UCDAVIS
CAMPUS RECREATION
Rec Sports

Rec Sports Official Rules 5v5 Basketball

The UC Davis Rec Sports Basketball rules will be based on the rules elaborated by the National Federation of State High School Associations (NFHS), with modifications deemed necessary by conditions of Rec Sports competition. Any rules not covered by this supplement shall be governed by the NFHS Basketball Rule Guide.

1. COURT AND EQUIPMENT

1.1 Basketballs

Each team must provide their own basketballs. The game ball may be checked out from the ARC Equipment Room. Men's leagues must use a 29.5" ball, women's leagues must use a 28.5" ball, and CoRec leagues must use a 29.5" ball unless both teams agree to a 28.5" ball prior to the start of the game.

1.2 Uniforms

The home team is required to have **white** or **gray** jerseys. The away team may wear any dark color but may not wear white or gray. Teams are not required to wear matching jerseys. Basketball and other professional sports jerseys are allowed.

1.2.1 Numbers

- You must provide your own numbered jersey.
- Numbers must be ironed on or written on the back of a shirt the day before the game begins.
- Numbers may not be written on arms or any part of skin.
- **Taping or writing numbers** onto jerseys will result in a technical foul and reduction of fairplay score. If any number of players need to write a number on their jersey the day of the game, 5 points will be awarded to the opposing team. Written numbers must be clearly visible and legible on the jersey. If a team does not have the minimum number of players in proper uniform, the team will forfeit the game.

1.2.2 Illegal Jersey

- Duplicate number (two players wearing the same two numbers)
- Wrong colors
- Taped jerseys

1.3 Illegal Equipment

No player will be permitted to wear jewelry or other equipment that may be dangerous to other players. Metal knee braces are permissible if they are covered with soft padding. Plaster casts are illegal even if they are padded. Hats are prohibited. All players must be in legal athletic attire prior to checking in; otherwise, the player will not be eligible to play.

2. OFFICIALS AND SCOREKEEPERS

2.1 Scorekeepers

An intramural (IM) scorekeeper will be provided. The use of abusive or insulting language, physical threats, pushing, taunting, or repeatedly arguing with an official is cause for technical foul or ejection in addition to lowering of fair play score.

2.2 Officials

The Rec Sports Office will provide the officials.

3. PLAYERS AND SUBSTITUTES

3.1 Teams

The game shall be played between two teams of five players. A team may start a game with less than five players, but no less than three players. **If a team does not have three players by the scheduled game time, then the opposing team is awarded 10 points.** For any reason a team fails to field at least three players, the game will be automatically forfeited at that point. Each player must show a valid registration card or a valid CR card to the referee before each game. **If the picture on the ID is faded or difficult to read, you will be asked for an alternative picture ID. If you have a valid CR card, you will need to show it at check-in. We can also accept other photo identification if that person is on the roster prior to check-in.**

3.2 Captains

The team captain is responsible for making sure that each player on their team complies with all intramural eligibility rules. It is their responsibility to control the conduct of team members and spectators (see *Rec Sports Eligibility Rules*).

3.3 Team Rosters

Each player's first and last name must be written on the team roster. Additions to the team roster can be made any time before the final contest of the regular season. The maximum number of players allowed on a roster is twenty players. **Participants cannot be added to the roster at the court**. They must do so online before 4:00 p.m. on the day of the game or by 4:00 p.m. on Friday if the game is on Sunday.

3.4 Participation Restrictions

- No player may participate on more than one team for each league (e.g., a player may play on an Open Competitive team and an Open Recreation team, but not two Open Competitive teams) during the course of the season.
- Current and former intercollegiate basketball players may only participate in the Competitive League.
- Each player must show the appropriate identification prior to playing.

RESULT: Discovery of illegal participation shall result in forfeit of the contest(s) that the illegal player participated in and will result in a forfeit fine.

3.5 Substitutes

Substitutes must be listed on the score sheet prior to playing. Players wishing to substitute must check in with the scorer's table prior to entering the game. A substitute must wait for the official to beckon them onto the court.

RESULT: Illegal substitutions result in a technical foul for the player entering illegally.

