

Intramural Basketball 5v5 Rules and Regulations

These Intramural Basketball rules are based on the rules elaborated by the National Intramural-Recreational Sports Association (NIRSA), with modifications deemed necessary by conditions of intramural competition. Any rules not covered by this supplement shall be governed by NIRSA rules.

All rules listed here are in conjunction with the Intramural Sports Participant Handbook. The Intramural Sports Participant Handbook outlines additional rules and policies not found in this rules supplement.

1. Players, Substitutes, and Equipment

1.1 Each team is required to wear a shirt with the same shade of the same color. Shirts must have a unique, visible, and permanent number on the back. Only one member is allowed to wear number 0 or 00. Each team must bring an alternate white shirt to each game.

1.1.1 Any player/s not wearing the appropriate uniform will not be allowed to play. No jersey trading or altering during game play is allowed.

1.2 All players must wear non-marking athletic shoes and athletic-type clothing.

1.3 Equipment which may be dangerous to another player (such as hats and bandannas) is not allowed. The supervisor/official will determine if an article is dangerous and will ask the player to remove the article.

1.4 Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.

1.5 Jewelry, rubber bands, chains, rings, or earrings may not be worn. Medical alert bracelets or religious jewelry must be taped to the body. *Penalty: Technical foul.*

1.6 A regulation team consists of five (5) players. A team must have a minimum of four (4) players to begin a game. *Exception: Fewer than four players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game, as long as the officials deem the team to have a legitimate chance to win the game.*

1.6.1 A ten (10) minute grace period will be given to any team that does not have the minimum number of players to begin the game. If at the end of the grace period a team does not have the minimum number of players to begin play, a forfeit will be called.

1.7 Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official beckons them. *Penalty: Technical foul.*

2. Length of Game and Timing

2.1 There will be two twenty (20) minute halves of continuous running time. Clock stops for team time-outs or official time-outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations. *Exception 1: During the last two (2) minutes of the second half, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time-outs, fouls, etc.). The clock will not stop on a made basket. Exception 2: If there is a difference of more than 15 points, the game clock will not stop in the last two minutes.*

2.2 There will be a three (3) minute break between halves.

2.3 Overtime: If necessary, a two (2) minute period shall be played to determine a winner. If the score is still tied, multiple overtimes may be played. The clock will stop on all dead balls.

2.4 Mercy Rule: If a team leads by 35 points or more at any time in the second half or leads by 20 points or more with two minutes or less remaining in the game, the game will end.

3. Time-Outs

3.1 Each team will receive two (2) sixty (60) second time-outs per game (no limit per half). The clock will stop on all time-outs.

3.2 Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game are permitted to call time-outs; players who are bench personnel may not call time-outs.

3.3 Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.

3.4 In overtime, timeouts do not carry over; each team will receive one (1) thirty (30) second timeout each overtime.

4. Violations

4.1 Backcourt: Teams will have ten seconds to cross the division line. Once the ball has been established across the division line (both feet and the ball), it is a violation to cross back over into the backcourt.

Penalty: Turnover.

4.2 Three Seconds: An offensive player cannot be inside of or in contact with the free-throw lane (known as the key) for more than three seconds while the ball is in his/her team's frontcourt. *Penalty: Turnover.*

4.3 Five Seconds: If a player is closely guarded (within six feet) in the frontcourt and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called.

Penalty: Turnover.

4.4 Kicking: Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation. *Penalty: Turnover.*

4.5 Goaltending: Offensive and defensive goaltending occurs when a player's action prohibits a shot that has a chance of scoring by slapping the backboard, grabbing the rim or touching the ball while it is moving around the rim. This call is left to the discretion of an official.

4.6 Traveling (*All traveling violations result in a turnover*):

4.6.1 A player who catches the ball with both feet on the playing court may pivot, using either foot. But cannot stand on tip toes and come down.

4.6.2 A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:

a. When both feet are off the playing court and the player lands:

1. Simultaneously on both feet, either may be the pivot foot;

2. On one foot followed by the other, the first foot to touch shall be the pivot foot;

3. On one foot, the player may jump off that foot and simultaneously land on both; neither foot can be the pivot foot.

b. When one foot is on the playing court:

1. That foot shall be the pivot foot when the other foot touches in a step;

2. The player may jump off that foot and simultaneously land on both; neither foot can then be the pivot foot.

4.6.3 After coming to a stop and establishing the pivot foot:

a. The pivot foot may be lifted, but not returned to the playing court, before the ball is released on a pass or try for goal.

b. The pivot foot shall not be lifted before the ball is released to start a dribble.

4.6.4 After coming to a stop when neither foot can be the pivot foot:

a. One or both feet may be lifted, but may not be returned to the playing court, before the ball is released on a pass or try for goal;

b. Neither foot shall be lifted, before the ball is released, to start a dribble.

4.6.5. It is traveling when a player falls to the playing court while holding the ball without maintaining a pivot foot.

NOTE: While an offensive player is not allowed to pass the ball to themselves, an offensive player who attempts a field goal is allowed to touch the ball if it fails to touch the backboard, rim, or another player.

