



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 Intramural and Recreational Sports Association published rule book. 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 Participants Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of five (5) players each. Four (4) players required to begin a game.
 - a. Roster limit is twelve (12) players.
2. If, due to injuries, a team drops below the minimum number of layers, 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:** The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
 - c. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents, are allowed.
 - d. Medical Bracelets and religious medallions may be worn during intramural sports
2. **Headwear:** No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will not be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather.
3. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
4. **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.

TIMING

1. Periods

- a. Games will consist of four (4) quarters lasting 8 minutes each.
- b. In the second half, if a team is behind 30 points or more with five (5) minutes or 20 points with two (2) minutes or less remaining the game will end.
- 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.

2. 5-Minute Rule and Late Appearances

- a. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect.
 - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - ii. In this 5 minutes, the other team will accrue three (3) point for each minute that passes.
 - iii. If the 5 minutes expires and the other team does *not* have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
 - iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand and the clock will begin at its current time.

- vi. If NO participants appear from either team, the game will be a double forfeit
- vii. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.
 - 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 9-0 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, and officials' timeouts.
- b. During the final two (2) minutes of the second half, the clock will stop on all officials' whistles. The clock will start back when the ball is touched legally by a player in bounds.

4. Timeouts

- a. Each team is granted two (2) timeouts per half.
- b. Timeouts can only come from players on the court, captains, or designated coaches.
 - i. Captains and coaches need to be identified in the pre-game captains' meeting.
- c. Officials, supervisors, and Intramural Sports staff have the right to suspend play of any game as deemed necessary.

OVERTIME (Playoffs ONLY)

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, stopping on all officials' whistles.

3. Time-outs

- a. Teams will be awarded one (1) time-out during each overtime period.
- b. Timeouts will not carry over from regulation play or from period to period.

4. Other General Rules

- a. Each overtime period will start with a jump ball.
- b. ALL fouls will carry over from regulation play.
 - i. Both personal and technical fouls.
 - ii. If a team is in the bonus at the end of the 2nd half, that carries over to overtime.

5. OVERTIME WILL ONLY BE PLAYED IN PLAYOFFS.

FREE THROWS

1. Two (2) free throws will be awarded to a player fouled in the act of shooting anywhere within the three point arc.
2. Three (3) free throws will be awarded to a player fouled in the act of shooting an unsuccessful three-point shot.
3. Bonus Free throws will begin on the fifth (5th) team foul in each quarter and will shoot two (2) FT, in accordance with the Highschool rule change.
4. Technical fouls will result in the other team shooting 2 free throws and getting possession of the ball.
5. 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.
 - a. 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.
 - b. The shooter and players outside of the ark 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.

FOULS

1. Each player can receive up to five (5) combined personal and technical fouls. On the 5th foul, the player “fouls out” and is removed from the game.
2. Type of Fouls:
 - a. Personal Foul: Any standard shooting or floor foul that is not excessive.
 - b. Technical Foul: The foul given for any unsporting act. If a player receives two of these in a game, they are ejected.
 - i. Administrative Technical Fouls: These are given if a player does not follow out administrative rules (jewelry, not signing in, not wearing appropriate attire, etc.). This will result in two foul shots and possession to the other team, but will NOT go towards the players or the team’s foul count.
 - c. Intentional Foul: Fouls that are deemed by the official to be excessive/dangerous. (Ex. Excessive contact that does not fit the play of the game). This will result in two foul shots and possession is awarded like a typical free throw administration.
 - d. Flagrant fouls will be called and administered as intentional fouls.

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. 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.

3. Four (4) unsportsmanlike technical fouls issued to one (1) team will result in the forfeiture of the game and loss, no matter the score or result.
4. Dunking the ball will not be permitted during warm-ups, regulation play, overtime, or after the game.
 - a. Dunk: Forcefully throwing the ball into the net at close range. Contact with the rim has to be made to be considered a dunk.
 - b. The penalty will be one (1) technical foul for each dunk.
 - i. Two foul shots and possession for the other team.
 - ii. The basket WILL NOT count.
5. Substitutes must report to the scorer's table and be beckoned in by the officials.
6. Hitting, punching, or kicking the garage doors will result in an automatic technical foul.
7. Officials, supervisors, and Intramural Sports staff have the right to suspend play of any game as deemed necessary.
8. Unsportsmanlike Technical Fouls can occur before, during, and after any game. Unsportsmanlike Technical fouls can be given to any player and/or team representative (coach, spectator, etc.). Any foul given to a non-player will be count towards the Captain's and the team's foul count.