3.6 Player Disqualification

Players may be disqualified for the following reasons:

- No valid ID
- Five personal fouls
- Two technical fouls

● Any flagrant foul

Any player involved in a fight will automatically be suspended from all IM activities until proper action has been taken and may be referred to Student Judicial Affairs. The use of abusive or insulting language, physical threats, pushing, taunting, or repeatedly arguing with an official is cause for ejection.

NOTE: Technical fouls will count toward a player's personal fouls (the fifth foul will result in disqualification) and will also count toward total team fouls.

4. DEFINITIONS

4.1 Court Areas

4.1.1 Frontcourt
The frontcourt is the half of the court divided by the center line and baseline which contains the offensive team's basket (the side that the offensive team is attacking). All perimeter lines are out-of-bounds.

● The ball is in the frontcourt when the ball **and** both feet of the dribbler are completely across the division line.

4.1.2 Backcourt
Consists of the opposing or defending team's basket. The half-court line is part of the backcourt. All perimeter lines are out-of-bounds.

● The offensive team may not recover a ball that travels from the frontcourt to the backcourt unless it is touched by a defensive player or the ball does not fall under the guidelines of team control. If the ball is touched by a defensive player, or if it is tapped away during a rebound, either team may recover the ball.

RESULT: If the offensive team touches the ball illegally, a change of possession will occur at the half-court division line.

4.2 Basket Interference
Basket interference occurs when any player:

● Touches the **ball or any part of the basket** while the ball is on or within the basket.
● Touches the ball while any part of the **ball is within the imaginary cylinder (**which consists of the basket ring as its lower base).
● Reaches through the basket from below and touches the ball before it enters the imaginary cylinder.

4.3 Goaltending

4.3.1 Goaltending: Instances
Goaltending occurs when any player touches the ball during a field goal try, or if the ball is tapped while:

● The entire ball is above the level of the basket ring.
● The ball is in downward flight.
● The ball has a possibility of entering the basket in flight.

4.3.2 Goaltending: Free Throw Attempt

It is also goaltending during a free throw attempt when a player touches the ball while it is outside the imaginary cylinder, either on the upward or downward flight.

RESULT: A technical foul

4.3.3 Goaltending: Contact

It is also goal tending when a player contacts the net or rim while a shot is on its way to the basket or if the player contacts the ball after it has touched the backboard while it is above the rim in its flight (regardless of whether it is in an upward or downward flight).

4.4 Closely Guarded

A player in the frontcourt who is in possession of the ball is closely guarded when a defensive player is within arm's reach. The measurement stems from the ball and defensive player's most forward foot. After five seconds, this will result in a turnover for the offensive team.

5. SCORING AND TIMING REGULATIONS

5.1 Playing Time

Playing time shall be two halves of 20 minutes (running time) with a two-minute intermission between halves.

5.2 Stopped Time

The clock will stop during the last minute of the second half, bearing there is a **7-point differential**. The clock will not stop in the last minute if one team has a lead of 7 points or more at any point in time within the last minute. An official's timeout shall be called in case of an emergency or serious injury.

5.3 Overtime

In the regular season, if teams are tied at the end of regulation, it will end as a tie. In the playoffs, if teams are tied at the end of regulation, one 2-minute overtime period will begin with a stopped clock for the last minute. The clock will stop only for fouls and violations. If after this period the score is still tied, we will continue to repeat two-minute overtime periods until there is a winner. [Double overtime will result in sudden death- first team to score wins] In all scenarios, fouls (personal and team) carry over into each overtime period.

5.4 Time-outs

Each team will be allowed two 30-second time-outs per game. A team may be granted a time-out when the ball is dead, or when the team requesting the time-out is in control of the ball. Only a player **on the court** may call a time-out. A time-out coming from the sideline will result in a technical foul. If a team has used all its timeouts and the team is granted a time-out, a technical foul will be issued. One time-out will be given for each overtime period, but they cannot be carried over.

RESULT: Two points and the ball for the non-offending team.

