

MIDWEST TRAVEL BASKETBALL LEAGUE RULES 2023-2024

Games will be played at:

Kenston High School (Auxiliary gym)

9500 Bainbridge Rd.
Chagrin Falls, OH 44023

Kenston Middle School

17425 Snyder Rd.
Chagrin Falls, OH 44023

Kenston Intermediate School

17419 Snyder Rd.
Chagrin Falls, OH 44023

Timmons Elementary School

9595 East Washington St.
Chagrin Falls, OH 44023

All gym locations are located on the campus of Kenston schools



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Midwest Travel Basketball League

League Rules

The following playing rules will be in effect for the Midwest Travel Basketball League season. The purpose of these rules is to make the games run smoothly, ensure fair play for all players, and eliminate any controversies or disputes. The MWTBL and the League Director reserve the right to amend or add rules during the season as needed – proper notice of any such changes will be provided. Updated league rules will always be posted on the league website www.mwtbl.com

Ohio High School Athletic Association rules will govern the playing of this league except for the following:

1. Game Schedules:

GAME SCHEDULES CAN CHANGE. It is the responsibility of each and every coach to know your game schedules. Please check your schedule on the MWTBL website on a weekly basis. Pay special attention to game time and location. Check the night before every game. MWTBL.COM SITE HAS THE OFFICIAL GAME SCHEDULE AT TIME OF GAME

2. Timing of Games:

- A. Teams should report to their assigned gyms 30 minutes prior to the scheduled start time of their game.
- B. To keep gyms from running late the league reserves the right to start games up to 15 minutes early. IT IS UP TO THE COACH TO INFORM ALL PLAYERS AND FANS THAT THIS IS A POSSIBILITY AND REFER TO RULE A.
- C. Each team will have 5 minutes to warm-up, on the court prior to their game.
- D. A 10-minute grace period will be in place for all games. Any team failing to show up within 10 minutes from the scheduled start time will forfeit.
- E. Games shall consist of four (4) periods of eight (8) minutes duration, running clock with a five (5) minute break at half time. The clock will stop on all shooting fouls in addition to **EVERY WHISTLE IN THE LAST MINUTE OF QUARTERS 1 -3, AND THE LAST TWO MINUTES OF THE 4TH QUARTER** and at the referee's discretion.
- F. The clock will run continuously in the second half of the game if one team is ahead by 15 points or more. If the differential goes under 15, the clock stops for all whistles once again.
- G. If a game is tied at the end of regulation, a two-minute overtime will be played. Fouls will carry over. If still tied after the first overtime, a second overtime will commence in a "sudden victory" format where the first team that scores wins. The winning point can be a field goal or a free throw.

3. Fouls/Free throws

- A. Boys entering the 3rd grade and girls entering the 3rd/4th grade are allowed to start 2 feet in from the foul line. They can jump line but have to stop. The shooter can not pursue the rebound until the ball hits the rim.
- B. Boys in the 4th grade and boys and girls grades 4 and 5 are to shoot at the regulation foul line but are allowed to jump over the line but must come to a complete stop before the shooter can not pursue the rebound until the ball hits the rim.
- C. A player will foul out after his/her fifth foul in a game.
- D. The "double bonus" rule will be in effect beginning 5th team foul each quarter.
- E. Team fouls reset each quarter
- F. Fouls in the 4th quarter carry over into overtime.
- G. The scorer's tabulation of individual and team fouls is official and final.

4. Timeouts:

- A. Each team will receive two 45-second timeouts per half. Unused timeouts in the first half do not carry over into the second half and unused timeouts in the second half do not carry over into overtime.
- B. Each team will receive one 45 second timeout for each overtime period.
- C. The scorer's tabulation of timeouts is official and final.

5. Defenses:



A. For 3rd, 4th, 5th and 6th grade: only “man-to-man” defense is permitted in the first half. No zone defenses are permitted in the first half. Players are required to be within the proximity of the person they are guarding. *A player is not considered in an offensive position outside the 3 point arc. This league does not require a player to develop poor defensive habits because an opponent is running isolation plays.*

B. A player may leave his/her person to:

- Defends against another player driving to the basket, but then must recover (*TEAMS ARE ALLOWED TO PLAY HELPSIDE DEFENSE*)
- Stop a break away
- **There is no double teaming in the key or on the block in the first half (3rd grade cannot trap or double team in the key or on the block in the 3rd quarter)**

Violations will result in a warning. A second occurrence will result in a technical foul (one shot plus the ball). Please note, the technical foul will not be charged as a team foul or a personal foul on the violator.