Most Misunderstood Basketball Rules

1. A player cannot touch the ball, ring, or net while the ball is on the ring or within the basket. A player cannot touch the ball if it is in the imaginary cylinder above the ring. These are examples of basket interference. It is legal to touch the ring or the net if the ball is above the ring and not touching the ring, even if the ball is in the imaginary cylinder above the ring. It is legal to hang on the ring if a player is avoiding an injury to himself or herself or another player.
2. The backboard has nothing to do with goaltending. Goaltending is contacting the ball on its downward flight, above the level of the rim, with a chance to go in. On most layups, the ball is going up after it contacts the backboard. It is legal to pin the ball against the backboard if it still on the way up and not in the imaginary cylinder above the basket. Slapping the backboard is neither basket interference nor is it goaltending and points cannot be awarded. A player who strikes a backboard so forcefully that it cannot be ignored because it is an attempt to draw attention to the player, or a means of venting frustration, may be assessed a technical foul. When a player simply attempts to block a shot and accidentally slaps the backboard it is neither a violation nor is it a technical foul.
3. The front, top, sides, and bottom of the backboard are all in play. The ball cannot pass over a rectangular backboard from either direction. The back of a backboard is out of bounds as well as the supporting structures.
4. The traveling rule is one of the most misunderstood rules in basketball. To start a dribble, the ball must be released before the pivot foot is lifted. On a pass or a shot, the pivot foot may be lifted, but may not return to the floor before the ball is released. A player may slide on the floor while trying to secure a loose ball until that player's momentum stops. At that point that player cannot attempt to get up or rollover. A player securing a ball while on the floor cannot attempt to stand up unless that player starts a dribble. A player in this situation may also pass, shoot, or call a timeout. If the

player is flat on their back, that player may sit up without violating.

5. During a fumble the player is not in control of the ball, and therefore, cannot be called for a traveling violation. A fumble is the accidental loss of player control when the ball is unintentionally dropped or slips from a player's grasp. After a player has ended a dribble and fumbled the ball, that player may recover the ball without violating. Any steps taken during the recovery of a fumble are not traveling, regardless of how far the ball goes and the amount of advantage that is gained. It is always legal to recover a fumble, even at the end of a dribble, however that player cannot begin a new dribble, which would be a double dribble violation. A player who fumbles the ball when receiving a pass may legally start a dribble.
6. The shooter can retrieve their own airball, if the referee considers it to be a shot attempt. The release ends team control. It is not a violation for that player to start another dribble at that point. When an airborne player keeps control of an attempted shot that is blocked and is unable to release the ball and returns to the floor with it, that player has not traveled; it is a jump ball. If, in this situation, the shooter releases the ball, then this is simply a blocked shot and play continues.
7. Palming or carrying is when a player gains an advantage when the ball comes to rest in the player's hand, and the player either travels with the ball, or dribbles a second time. There is no restriction as to how high a player may bounce the ball, provided the ball does not come to rest in a player's hand. Steps taken during a dribble are not traveling, including several that are sometimes taken when a high dribble takes place. It is not possible for a player to travel during a dribble.
8. A player inbounding the ball may step on, but not over, the line. During a designated spot throw in, the player inbounding the ball must keep one foot on or over the three-foot wide designated spot. An inbounding player is allowed to jump or move one or both feet. A player inbounding the ball may move backward as far as the five-second time limit or space allows. If player moves outside the three-foot wide designated spot it is a violation, not travelling. In gymnasiums with limited space outside the sidelines and end lines, a defensive player may be asked to step back no more than three feet.
9. The defender may not break the imaginary plane during a throw in. If the defender breaks the imaginary plane during a throw in, the defender's team will receive a warning. Any subsequent violations will result in a team technical foul. If the defender contacts the ball after breaking the imaginary plane, it is a player technical foul and a team warning will be recorded. If the defender fouls the inbounding player after breaking the imaginary plane, it is an intentional personal foul, and a team warning will be recorded.
11. If a player's momentum carries them off the court, they can be the first player to touch the ball after returning inbounds. That player must not have left the court voluntarily and must immediately return inbounds. That player must have something in and nothing out. It is not necessary to have both feet back inbounds.
12. If a blind screen is set on a stationary defender, the defender must be given one normal step to change direction and attempt to avoid contact. If a screen is set on a moving defender, the defender gets a minimum of one

step and a maximum of two steps, depending on the speed and distance of the defender.