5. Throw-In Violations

5.1 The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. *Penalty: Turnover.*

5.2 The thrower must pass the ball into the court within five seconds of the start of a throw-in. *Penalty: Turnover.*

5.3 The thrower may step on but not over the sideline.

5.4 The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. *Penalty: Intentional foul.*

5.5 The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball *Penalty: Technical foul.*

6. Fouls

6.1 A player shall be allowed 6 personal fouls per game. On the sixth personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.

6.2 A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and the ball is awarded to the team in possession at the point of interruption.

6.3 An intentional foul is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, excessive contact away from the ball, or when not playing the ball.

6.4 A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs the player is ejected from the game.

6.5 When a player-control (charging) foul is committed, no points can be scored.

6.6 A technical foul is a foul by a non-player, a noncontact foul by a player, or an intentional or flagrant contact foul while the ball is dead.

6.6.1 Two technical fouls against a player or coach will result in immediate ejection of that person from the game.

6.6.2 Slapping either backboard or hanging on the rim is a technical foul. Exception: a player may hang on the rim to prevent injury. Slapping of the backboard is only penalized as a technical foul if in the official's judgment the player slapping the backboard was not making a play on the ball.

6.6.3 A technical foul on a spectator or coach is charged to the team captain.

6.6.4 A technical foul will also be recorded as a personal foul for the offender; also included in the total team fouls.

6.6.5 A technical foul may be given before, during, or after a game. A technical foul given prior to the game will result in the opposing team being awarded two free throws and the ball to start the game; no jump ball will take place to start the game. Technical fouls called after regulation (before the lead referee calls the game official) will result in two free throws being awarded to the opposing if the result could impact the outcome of the game.

7. Free Throws

7.1 A player will receive the one-and-one bonus after the offending team has accumulated seven (7) fouls each half. This rule applies to all common fouls. *Exceptions include: shooting, player control, technical, intentional or flagrant fouls.* On the tenth (10) foul and thereafter the team that was fouled will shoot two free throws for all common fouls. Fouls in the act of shooting will be awarded free throws based on where the shot was taken and if the shot was made or missed.

7.2 When a player-control foul is committed, the basket will not be allowed and free throws will not be awarded.

7.3 Players will be awarded two free throws and possession of the ball for all technical, intentional or flagrant fouls.

7.4 Players will be awarded two free throws when fouled in the act of shooting inside the three-point line and three free throws when fouled in the act of shooting outside the three-point line. If the basket is made, then the basket will count and the player is awarded one free throw.

7.5 Each of the lane spaces adjacent to the end line must be occupied by an opponent of the free thrower unless the resumption of play procedure is in effect.

8. Free Throw Violations

8.1 Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces with the opponent of the free thrower occupying the spaces nearest the end line. Note: These spaces **MUST** be occupied. Once the ball is at the disposal of the free throw shooter, these players may not enter the lane until the ball has been released.

8.2 Any player other than the free throw shooter, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter the lane until the ball has contacted either the rim or backboard of the free throw has ended.

8.3 The free thrower must not touch the free throw line. He or she cannot fake a try, and must release the ball within ten seconds.

8.3.1 In a one-and-one situation this will result in a turnover.

8.3.2 If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

8.3.3 If this occurs on the second attempt of a two shot foul, it will result in a turnover.

8.4 Failure to cause the ball to touch the rim will result in a dead ball and turnover according to the examples above.

9. Miscellaneous Regulations

9.1 Jump balls will only be used to begin the game and first overtime period. All jump ball situations will be governed by alternating possession. The team losing the tip off at the beginning of the game will receive the possession arrow in their favor at the next “jump ball” situation (held ball, opposing calls by officials, odd circumstances). The arrow will then switch to the opposing team after they have been awarded the ball and so forth.

9.2 Substitutions during free throws must occur before the last attempt. If the player shooting the ball is in need of a substitution, the substitute must notify the scorer and play will be momentarily stopped to allow entry only if the shot is made. The substitute must wait for the next stoppage if the shot is missed.

9.3 Any official, supervisor, or RAW staff member has the authority to eject from the game and/or the gym, a player, coach, or spectator at any time if in his/her judgment he/she deems such action is necessary in order to maintain a sportsmanlike atmosphere.

9.4 The official score will be kept by the scorekeeper. In the event of a discrepancy, the running score kept on the score sheet will be considered the official score, and all fouls and alternating possession information recorded on the score sheet will be considered the official information.

10. CoRec Modifications

10.1 A regulation team consists of 2 males and 3 females, 2 females and 3 males, or 2 males and 2 females. Teams may not violate the difference of one rule (e.g. CANNOT play with 4 males and 1 female).

10.2 Equipment: A Men's ball will be used for all Co-Rec games.

11. Cancellations, Delays, and Defaults

11.1 For various reasons such as facility issues, inadequate light, or inclement weather, injuries intramural sports games may be canceled, delayed, or end in a default.

11.2 If time and space allows, canceled games will be rescheduled.

11.3 Games canceled during play will be rescheduled if the game has not yet reached an “official” game.

11.4 Games cancelled after the game is declared “official” will end with the score remaining final and

no

reschedule will be made.

11.4.1 The standards leading to the declaration of an “official” game are outlined in the rules of each sport.

11.5 A default is a game that is not played as a result of one of the teams not being able to field the minimum number of participants required to start the game. The game is recorded as a loss but is not considered a forfeit.

11.6 A default will NOT result in lower sportsmanship.

11.6.1 Teams that default will receive a sportsmanship score of five.

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