



Metro Basketball Association

Rules of Play

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SECTION 1: GAME SCHEDULES

All scheduled games are to be played as scheduled.

SECTION 2: STANDINGS

League standings will be calculated using win% and include only games played between teams in the same division.

SECTION 3: FIBA RULES

All MBA games are to be played under the current version of the “FIBA Official Basketball Rules”, except for the variations approved by the MBA and recorded in this document.

SECTION 4: BALL SIZE

The ball sizes to be used for each age class are as follows:

Age Class	Boys	Girls
Under 10	Size 5	Size 5
Under 12	Size 5	Size 5
Under 14	Size 7	Size 6
Under 16	Size 7	Size 6
Under 18	Size 7	Size 6

SECTION 5: JERSEYS

All players must wear the jersey of the club they are registered with.

5.1 All jerseys must contain a jersey number between 0 and 99.

SECTION 6: MERCEY RULES

6.1 Teams must show respect for their opponents at all times. Failure to do so may result in disciplinary actions.

6.2 In under 12 when a team is ahead by 40 points or more the scores shall be reset to zero for the remainder of the game.

6.3 In under 12 division 1 or 1A, if a team is ahead by 15 points or more, the leading team shall no longer be permitted to employ pressure defence of any kind and must drop back to half court defence.

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6.4 In under 14, under 16 and under 18 age classes, if a team is ahead by 25 points or more, the leading team shall no longer be permitted to employ pressure defence of any kind and must drop back to half court defence.

SECTION 7: GAME LENGTHS

7.1 Under 10 will play ten (10) 3 minute and 30 second stop time shifts, with equal play required for the entire game.

7.1.1 Games shall be divided into two halves, each half will consist of five (5) shifts or 17 minutes and 30 seconds of playing time.

7.1.2 Half time shall be two (2) minutes where possible. Half-time may be shortened if the game is running behind schedule.

7.1.3 Games shall not exceed a maximum duration of 1 hour and 10 minutes.

7.2 Under 12 will play eight (8) 4 minute stop time shifts, with equal play required for the entire game.

7.2.1 Each quarter will consist of two (2) 4 minute stop time shifts.

7.2.2 Half time will be four (4) minutes where possible. Half time may be shortened if the game is running behind schedule.

7.2.3 Games shall not exceed a maximum duration of 1 hour and 10 minutes.

7.3 Under 14 will play four (4) 8 minute quarters.

7.3.1 Equal play will be required for the first three (3) quarters of games played in Division 3 or lower with those quarters being divided into two (2) 4 minute shifts each.

7.3.2 Equal play will not be required in Division 1 or 2 (including all sub-divisions in these divisions). These games will play four (4) 8 minute quarters with substitutions permitted per FIBA rules.

7.3.3 Half time will be four (4) minutes where possible. Half-time may be shortened if the game is running behind schedule.

7.3.4 Games shall not exceed a maximum duration of 1 hour and 15 minutes.

7.4 Under 16 will play four (4) 10 minute quarters with a 1 minute break between quarters.

7.4.1 Substitutions are permitted per FIBA rules

7.4.2 Half time will be five (5) minutes where possible. Half-time may be shortened if the game is running behind schedule.

7.4.3 Games shall not exceed a maximum duration of 1 hour and 25 minutes.

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7.5 Under 18 will play four (4) 10 minute quarters with a 1 minute break between quarters.

7.5.1 Substitutions are permitted per FIBA rules

7.5.2 Half time will be five (5) minutes where possible. Half-time may be shortened if the game is running behind schedule.

7.5.3 Games shall not exceed a maximum duration of 1 hour and 25 minutes.

7.6 The game clock shall be stopped when a field goal is scored with less than one (1) minute remaining in the final quarter or over time period AND the score difference is 10 points or less.

7.7 Game Time limits as described in section 7.1.3, 7.2.3, 7.3.4, 7.4.3 and 7.5.3 shall be implemented as follows:

7.7.1 The game duration will begin at the time the game actually begins.

7.7.2 Once the game time limit has been reached, and;

7.7.2.1 There is **MORE** than two (2) minutes on the game clock, the game clock will be reset to two minutes and the game carried on as normal.

