



# 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:** 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. 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. 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 2<sup>nd</sup> 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 (i.e. one and one) will begin on the seventh (7<sup>th</sup>) team foul in each half.
4. Starting on the tenth (10<sup>th</sup>) team foul in each half two (2) foul shots will be awarded.
5. Technical fouls will result in the other team shooting 2 free throws and getting possession of the ball.
6. 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.
7. 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 5<sup>th</sup> 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. 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.
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.

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