13. The hand is considered part of the ball when the hand is in contact with the ball. This includes holding, dribbling, passing, or even during a shot attempt. Striking a ball handler or a shooter on that player's hand that is incidental to an attempt to play the ball is not a foul, no matter how loud it sounds or how much it hurts.
14. **Reaching in is not a foul.** The term is nowhere to be found in any rulebook. There must be contact to have a foul. The mere act of reaching in, by itself, is nothing. If contact does occur, it's either a holding foul or an illegal use of hands foul. When a player, in order to stop the clock, does not make a legitimate play for the ball, holds, pushes or grabs away from the ball, or uses undue roughness, the foul is an intentional foul.
15. **Over the back is not a foul.** The term is nowhere to be found in any rulebook. There must be contact to have a foul. A taller player may often be able to get a rebound over a shorter player, even if the shorter player has good rebounding position. If the shorter player is displaced, then a pushing foul must be called. A rebounding player, with an inside position, while boxing out, is not allowed to push back or displace an opponent, which is a pushing foul.
16. A defensive player does not have to remain stationary to take a charge. A defender may turn away or duck to absorb contact, provided he or she has already established legal guarding position, which is both feet on the playing court and facing the opponent. The defender can always move backwards or sideways to maintain a legal guarding position and may even have one or both feet off the playing court when contact occurs. That player may legally rise vertically. If the defender is moving forward, then the contact is caused by the defender, which is a blocking foul.
17. The mere fact that contact occurs does not constitute a foul. Incidental contact is contact with an opponent which is permitted and does not constitute a foul. Contact, which occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive moves, should not be considered illegal, even though the contact may be severe. Contact which does not hinder an opponent from participating in normal defensive or offensive movements should be considered incidental.
18. A ten-second count continues when the defense deflects or bats the ball in the backcourt. When a dribbler is advancing the ball into the frontcourt, the ball maintains backcourt status until both feet and the ball touch entirely in the frontcourt.
19. During a throw in, even under a team's own basket, if the throw in is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; or after a missed field goal attempt or a missed foul shot attempt, if the ball is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; these are not a backcourt violations. In both cases team control, a player holding and dribbling the ball, has not yet been established.
20. During a throw in or jump ball, any player; or a defensive player, in making

a steal; may legally jump from his or her frontcourt, secure control of the ball with both feet off the floor, and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot down is in the frontcourt or the backcourt. These three situations are not backcourt violations.

21. The closely guarded rule is in effect in frontcourt only, when a defender is within six feet of the ball handler. Up to three separate five-second counts may occur on the same ball handler, holding, dribbling, and holding. The count continues even if defenders switch. The five-second count ends when a dribbler gets their head and shoulders ahead of the defender.
22. The intent of the three-second rule is to not allow an offensive player to gain an advantage. Referees will not call this violation if the player is not gaining an advantage. There is no three-second count between the release of a shot and the control of a rebound, at which time a new count starts. There is no three-second count during a throw in. There is no three-second count while the ball is in the backcourt. Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for goal.
23. A player on the court may request and be granted a timeout if his or her team member is holding or dribbling the ball, or during a dead ball period. A player saving the ball in the air cannot ask for and be granted a timeout if that player is going out of bounds.
24. On free throws, there are a maximum of two offensive players and four defensive players in the six marked lane spaces. The defense must be in both bottom spaces on all free throws. The shooter and all the players not in the designated lane spaces must wait until the ball hits rim or backboard before entering the lane. During a free throw, no opponent, including bench personnel, may disconcert the free thrower.
25. Kicking the ball is intentionally striking it with any part of the leg or foot. An unintentionally kicked ball is never illegal, regardless of how far the ball goes and who recovers it. It is also illegal to hit the ball with a fist.
27. Officials are not required to explain judgment calls, but they may explain some calls if approached in a respectful manner. Officials have been instructed to call technical fouls for profanity, unsporting acts and excessive complaints or verbal abuse.
28. Officials do not make calls that decide the outcome of a game. Players commit fouls and violations; officials view those infractions, judge the action, and then apply the rules of the game to what they had viewed. The rules then determine the penalty. Officials are not concerned with who wins or loses, but only fairness and safety. Everyone else in that gym cares about winning, and therefore cannot look at the game objectively.

Learn more about basketball: <https://www.youtube.com/watch?v=K9NCz43Ryw4>