Tournament:** A combination of the regular season record and the Brooklyn Park Tournament results will be used, in conjunction with a strength-of-schedule

algorithm. There are very few games played at this point in the season and we try to get our Gold and Silver divisions as competitive as possible.

- ii. **End of Season Tournament:** Team's league record will be used to determine standings. In the event of a tie, the first tie breaker will be points differential. The second tie breaker for Jr High will be head-to-head record, then coin flip.
- b. **Senior High:** Team's league record will be used to determine standings. In the event of a tie, the first tie breaker will be points differential. The second tie breaker for Sr High will be head-to-head record, then coin flip.

Number of Players		
5 PLAYERS	5 PLAY 8 PERIODS	N/A
6	4 PLAY 7 PERIODS	2 PLAY 6 PERIODS
7	5 PLAY 6 PERIODS	2 PLAY 5 PERIODS
8	8 PLAY 5 PERIODS	N/A
9	4 PLAY 5 PERIODS	5 PLAY 4 PERIODS
10	10 PLAY 4 PERIODS	N/A
11	7 PLAY 4 PERIODS	4 PLAY 3 PERIODS
12	4 PLAY 4 PERIODS	8 PLAY 3 PERIODS
13	1 PLAY 4 PERIODS	12 PLAY 3 PERIODS

FOUL RULES: High school league rules apply, except as noted below:

- a. Teams will begin shooting one (1) and one (1) foul shots when the opposing team has committed its seventh (7) team foul each half. Teams will begin shooting two (2) foul shots when the opposing team has committed its tenth (10) team foul each half.
- b. Players will foul out of the game when they commit their fifth (5) foul.
- c. If a team is short players, the last person (fifth player) fouling out will remain in the game. Every foul he/she commits from that point on will result in two (2) free throws plus the ball out of bounds at midcourt. Players that fouled out earlier in the game may not re-enter the game.
- d. Technical fouls count as a personal foul against a player. All technical fouls will be non-shooting fouls. However, the points will automatically be awarded: two (2) points for a player technical foul, two (2) points for a bench technical foul, two (2) points for a team technical foul, and two (2) points for a flagrant foul. **A flagrant foul will result in player ejection and a minimum suspension from the next 2 games subject to OMGBA House Board review of incident – such review could result in expulsion from the league.** All technical fouls will result in the opposing team throwing in ball at mid-court.
- e. Intentional fouls can be technical fouls, depending on severity of the foul. Free throws will be administered for intentional fouls (2 shots and the ball out of bounds) for fouls that are not technical fouls.

Basketball Player Rotation Chart

Player		1st Half					2nd Half				
		1	2	3	4	5	6	7	8	9	10
1		■	■	■	■	■	■	■	■	■	■
2		■	■	■	■	■	■	■	■	■	■
3		■	■	■	■	■	■	■	■	■	■
4		■	■					■	■	■	■
5		■			■	■	■	■	■	■	■
6			■	■	■	■	■	■	■	■	■
7									■	■	■
Player		1st Half					2nd Half				
		1	2	3	4	5	6	7	8	9	10
1		■	■	■				■	■	■	■
2		■	■					■	■	■	■
3		■					■	■	■	■	■
4		■				■	■	■	■	■	■
5		■			■	■	■	■	■	■	■
6			■	■	■	■	■	■	■	■	■
7			■	■			■	■	■	■	■
8				■	■	■	■	■	■	■	■
Player		1st Half					2nd Half				
		1	2	3	4	5	6	7	8	9	10
1		■	■	■				■	■	■	■
2		■					■	■	■	■	■
3		■				■	■	■	■	■	■
4		■				■	■	■	■	■	■
5		■			■	■	■	■	■	■	■
6			■	■	■	■	■	■	■	■	■
7			■	■			■	■	■	■	■
8				■	■	■	■	■	■	■	■
9				■	■	■	■	■	■	■	■
10					■	■	■	■	■	■	■

Basketball Player Rotation Chart

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								
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12								