5.5 Forfeits

A forfeit by a team will result in the assessment of a $10.00 fine. A single forfeit will not necessarily eliminate a team from playoffs. A second forfeit may eliminate a team from further competition in that sport and a second fine of $10.00 will be assessed. The team manager is responsible for paying forfeit fines. A forfeit constitutes:

- non-appearance
- less than three players on the court at game time
- arriving five-minutes after game time
- use of an ineligible player

5.6 Scoring

TABLE 1: SCORING OF POINTS

Amount of Points	Criteria
1 point	Shot from the free throw line
2 points	Shooter anywhere on or within the three-point line when the shot it taken
3 points	Shooter beyond three-point line when shot is attempted (if shooter lands on or withing three-point line after the shot, it is still worth 3 points)

6. HOW THE GAME STARTS

6.1 First Half

A jump ball between two players will start the game. All other players must be stationary outside of a six-foot radius with its center between the two jumping players. The possession arrow will be started in favor of the team who did not gain control of the jump ball, and possession will alternate from that point forward.

- The jumpers may not touch the ball before it reaches its highest point.
- The ball shall not hit the playing court before it has been touched by one of the jumpers.
- The jumpers may only touch the ball twice before the ball is played by another player on the court.

RESULT: In the case of any of the above infractions, the official will toss the ball again.

6.2 Second Half

The team who has the possession arrow at the end of the first half will begin the second half with a throw-in from mid-court. Teams shall switch baskets for the second half. The team with possession will take out the ball at the division line.

6.3 Overtime

During playoffs, should a game end in a tie, the overtime period shall be started in the same manner as the game was started, with a jump ball. Teams shall continue to shoot at the same basket they did during the second half.

7. LIVE BALL AND DEAD BALL

7.1 Live Ball

The ball becomes live when:

- On a throw-in, the ball touches or is touched by an inbound player.
- On a free throw, the ball is placed at the disposal of the free thrower.

7.2 Dead Ball

The ball becomes dead or remains dead when:

- A held ball occurs.
- The ball hits or becomes lodged in basket supports.
- The time expires.
- A foul or violation occurs.
- The official's whistle is blown.

8. OUT-OF-BOUNDS AND THROW-IN

8.1 Player Out-of-Bounds

If a player touches the floor, or any object on or outside the boundary line, they are considered out-of-bounds.

8.2 Ball Out-of-Bounds

A ball is out-of-bounds if it touches a player, an official, or any equipment or person out-of-bounds. A ball striking the top and/or edges of the backboard is live. A ball passing over the backboard or striking the basket supports is out-of-bounds. The back sides of the backboards are also out-of-bounds.

8.3 Simultaneous Touch

If the ball goes out-of-bounds and was last touched simultaneously by two opponents, the ball shall be given to the team entitled to possession in the alternating process.

8.4 Throw-In

The throw-in starts when the ball is at the disposal of the player entitled to the throw-in. The ball must be released within five seconds. The clock shall start when the ball is first touched inbounds.

- The offensive player inbounding the ball at the baseline is free to run along the baseline **only after a score by the other team.**
- During all other attempts to inbound the ball, the offensive player must remain stationary.

8.5 Three-Foot Restriction

On a throw-in where there is not three feet of space out-of-bounds, no player shall stand closer than three feet from the boundary line.

9. FREE THROWS

The player must be entirely within a marked three-foot lane space or behind the free throw line extended and beyond the three-point line. Touching the lines is a violation. Players get 10 seconds to shoot free throws.

9.1 Entering the Lane

The players must wait for the ball to touch the rim before entering the key.

9.2 Screens

A screen is a legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

9.2.1 To Establish a Legal Screening Position

- The screener may face any direction.
- Time and distance must be relevant.
- The screener must be stationary (feet planted, hands crossed over chest or down at sides) except when both the defender and the screener are moving in the same path and the same direction (incidental).

9.2.2 When Screening a Stationary Opponent

- From the front or side, the screener may be anywhere short of contact.
- From behind, the screener must allow the opponent one normal step backward without contact.

9.2.3 When Screening a Moving Opponent

- The screener must allow the opponent time and distance to avoid contact. The distance does not need to be more than two strides.
- When screening a moving opponent who is moving in the same path and direction as the screener is moving, the opponent is responsible for contact if the screener slows down or stops.

10. BLOCKING AND CHARGING

10.1 Blocking

A form of illegal personal contact which impedes the progress of an opponent with or without the ball.