7.7.2.2 There is **LESS** than two (2) minutes on the game clock, the game shall continue on with the remaining time on the clock

7.7.3 Games are **NEVER** run time.

SECTION 8: OVER TIME

8.1 Over time will not be played during the regular season.

8.2 Over time will be played during all play-off games where at the end of regulation time the score is tied.

8.2.1 Should an under 12 game be tied at the end of regulation, 4 minute shifts will be played until a winner is determined.

8.2.1.1 Rule 19.1 will not apply in over time.

8.2.2 Should an under 14, under 16 or under 18 game be tied at the end of regulation, 5 minute periods will be played until a winner is determined.

SECTION 9: SHOT CLOCK

9.1 The shot clock for all divisions in the MBA shall be 24 seconds. All FIBA rules surrounding the shot clock shall be in effect.

9.2 In all games which use shifts, in-between shifts which are not quarter breaks the shot clock will be reset as follows:



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9.2.1 Team awarded a back court throw-in shall have a 24-second shot clock.

9.2.2 Team awarded a front court throw-in shall have a 14-second shot clock.

SECTION 10: BACK COURT POSSESSION

10.1 All divisions will be permitted to have possession of the ball in their back court for 8 seconds prior to crossing the mid court.

10.2 All FIBA rules pertaining to the 8-second back court shall apply.

SECTION 11: TIME OUTS

10.1 Each team shall be permitted to take the following time outs during a game:

10.1.1 Two time outs in the first half

10.1.2 Three time outs in the second half

10.1.2.1 No more than two time-outs may be used when the game clock shows 2:00 or less.

10.1.3 One time out during each over time period (for games which require over time, subject to section 8).

10.2 Time outs do not carry over from one quarter or over time period to the next.

SECTION 12: NUMBER OF PLAYERS

12.1 In the Under 14, Under 16 and Under 18 age classes each team must have a minimum of five (5) players present for the start of the game.

12.2 In the Under 12 age class each team must have a minimum of seven (7) players participate in a game to avoid default. A team may start a game with five (5) players, however must have seven (7) players play by the fifth shift or the game will be considered a default.

12.3 In the Under 10 age class each team must have a minimum of six (6) players participate in a game to avoid default. A team may start a game with four (4) players, however must have six (6) players play by the fifth shift or the game will be considered a default.

SECTION 13: CALL UP RULES

13.1 Subject to Rules 13.2 to 13.6, players may be called up when a coach knows or suspects that they may be in a forfeiture position for an upcoming game.

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13.2. A player may be called up from any team with the same club in a lower division or age class.

13.2.1. In U10 divisions a player may be called laterally or from up to two divisions above the team calling the player. A list of divisions each division is allowed to call-up from will be provided to clubs at the beginning of each season.

13.2.2. In U12 division 4 and below a player may be called laterally from a team in the same division OR called down from a team one division above the division of the team calling the player.

13.3. Any one player can only be called to the same team twice, upon being called to the same team for a third time within the season, the player will be required to remain with that team.

13.3.1. Any Player who has transferred to another team as a result of rule 13.3 is no longer eligible to be called to another team at any division.

13.4 In the Under 14, Under 16, and Under 18 age classes only enough players can be called up to make a total of 8 players in the game.

13.5. In the Under 12 and Under 10 age classes only enough players can be called up to make a total of 10 players in the game.

13.6. To add a player as a call-up at game time, the coach must:

13.6.1 Advise the scorekeeper that a player from a lower level within your club will be playing as a "Call-up";

13.6.2. Present full name(s) and number(s) to the scorekeeper;

13.6.3. Advise the other coach of the call-up;

13.6.4. To be eligible to be called up a player must be registered with the same club as the team calling up the player.

13.6. If a player is found to be a "Call-down" (Player from a higher division or older age class), the game will be forfeited and the coach will face disciplinary action per the Metro Basketball Association Discipline Policy.

13.7. Section 13.6 will not apply to U10 divisions or U12 divisions 4 and below, so long as the team is in compliance with rules 13.2 thru 13.3.

13.8. Players playing in an age group higher than their eligibility, by choice or league placement, cannot be called down to their rightful age group to play for a team.