C. Full court pressing is not permitted in the first half (grades 3-6). Teams must pull back beyond the half court line immediately after each basket or change of possession and must allow the other team to cross the centerline. Violations will result in a warning. A second occurrence will result in a technical foul (one shot plus the ball). Please note, the technical foul will not be charged as a team foul or a personal foul on the violator.

D.

Pressing 6th grade: Permitted in the second half and overtime. (FULL BASKETBALL FOR THE 6TH GRADE to get them ready for middle school basketball)

E. Pressing 3rd, 4th and 5th grade: Permitted in the fourth quarter and overtime.

Any team with a 15-point or more lead cannot press under any circumstances. Violations will result in a warning. A second occurrence will result in a technical foul (one shot plus the ball). Please note, the technical foul will not be charged as a team foul or a personal foul on the violator.

F. **3RD QUARTER DEFENSIVE RULES-**

- **3RD GRADE TEAMS MAY PLAY ZONE NO TRAPPING-**
- **4TH AND 5TH GRADE TEAMS MAY PLAY ZONE AND HALF COURT TRAP**

6. Eligibility:

- Players cannot be in a grade higher than the grade level of their team.
- Eligibility requires the player to be a resident of the community and/or school district.
- Any team caught playing with an ineligible player will forfeit all games that he/she played in.
- A player may not be rostered on two teams in a given grade level. A player is eligible to play “up” a grade level, but never “down”.
- If a team is short players (less than 6) then the coach may call a player from the same community that is rostered no more than one grade lower.

7. Playing Time:

- Teams can decide if they wish to play five players in the first quarter and five different players in the second quarter, or they can split into 4-minute intervals during the first half of the game. If both teams have 10 players, each player must play 8 minutes in the first half.
- If any team has less than 10 players, coaches can use their discretion to play one or more players “extra minutes” **providing no player plays more than 4 minutes in the first half more than any other player on the bench** (this rule does not apply to a team that has only 5-6 players).
- If teams have more than 10 players, coaches can work in additional players as long as individual players do not play more than 8 minutes the first half of the game.
- Playing time in the second half and overtime is at the discretion of the coach.
- An injured or disciplined player may sit on the bench in uniform but it must be declared prior to the game that the player is ineligible to play and he or she may not enter the game under any circumstances once declared ineligible .

8. Offense:



- A. Possession in the backcourt will be established when a defensive player has taken possession of the ball. Referees will determine possession on close calls in the backcourt. Once possession has been established in the backcourt, the defensive team must release full court pressure (6th grade first half only, 3rd, 4th and 5th grade quarters 1-3). 1st offense is a warning. 2nd offense (or more) is a technical foul (one shot and the ball).
9. Bench Conduct:
- A. Only members of the team and coaching staff (maximum three coaches) shall be on the bench or in the bench area. All players not in the game must remain seated on the bench during play.
 - B. All adults on the bench MUST be wearing an official MWTBL coaches badge displayed around your neck. (Visible to the officials)
 - C. Only the head coach (one coach) can stand during play.
 - D. Only the head coach can address the officials
 - E. The head coach must stay in the coaches box
 - F. Substitutions must be made by players about to enter the game that are seated next to the scorer's table and wait for the scorer or referee to signal them into the game.
 - G. Coaches, parents and players shall focus their energies on player participation, team play and sportsmanship. Coaches, parents and players shall not engage in unsportsmanlike conduct, especially towards the referees and scorers.
 - H. Any coach, player or fan, who is ejected from a game may not attend that team's next two (2) scheduled league games. Second offense in a calendar year will result in a year suspension. Suspensions carry over from year to year.
 - I. HEAD COACHES ARE RESPONSIBLE FOR THEIR FAN BASE AND ASSISTANT COACHES
 - J. Coaches – Coach your team (not our officials) Players – play Fans- cheer
10. Tie-breakers:
- A. 1st – Head to head competition (does not apply when 3 or more teams are tied)
 - B. 2nd – defensive Point differential (Least points allowed)
 - C. 3rd – Coin toss
11. Playoffs:
- A. Regular season results will determine the seeding of teams for the playoffs.
 - B. The number of teams in each division will determine the format of the playoffs
 - C. To be eligible for playoffs, the player must have played in at least four (4) regular season games. A coach may petition the league for situations where a player did not meet the required number of games (ie. Injury).
 - D. Championship and runner-up awards will be presented to the 1st and 2nd place teams in the tournament.
12. Cost: The 2021-22 cost for MWTBL is \$695 which guarantees 10 games minimum per season.
- A. 8 regular season games
 - B. 2 games minimum for post season playoffs