- The defender's torso must be facing the opponent.
- If the opponent is airborne, the defender must have established position (both feet planted hands straight up or straight down) before the opponent left the floor.
- If the opponent **does not** have possession of the ball, the defender must give the opponent time and distance to avoid contact. No time or distance is required if the defender's opponent possesses the ball.

10.2 Charging

Illegal personal contact by pushing or moving into an opponent's torso.

- A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in their path.
- If a defender has obtained a legal guarding position, the player with the ball must get their shoulders by or around the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.
- There must be reasonable space between two defensive players, or a defensive player and a boundary line, to allow the dribbler to continue in their path. If there is **less than three feet of space**, the dribbler has the greater responsibility for the contact.
- The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot, or dribble.

11. FOULS AND PENALTIES

11.1 Definitions of Fouls

11.1.1 Personal Foul

A player foul involves illegal contact with an opponent while the ball is live. Each player is allowed 5 personal fouls for the ENTIRE GAME. A personal foul also includes contact by or on an airborne shooter when the ball is dead. Examples of personal fouls include, but are not limited to:

- Blocking
- Charging
- Pushing
- Illegal use of hands

11.1.2 Technical Foul

A technical foul is a foul by a non-player, a player foul that does not involve contact with an opponent, or a player foul that involves intentional or flagrant contact with an opponent. Each player is allowed 2 technical fouls for the ENTIRE GAME Examples of technical fouls include, but are not limited to:

- Grasping or hanging on the rim. Dunking is legal **only during the game**. Dunking during warm-ups will also result in a technical foul.
- Slapping the backboard, causing the backboard to vibrate, or touching the backboard while the ball is in flight or in the cylinder above the basket.
- More than five players on the court while the ball is alive or illegal substitution.
- Profanity or unsportsmanlike conduct or any other trash talking or taunting
- Full court pressing while up **20 points or more**
- Fouling a player who is out-of-bounds attempting a throw-in.
- Throwing elbows.

NOTE: Technical fouls will count toward a player's five personal fouls and the number of team fouls. Exceptions are if a player is given a technical for illegal equipment (see Illegal Equipment and Substitutes) or dunking/hanging on the rim during nongame play. The very first technical given to the team will result in a team foul, but not a personal foul and will act as a warning to both teams. Any technical given after (to either team) will result in both a team and personal foul.

11.1.3 Common Foul

A personal foul that is not flagrant, intentional, or committed against a player not attempting a shot.

11.1.4 Flagrant Foul

A flagrant foul may be a personal or a technical foul of a violent nature, or a technical non-contact foul, which displays vulgar or abusive conduct.

RESULT: 2 points and the ball for the non-offending team. Flagrant fouls may result in the offending player being ejected.

11.1.5 Intentional Foul

Any foul that appears to be premeditated or is not a legitimate attempt to directly play the ball.

RESULT: 2 points and the ball for the non-offending team.

11.2 Non-Shooting Fouls: Running Time

11.2.1 Common Foul

- Before the **fifth** team foul, the offended team receives the ball for a throw-in at the spot out-of-bounds nearest to where the foul occurred.
- Beginning with the **fifth** team foul (Bonus), the offended team is awarded a one-and-one free throw opportunity.
- Beginning with the **eighth** team foul (Double Bonus), the offended team is awarded a two free throw opportunity.

11.2.2 Technical Foul

- The offended team receives two points and the ball at the division line.

11.2.3 Intentional or Flagrant Foul

- The offended team receives two points and the ball at the division line.
- If flagrant (intent to injure or dangerous), offending player is disqualified.

11.3 Shooting Fouls: Running Time

11.3.1 Personal Foul

- Shot Made
- Offended team receives two or three points plus an additional free throw opportunity based on where the shot was taken.
- Shot Missed
- Offended team receives two or three free throws for the foul based on where the shot was taken.

11.3.2 Intentional or Flagrant Foul

- **Shot Made:** The offended team receives the point value of the shot, plus 2 points for the technical foul and the ball at the division line.
- **Shot Missed:** The offended team receives two free throws for the foul (three shots if shooter is beyond 3-point line), plus 2 automatic points for the technical foul and the ball at the division line.

- **If Flagrant:** Same as shot made or shot missed, with the offending player being disqualified.