SECTION 14: AGE REQUIREMENTS

14.1 The term “current season” shall be defined as the normal period of operation for the MBA extending from September of one year until May of the following year.

14.2. To be eligible to play in Under 10, a player must not have reached the age of 10 prior to January 1st of the current season.

14.3. To be eligible to play in Under 12, a player must not have reached the age of 12 prior to January 1st of the current season.

14.4. To be eligible to play in Under 14, a player must not have reached the age of 14 prior to January 1st of the current season.

14.5. To be eligible to play in Under 16, a player must not have reached the age of 16 prior to January 1st of the current season.

14.6. To be eligible to play in Under 18, a player must not have reached the age of 18 prior to January 1st of the current season.

14.7. Subject to Rule 14.8, players may play up in older age classes but shall not be permitted to play down in younger age classes.

14.8. In extenuating circumstances, the MBA Executive, by majority vote, may permit a player to play in a lower class.

SECTION 15: ROSTERS

15.1 Under 10 age class teams are required to register a minimum of eight (8) players for a team to be accepted into the league.

15.2 Under 12, Under 14, Under 16 and Under 18 age class teams are required to register a minimum of nine (9) players for a team to be accepted into the league.

15.3. A team's roster must not include more than 15 players. In extenuating circumstances where a club would like to place more than 15 players on a roster they must seek approval from the league manager.

15.4. Team rosters must be finalized prior to a team playing in the third week of play. Changes will only be permitted to team rosters after the third week of play with the approval of the MBA Executive.

15.5. All persons present on the bench during a game must be listed on the team's official roster. This includes (but not limited to) players, coaches, assistant coaches, managers and other team or club officials.

15.6. A team may register as many coaches/team staff as they wish, However, no more than four (4) may be on the bench for a game.

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15.7. During the regular season, should a coach be unavailable for a team's game, and a person not listed on the team's roster be required to fill in, the referees, scorekeeper and opposing coaches must be notified prior to the start of the game and the full name of the person filling in must be recorded on the scoresheet.

15.8. During playoffs, should a coach be unavailable for a team's game, and a person not listed on the team's roster be required to fill in, approval in writing must be granted by the League Manager no less than twenty-four hours prior to the scheduled start time of the game.

SECTION 16: PLAY-OFF ELIGIBILITY

16.1. In order to be eligible to participate in playoffs, all players must be on the team roster as submitted prior to the third week of the season.

16.2. In order to be eligible to participate in playoffs, all players must have played in a minimum of three (3) games during the regular season.

16.3. No player may be called up from any team during playoffs.

SECTION 17: GAME SCHEDULES & DEFAULTS

17.1 All requests for changes to scheduled games must be submitted in writing to the person designated by the MBA a minimum of 1 month (or 30 days) in advance of the date of the game. Failure to do so and being unavailable to play the game will result in a purposeful default.

17.2 Rescheduling will not be permitted during the following times:

17.2.1 The first three (3) weeks of play within the division.

17.2.2 During league play-offs

SECTION 18: UNDER 10 AGE CLASS VARIATIONS

18.1. 4 on 4 Play - In all levels of Under 10 Developmental play shall be 4 on 4.

18.2. No Scores Displayed - While scores may be recorded for league administration purposes, the score shall not be displayed during Under 10 Developmental games.

18.3. Equal Play - In all levels of Under 10 no one player shall play more than a one shift difference than any other team mate and no player shall be permitted to play more then seven (7) shifts in a game. If 6 or more players have not been used in accordance with "Equal Playing Time" by games end in disregard of this rule, the scorekeeper shall record the game as a default.

18.3.1. Should a player arrive to a game late or leave a game early they are required to play equal time for the portion of the game which they are at the game.

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18.4. Substitutions during a shift – In Under 10, if a player fouls out, becomes injured or is unable to play their complete shift, a replacement player can be substituted. The replacement player will be charged with a shift if there is one minute or more remaining to play in the shift. If there is less than 1 minute remaining, the replacement player will not be charged with a shift. The coach may if he or she so chooses to not substitute a player and play with only 3 for the remainder of the shift.

