



Men's League Basketball Rules

Rules & Regulations

- Mettle Sports has the authority to institute new rules or alter current rules to ensure the safety of league participants
- Mettle Sports interpretation of ALL rules is final

Gym Supervisors & Scorekeepers

- Gym supervisors & scorekeepers are the official representatives of Mettle Sports and will serve in a supervisory role of the facility

Fees

- Registration will not be considered complete until all team fees have been paid
- Players' fees are not refundable or transferable
- All league fees (both team and players' fees) must be paid in FULL by the first game. If ALL fees are not paid in full, games will result in forfeits until fees are paid

Uniforms

- It is required that all teams have shirts with a minimum of a 6" number on the front and/or back. Uniforms must have a legal number on them (numbers between 0-5 and any combination of these numbers)
- Teams are required to have uniforms by their second scheduled game
- Failure to comply will result in any scheduled games without proper uniforms to be played but counted as a loss (if both teams fail to comply on a single night, then both teams will receive the loss)
- Court shoes are required
- Jewelry is NOT ALLOWED in any Mettle Sports basketball game

The Game

- Team captains must submit a lineup to the scorekeeper before each game. This lineup must include all players' names and jersey numbers (listed in numerical order)
- All players must individually sign in to each game to verify legal game status. This is not the same thing as the lineup
- The 7:00pm game will have a 5 minute grace period, if needed. The 8:00pm and 9:00pm games will not have grace periods
- Teams may start a game with 4 players, but must have 5 players by the time the second half starts. Otherwise, the game is forfeited
- Each team will receive 4 time outs per game
- Substitutes report to the scorekeeper. The official will signal players in when there is a break in action
- The game will consist of two 20-minute halves – running clock
- The clock will stop during the last two minutes of each half. The clock stops for timeouts (1 minute) and half time (3-5 minutes). The clock will NOT stop if there is a 15+ point lead by one team at any time during the last two minutes of the second half. Once the 15+ point lead is in effect, the clock will continue to run even if the lead goes below 15 points

- In the event of a tie, a three minute overtime will be played. The first minute will be running clock. The clock will stop during the final two minutes
- If a second overtime is required, another three minute overtime will be held. The first team to score will win and the game is over

Shooting Fouls & Bonus

- Each player will be allowed five (whether all personal or including one technical) fouls before they foul out of the game. When a player has fouled out, they must sit for the remainder of the game
- 50/50 Rule: A player receives one shot for 2 points
- If a team has between 7 and 9 fouls, the 50/50 rule is applied and one shot will be awarded. The shot is worth 2 points and the clock does not stop
- If a team has 10 or more fouls, two shots will be awarded. The shots are worth 1 point each
- The last two minutes of each half revert to high school rules for foul shots (7-9 fouls: 1 and 1 OR 10+ fouls: 2 shots)
- When a 3 point shot is attempted, the shot is made, and the player is fouled, the player will shoot one shot for 1 point
- When a 3 point shot is attempted, the shot is missed, and the player is fouled, the player will shoot one shot for 3 points
- When foul shots are taken, the offensive team may only have two players around the key. The defensive team may have four players around the key

Technical Fouls

- One technical foul is an automatic 20 minutes (running game clock time) on the bench. Time is kept by the scorekeeper. All technical fouls carry over to the next game
- If a player receives a technical foul, the other team is awarded two points and the ball. This includes the last two minutes of the game
- To prevent damage to Mettle Sports property, there will be no dunking or hanging on the rim before games, during half time, or after the game. Such actions will result in a technical foul
- Dunking the ball will be allowed during the game. However, a technical foul will be called if the referee determines the dunk involved “hanging on the rim unnecessarily”. If a player is hanging on the rim to either reduce momentum or avoid dropping on another player, no technical will be called. This is left to the discretion of the referee and the situation
- Abusive or threatening behavior will result in a technical foul
- If a player receives two technical fouls in a game, this constitutes an automatic ejection from the game and premises, as well as a one game suspension. The player must meet with a Mettle Sports representative before participating in the next game
- If a player receives three technical fouls in a season, this constitutes an automatic suspension for the remainder of the season and the player will be put on probation for the next season
- If a player is already on probation (due to receiving three technical fouls in the previous season) and receives a fourth technical foul, the player will be suspended from the league

Sportsmanship & Player and Fan Conduct

- Team captains are responsible for the conduct of their players and fans
- Only the team captain may speak to the referees during the game to voice concerns
- The referees will direct all warnings about player conduct to the team captain
- Profanity will not be tolerated from players or spectators. Profanity will be interpreted by the judgment of the referee, gym supervisor and/or scorekeeper and could lead to immediate ejection from the gym. This includes cussing at yourself or your teammates
- Spectators and players who do not cooperate with directions to leave the facility after being ejected will forfeit their team's game

- Any player, coach, or spectator who assaults a Mettle Sports employee may face criminal charges
- Any player, coach, or spectator that throws a punch in any activity associated with Mettle Sports is automatically suspended for one year from all Mettle Sports sponsored activities

Player Eligibility

- Players must submit a signed waiver and a signed copy of the Mettle Sports rules before they are eligible to participate
- Any player who is currently participating in organized sanctioned basketball (IHSAA, NCAA, NAIA) is not eligible to participate
- The minimum age for a player is 18 years old
- Players must play in two legal games to be eligible for the end of the season tournament. A legal game is a game in which all players playing for a team have paid their players fee for the team they are playing on and have signed the roster
- All players are eligible for roster moves. However, only two players moving from an upper division CAN move to the same lower division team. Each roster can only have two players from an upper division on their roster
- If a player plays in a game and is not on the team roster, and/or has not paid all applicable fees, the game will be forfeited. Any player participating under a false name will result in an automatic suspension from the league
- Players may be asked to show ID by the gym supervisor to verify eligibility
- Mettle Sports will have the final decision concerning player eligibility

Other Information

- Team captains are responsible for their team's knowledge of the rules and regulations of the league
- No food or soda pop is allowed in the gym
- Smoking is NOT ALLOWED on the premises of the facility. This includes outside the gym
- Locker facilities will not be available. Come dressed to play
- Children are the responsibility of their parents, not the gym supervisor or referees. Your children must ALWAYS be closely supervised during games by an adult who is NOT PARTICIPATING in the game
- Mettle Sports DOES NOT provide accident insurance to cover individuals who may be injured while participating
- Plaques will be given to 1st and 2nd place teams in each division following the end of the season tournament

By signing this document, you acknowledge that you have read all Mettle Sports rules and accept responsibility to follow them.

First and last name _____ Date _____

Signature _____