



Co-Rec Basketball Rules

Basketball is a contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Basketball will be conducted under the rules of the National Federation of State High School Basketball Rules. A review of these rules, along with the Intramural Sports modifications are as follows:

All Rule and Policy and Procedure updates/changes are highlighted in yellow.

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participant Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of five (5) players each. Four (4) players are required to begin a game.
2. A minimum of two (2) females and one (1) male must be on the court at all times.
 - a. Roster limit is ten (10) players.
3. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Intramural Sports staff deems the game still competitive.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
 1. Numbers that are painted, sharpie, marker etc. are acceptable



2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

TIMING

1. Periods
 - a. Games will consist of two (2) halves lasting 20 minutes each.
 - b. During the regular season in the second half, if a team is behind 30 points or more with five (5) minutes remaining or 20 points or more with two (2) minutes or less remaining the clock will continue to run.
 - c. At half-time, if a team is behind by 50 points or more, the captain of the team who is behind can elect to end the game if his/her team wishes.
 - d. During Playoffs in the second half, if a team is behind 30 points or more with five (5) minutes remaining or 20 points with two (2) minutes or less remaining the game will be ended.
2. 5-Minute Rule and Late Appearances
 - a. For every minute that a team is not prepared with the minimum number of players the 5-Minute Rule will go into effect. When the 5-Minute Rule is enacted the game clock will begin to run for up to 5 minutes and for each minute that passes the opposing team will earn three (3) points.
 - i. Ex: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 6-0 and the game will begin with 17 minutes remaining in the first half.



3. Timing

- a. The clock will stop only for timeouts, injuries, ejections etc.
- b. During the final two (2) minutes during bracket play the clock will stop on all officials' whistles and the aforementioned.

4. Timeouts

- a. Each team is granted two (2) time-outs per half.
- b. Officials, supervisors, and Intramural Sports staff have the right to suspend play of any game as deemed necessary.

OVERTIME

1. Periods

- a. Overtime is two (2) minutes in length. If the score is still tied after the first overtime period, another overtime period will be played. Overtime periods will continue until a winner is determined.

2. Timing

- a. The clock will run the same as the last two (2) minutes of the second half.

3. Time-outs

- a. Teams will be awarded one (1) time-out during overtime play.
- b. Time-outs from regulation play will NOT carry over to overtime play.

4. Overtime will only be played during the playoff bracket.

FREE THROWS

1. Bonus Free throws (i.e. one and one) will begin on the seventh (7th) team foul in each half.
2. Starting on the tenth (10th) team foul in each half two (2) foul shots will be awarded.
3. During free throw attempts, players are allowed to occupy only marked lane spaces or are required to be behind the three-point line and the free throw line extended to the sides of the court.
4. Players that are occupying a marked lane space shall not break the plane of the free throw lane until the ball is released by the shooter.
5. The shooter and players outside of the key must wait until the ball touches the rim or backboard.
6. Personal and technical fouls are combined for player disqualification and to reach the bonus.
7. Three (3) free throws will be awarded to a player fouled in the act of shooting an unsuccessful three-point shot.



UNSPORTSMANLIKE BEHAVIOR

1. The captain shall be the designated team representative to speak with the Intramural Sports Staff on matters of rule interpretations and any other issues that arise.
2. All technical fouls result in two (2) free throws and possession of the ball.
3. Two (2) unsportsmanlike technical fouls issued to one (1) player will result in the ejection of that player. All ejected players will have to leave the gymnasium. Players ejected for any reason will be ineligible to participate in ANY intramural event until the player(s) involved meet with the Assistant Director and Coordinator of Intramural Sports. Refer to the sportsmanship policy in the Intramural Sports Handbook.
4. Three (3) unsportsmanlike technical fouls issued to one (1) team will result in the forfeiture of the game and **loss no matter the score or result.**
5. Dunking the ball will not be permitted during warm-ups. The penalty will be one (1) technical foul for each dunk.
6. Substitutes must report to the scorer's table and be beckoned in by the officials.
7. Hitting, punching, or kicking the garage doors will result in an automatic technical foul.
8. Officials, supervisors, and Intramural Sports staff have the right to suspend play of any game as deemed necessary.
9. **Unsportsmanlike Technical Fouls can occur before, during and after any game. Unsportsmanlike Technical Fouls can be given to any team representative. These fouls that are issued to team representative such as spectators will be given to the Captain and count toward his/her individual foul count as well as the team foul count.**