18.5. Minimum number of players - A team must have used a minimum of six (6) players to complete an official game, four (4) of whom must be present to start the game. Six players must be available by the fifth shift. In the event of a default due to a shortage of players within the MBA's standards (6 players by the start of play in the 5th shift), the game shall still be officiated.

18.6. Basket Height – In Under 10 the baskets shall be set so that the rim is at a height of 8 feet 6 inches.

18.7. No 3 Point Baskets – All successful attempts at a basket with the exception of free throws, shall be awarded 2 points. There shall be no 3 point shots in Under 10.

18.8. Free Throw Line - The free throw line will be shortened to a length of 12 feet.

18.9. No Full Court Defence - After a made basket, or dead ball in the front court, the team now going on defense must retreat back to the 3 point line area in their own back court until the opposing team crosses half court. In the case where the court has no 3 point line, the top of the key area should be used. After a defensive team violation, the offensive team will be permitted to inbound the ball in their own backcourt, regardless of the spot of the violation.

18.9.1. Should the defending team violate the rule and the official stops the game, the ensuing throw-in will take place at the top of the three point line (or key if not three point line) in the offensive teams back court.

18.10. Person to Person Defence - Defence must be Person to Person. Zone defences of any kind are not permitted.

18.11. No Double Teaming - Double teaming is not permitted. Help defence is permitted but not in a sustained manner such as a trap. When an offensive player has beaten their defender another defender may step in to help momentarily but then must immediately return to guard their own offensive player or switch players to return to person to person.

18.12. Penalty for Illegal Defences – If in the view of the Referee there is intent to play a zone defence or double team, the following penalties shall be assessed:

18.12.1. On the first offence, play shall be stopped and a warning shall be issued to the coach utilizing the illegal defence. Play shall resume with the ball being awarded to the offensive team.

18.12.2. On the second and any subsequent offence, the offensive team shall be awarded one free throw and possession at the point of interruption.

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18.13. No Penalty Foul Shots – In Under 10 there are 10 shifts which shall be divided into two halves of 5 shifts each. Quarters shall not be played and there shall be no penalty foul shots.

18.14. No Screening – Screening of any kind is NOT permitted (including ball screens, area screens, and double weaves/handoffs). If a screen occurs during a game, it is automatically called by an official as an “illegal screen” resulting in a turn over.

SECTION 19: UNDER 12 AGE CLASS VARIATIONS

19.1. Equal Play - In all levels of Under 12 no one player shall play more than a one shift difference than any other team mate. Regarding the number of players for each team:

19.1.1. Should a player arrive to a game late or leave a game early they are required to play equal time for the portion of the game which they are at the game.

19.1.2. If 7 or more players have not been used in accordance with “Equal Playing Time” by games end, the scorer shall record clearly on the score sheet that the game is a default against the violating team.

19.2. Substitutions during a shift - If a player fouls out, becomes injured or is unable to play their shift, they must be replaced by a player who will not end up playing more than a one (1) shift difference then any other player on the team. The player replacing this player will be charged with the full shift and the injured or unable to play player will also be charged for the full shift. The coach may if they so chooses to not substitute a player and play with only 4 for the remainder of the shift.

19.3. No 3 Point Baskets – All successful attempts at a basket with the exception of free throws, shall be awarded 2 points. There shall be no 3 point shots in the Under 12 age class.

19.4. Free Throw Line - The free throw line will be shortened by 3 feet to a 12 foot length.

19.5. No Full Court Defence - After a made basket, or dead ball in the front court, the team now going on defense must retreat back to the 3 point line area in their own back court until the opposing team crosses half court. In the case where there is no 3 point line, the top of the key area should be used. After a defensive team violation, the offensive team will be permitted to inbound the ball in their own backcourt, regardless of the spot of the violation.

19.5.1. Full Court Defence Exception - In Under 12 Divisions 1 and 1A, a person to person only, full court press will be permitted.

19.5.2. Should the defending team violate the rule and the official stops the game, the ensuing throw-in will take place at the top of the three point line (or key if not three point line) in the offensive teams back court.

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19.6. Person to Person Defence - Defence must be person to person. Zone defences of any kind are not permitted.