11.4 Other Fouls

11.4.1 Double Foul

Fouls are committed by members of both teams during the same play. If neither team had possession of the ball at the time of the double foul, the ball shall be awarded to the team entitled to possession in the alternating process. If a team had possession at the time of the double foul, that same team will maintain possession. No points or free throws are awarded for double fouls. Offending players will each receive a personal foul and both teams will receive team fouls.

11.4.2 Player Control Foul

The common foul is committed by a player while they are in control of the ball, or by an airborne shooter. The offended player's team shall receive the ball (no points or free throws are awarded for offensive fouls). The offending player still receives a personal foul (e.g., would be a charge).

12. VIOLATIONS AND PENALTIES

12.1 Free Throw Violations

- THE BALL FAILS TO TOUCH THE RIM.
- TEN-SECOND VIOLATION BY THE SHOOTER.
- FAKE TRY FOR A SHOT.
- DISTRACTING THE SHOOTER.
- THE PLAYER ENTERS OR LEAVES A MARKED LANE SPACE AFTER THE BALL HAS BEEN HANDED TO THE SHOOTER AND BEFORE THE BALL HITS THE RIM.
- THE SHOOTER STEPS ON OR ACROSS THE FREE THROW LINE BEFORE THE BALL TOUCHES THE RIM
- THE PLAYER NOT OCCUPYING A MARKED LANE SPACE STEPS IN FRONT OF THE FREE THROW LINE EXTENDED BEFORE THE BALL IS RELEASED (PLAYERS PLAY THE RELEASE AND SHOOTER PLAYS THE RIM).
- THE PLAYER OCCUPYING A MARKED LANE SPACE STEPS ON OR OVER THE MARKED LANE SPACES BEFORE THE BALL TOUCHES THE RIM.

PENALTY: If the violation is by the shooter or the shooter's teammate, no point shall be scored on that throw. If the violation occurs on the shooter's last shot, the ball shall also be awarded to the opposing team for a throw-in. If the violation is by the shooter's opponent and the basket was made, the violation is disregarded. If the basket was not made, the shooter shall be awarded a substitute shot.

12.2 Miscellaneous Violations

- Traveling (moving the pivot foot before the ball is released for a pass, shot, or dribble).
- Kicking the ball (*intentionally* striking the ball with any part of the leg or foot).
- Double dribble.
- Backcourt violation.
- Three seconds in the key (The count starts when both feet enter the key; count stops when both feet out of the key. The count is reset when a shot is attempted).
- 10-second violation (The offensive player has ten seconds to advance the ball into the frontcourt. Count does not reset after a timeout).

- Five-second closely guarded violation .
- Taking an excess of five seconds to release an inbound pass.
- Offensive basket interference.
- Playing within three feet of the boundary line on a throw-in.
- Reaching over the boundary line to guard against a throw-in.
- Full-court press (if the pressing team has a 20-point lead or greater in the second half).

PENALTY: The ball is awarded to the offended team for a throw-in from the point out-of-bounds nearest to the violation. Repeated violations of the last three bullet points above will result in a technical foul.

12.3 Jump Ball

Other than the opening tip-off(s), jump ball situations will be handled by alternating possession procedure at the spot nearest to where the jump ball situation occurs.

12.4 Basket Interference and Goaltending

See *Basket Interference* and *Goaltending* for definitions.

PENALTY: If the offense commits the violation, the basket does not count and the defense receives the ball at the baseline. If the defense commits the violation, the offense is awarded two points if during a 2-point field goal attempt and 3 points during a 3-point field goal attempt.

13. COREC MODIFICATIONS

- CoRec teams must use a men's ball during all CoRec leagues unless both teams agree to using a women's ball prior to the game.
- All points are the same value for both male and female participants.
- In CoRec Res Hall, there are no gender requirements on the court.

In CoRec Competitive and Recreational, the gender requirements are as follows:

13.1 Teams

A team shall consist of five players with a 3:2 ratio on the court. A team may start a game with less than five players, but no less than three. If a game is played with less than five players, at no time may the number of players for one gender exceed the number of players of another gender by more than two players (i.e. three women and one man is acceptable or vice versa).

13.2 Legal CoRec Ratios:

- 3:2
- 3:1
- 2:2
- 2:1

13.3 Substitutes

Substitutions are allowed freely as long as gender ratios are maintained.