

2026 Youth Basketball Bulletin

OPEN DIVISIONS	POSSIBLE DAYS OF PLAY
11U Open	Saturday
12U Open	Saturday
13U Open	Tues, Wed, Thurs, Fri, Sat
14U Open	Tue, Wed, Thurs, Fri, Sat
16U Open	Mon, Tues, Wed, Thurs, Sat
18U Open	Mon, Tues, Wed, Thurs, Sat

GIRLS DIVISIONS	POSSIBLE DAYS OF PLAY
11U Girls	Saturday
13U Girls	Tues, Wed, Thurs, Fri, Sat
16U Girls	Mon, Tues, Wed, Thurs, Sat
18U Girls	Mon, Tues, Wed, Thurs, Sat

Open Options: Teams may consist of boys and/or girls

Girls Options: Teams may consist of girls only

Calendar of Events

Date	Event
December 20, 2025	Team Declaration due on Global Drive
January 17, 2026	Leagues Begin
January 30, 2026	Final Roster due in Global Drive
February 21, 2026	Tournament Declaration Due (12U, 13U, 14U, 16U & 18U only)
March 16-21, 2026	Invitational Tournament (12U-18U)
March 23-28, 2026	Invitational Tournament (11U)

Roster Limit: 10 players per team.

- Teams can have a maximum of 2 non-Minneapolis residents on their roster.
- The Basketball League Director must approve any deviation from this rule.

2026 MPRB Youth Basketball Rules:

The MPRB plays by NFHS rules with the following modifications:

BALL SIZE: 11U Open, 12U Open and All Girls' Leagues – 28.5 Women's regulation ball

13U Open, 14U Open, 16U Open and 18U Open – Men's regulation ball

GAME TIME: (2) 20 Minute running time halves - last 1 minute of each half is stop time.

- If either team is ahead by 20 points or more during the last 1 minute of the second half, the clock will be running time. During running time, the clock will only stop during time outs.
- If at any time during the last 10 minutes of the game a team leads by 40 points or more the game will continue but the score will no longer be kept.

HALF TIME: 3 Minutes

TIE GAMES: **Regular** season games that are tied after regulation will remain a tie – No Overtime

TIME OUTS: 3 per game

FREE THROWS: 11U Division: 12 feet

All Other Divisions: 15 feet (Shooter may not cross the line until the ball hits rim.)

LANE RESTRICTIONS: 11U Division: May occupy the lane for up to 5 seconds. All Other Divisions: 3 seconds

3 POINT SHOT: Will apply when marked

JERSEYS: Each team must have the same color uniforms with a number.

Penalty: A technical foul will be assessed prior to the game. The technical foul will not be applied directly to the player or coach. The opposing team will receive 2 points plus the ball to begin the game. A maximum of one technical per team may be assessed (i.e. if 3 not in uniform, only one technical will be assessed)

TECHNICAL FOULS/ EJECTION: Technical fouls will carry a penalty of 2 points plus the ball. A coach or player who received 2 technical fouls or is ejected will be suspended for the next scheduled game.

BENCH RULE: The NFHS rule will apply. A coach's box will be used for 16U and 18U leagues only. Only certified coaches are permitted on the bench. Up to two certified coaches are permitted on the bench.

5 SECOND CLOSELY GUARDED RULE – 11U Only. The 5 second closely guarded rule in the front court will not be enforced at the 11U level.

PRESSING: **11U Open and 11U Girls** – Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball in the full or half court. If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player. Defense must fall back to half court when ahead by 20 or more.

-All divisions may player to player press unless they are ahead by 20 pts or more.

Zone Defense Restriction (11U, 12U, 13U ONLY): Zone defenses of any kind are prohibited in both full or half-court defense. The defensive player must stay on the same side of the court as the offensive player, divided by the rim line. Violations: 1st occurrence is a warning; intentional disregard of this rule may result in bench technical fouls.

FORFEIT RULE: At least 4 players must be on the floor at the scheduled game time, or the game shall be declared a forfeit. Eligible players may be entered in the scorebook after the start of the game without penalty.

Post Season Eligibility: Teams that participate in all regular season games will be eligible for post season play. No call/No Show to regular season games will result in ineligibility for the post season. Multiple reported (excused) absences to regular games will be subject to the league director decision regarding post season participation.

JEWELRY RULE: Players must remove all jewelry before participating. ***Please note hard items worn on the head such as beads, barrettes and bobby pins are prohibited.***

PARTICIPATION RULE: Coaches must ensure that all players receive at least 10 minutes of playing time during each game. The 10 minutes may be completed at any time during the game and do not need to be played consecutively. Intentional disregard of this rule may result in forfeit or coach discipline (up to or including suspension). This decision will be at the discretion of the League Directors.

High School Eligibility: Any player that is listed on a high school roster for the current calendar year season (9th grade-Varsity) is ineligible to compete in MPRB Youth Winter Basketball. Violation of this rule will result in immediate disqualification of violating team from regular season and/or playoff games as seen by league director.

NO DUNKING: Dunking is not allowed at any level of MPRB Youth Basketball. A player that dunks in warmups and/or the game will be assessed a technical foul and will be ejected from the game.

FREE THROW RESTRICTIONS: Restrictions for players lined up in the 6 marked FT lane spaces apply until the ball is released by the Free Throw shooter. The FT shooter cannot cross the FT line or leave the semi-circle until the ball hits the rim. Players behind the FT line extended, and the 3-point arc cannot cross either of these lines until the ball hits the rim. Also, defenders may not cross the FT line and enter the semi-circle until the ball hits the rim. Contact with the FT shooter may be considered a foul. **Players in the 6 marked lane spaces entering the semi-circle will not apply at the 11U level because of the location of the lane's spaces and the 12' free throw line.**