19.7. No Double Teaming - Double teaming is not permitted. Help defence is permitted but not in a sustained manner such as a trap. When an offensive player has beaten their defender another defender may step in to help momentarily but then must immediately return to guard their own offensive player or switch players to return to person to person.

19.8 Penalty for Illegal Defences – If in the view of the Referee there is intent to play a zone defence or double team, the following penalties shall be assessed:

19.8.1. On the first offence, play shall be stopped and a warning shall be issued to the coach utilizing the illegal defence. Play shall resume with the ball being awarded to the offensive team.

19.8.2. On the second and any subsequent offence, the offensive team shall be awarded one free throw and possession at the point of interruption.

19.9. Last 24 Seconds Timing – In order to allow the defence to attempt to gain possession of the ball without the clock expiring, the clock shall not start when:

19.9.1. The offensive team has a 3 point lead or less;

19.9.2. There is 24 seconds or less remaining in the game;

19.9.3. And the offensive team has not yet brought the ball over half.

19.9.4. This rule does not apply to Under 12 Division 1 and 1A where full court pressure is permitted.

19.10. Penalty Foul Shots – In the Under 12 age level 2 shifts will constitute a quarter. (Shifts 1 and 2 – 1st quarter; shifts 3 and 4 – 2nd quarter; etc.) A team accumulating a total of 5 team fouls in a quarter, would allow the opposing team to reach a penalty situation where they would shoot 2 free throws for the fifth and every foul thereafter in the quarter. The foul count is reset to 0 at the start of each subsequent quarter.

19.11. Should over time be required during a play-off game, any player who has not fouled out during the game shall be permitted to play in the over time shift(s).

SECTION 20: UNDER 14 AGE CLASS VARIATIONS

20.1. Person to Person Defence - Defence must be person to person. Zone defences of any kind are not permitted in division 3 and below.

20.2. No Double Teaming – In Division 3 and below, double teaming is not permitted. Help defence is permitted but not in a sustained manner such as a trap. When an offensive player has beaten their defender another defender may step in to help momentarily but then must immediately return to guard their own offensive player or switch players to return to person to person.

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20.3. Penalty for Illegal Defences – If in the view of the Referee there is intent to play a zone defence or double team, the following penalties shall be assessed:

20.3.1. On the first offence, play shall be stopped and a warning shall be issued to the coach utilizing the illegal defence. Play shall resume with the ball being awarded to the offensive team.

20.3.2. On the second and any subsequent offence, the offensive team shall be awarded one free throw and possession at the point of interruption.

20.4. Equal Play - In all levels of Under 14 Division 3 and lower, no one player shall play more than a one shift difference than any other team mate over the duration of the first three quarters of the game. If players have not been used in accordance with “Equal Playing Time” by the end of the third quarter, the scorer shall record clearly on the score sheet that the game is a default against the violating team.

20.5. Substitutions during a shift - If a player fouls out, becomes injured or is unable to play their shift, the player replacing this player will be charged with the full shift and the injured or unable to play player will also be charged for the full shift. The coach may if they so chooses to not substitute a player and play with only 4 for the remainder of the shift.

20.6. Fourth Quarter Exclusion – Rules 20.4, and 20.5 do not apply in the fourth quarter of a game.

SECTION 21: DIVISION 1 HIGH SCHOOL EXCLUSION

21.1. With the exception of those specified in Rule 21.3, a player who plays on a Division 1 High school team is not eligible to play in the MBA in the same season.

21.2. A player shall be deemed to be playing on a Division 1 high school team if they have played more than two high school Division 1 games, including exhibition and tournament games.

21.3. Acknowledging the fact that a minority of high schools include Grade 9 students, and that any Grade 9 student who made the high school team would most likely see limited playing time, this rule does not include players who are in Grade 9.

SECTION 22: PLAYER RECRUITING

22.1 Player recruiting is not permitted. Associations and/or coaches may not contact individual players or groups of players about playing for their association/team within the Metro Basketball Association. Associations with an evidence-based knowledge that recruiting has taken place may, through their club president, submit in writing to the league their concerns along with all factual

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evidence. If the league deems the concern to be legitimate the board of directors will follow up with the club in question.