

5-on-5 INTRAMURAL BASKETBALL RULES

All rules not covered by this supplement shall be governed by current National Federation of State High School Association (NFHS) basketball rules.

I. COURT AND EQUIPMENT

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

Uniforms: You must provide your own numbered Jersey. The home team is required to have WHITE or GREY Jerseys. The away team may wear any dark color but may not wear white or grey. Teams are not required to wear matching jerseys. Numbers must be ironed on or written on the back of a shirt the day before the game begins. Basketball and other professional sports jerseys are allowed. Numbers may not be written on arms or any part of skin.

TAPING numbers and 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. If any part of the tape on the jersey begins to peel that player must leave the court immediately until the issue is resolved. 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.

An illegal jersey consists of:

A duplicate number- two players wearing the same two numbers

Wrong colors

Taped jerseys

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 a 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, if not the player will not be eligible to play.

II. OFFICIALS AND SCOREKEEPERS

Scorekeepers: An IM scorekeeper will be provided.

Officials: The Rec Sports Office will provide officials. The use of abusive or insulting language, physically threatening, pushing, taunting or repeatedly arguing with an official is cause for technical foul and or ejection in addition to lowering of fairplay score.

III. PLAYERS AND SUBSTITUTES

Teams: The game shall be played between two teams of five (5) players. A team may start a game with less than five players, but no less than three (3). **If a team does not have 3 players by the scheduled game time then the opposing team is awarded 10 points.** For any reason a team fails to field at least 3 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 an CR Card, you will need to show a valid CRU card at check in. We can also accept other photo identification if that person is on the roster prior to check in.**

Captains: The team captain is responsible for making sure that each player on his/her team complies with all intramural eligibility rules. It's his/her responsibility to control the conduct of team members and spectators (see IM Eligibility Rules & Sign Up Procedures). Officials will ask to hold to the Captain's ID card for the duration of the game.

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 **20. Participants cannot be added to the roster at the court.** They must do so online before 4 pm game day or 4pm Friday if the game is on Sunday.

Participation Restrictions: No player may participate on more than one men's or women's team and one CoRec team 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. Play are allowed to participate in one Competitive league as well one Recreational league during the same year.

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

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 him/her on to the court.**

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

Player Disqualification: Players may be disqualified for the following reasons:

- A. No valid ID
- B. Five (5) personal fouls
- C. Two (2) technical fouls
- D. ANY flagrant foul

NOTE: Technical fouls will count toward a player's five (5) personal fouls and the number of team fouls. Exceptions: If a player is given a technical for illegal equipment (see Illegal Equipment/Substitutions) or dunking or hanging on the rim during non game 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.

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, physically threatening, pushing, taunting or repeatedly arguing with an official is cause for ejection.

IV. DEFINITIONS

Court Areas:

- A. Frontcourt: 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.
- B. Backcourt: Consists of the opposing or defending team's basket. The half court line is part of the back court. All perimeter lines are out-of-bounds.

Backcourt:

- A. The offensive team may not recover a ball that travels from the front court to the backcourt unless it is touched by a defensive player or the ball does not fall under the guidelines of being "team control." If touched by a defensive player or the ball 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.

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

Basket Interference: Basket interference occurs when any player:

- A. Touches the **ball or any part of the basket** while the ball is on or within the basket.
- B. Touches the ball while any part of the **ball is within the imaginary cylinder**, which has the basket ring as its lower base.
- C. Reaches through the basket from below and touches the ball before it enters the cylinder.

Goaltending:

- A. Goaltending occurs when any player touches the **ball** during a field goal try or the ball is tapped while:
 1. The entire ball is above the level of the basket ring.
 2. The ball is in downward flight.
 3. The ball has a possibility of entering the basket in flight.
 4. 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. This results in a technical foul.
 5. 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 touches the backboard while it is above the rim in its flight (regardless of whether it is in an upward or downward flight).

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

V. SCORING AND TIMING REGULATIONS

Playing Time: Playing time shall be two halves of 20 minutes (running time) with a 2-minute intermission between halves.

Stopped Time: The clock will stop during the last two minutes of the second half barring there is a **10-point differential**. The clock will not stop in the last minute if one team has a lead of 10 points or more at any point in time within the last two minutes. An official's timeout shall be called in case of an emergency or serious injury.

Overtime: In regular season, if teams are tied at the end of regulation, one 2 minute overtime period will begin, with stopped clock for the entire period. The clock will stop only for fouls. If after this period the score is still tied, we will move to free throws. Each team will select two players that will take one free throw each. If the score is still tied after the first set of free throws, then each team will select two NEW players from their team to shoot the next set of free throws. Free throws will be taken in ABBA format (Team A will shoot first followed by Team B, the next round Team B will shoot first followed by Team A). In the playoffs we will continue with overtime periods until there is a winner. In all scenarios, fouls carry over into the overtime and sudden death periods.

Timeouts: Each team will be allowed two 30-second timeouts per game. A team may be granted a timeout when the ball is dead or when the team requesting the timeout is in control of the ball. Only a player ON THE COURT may call a timeout. **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.** No timeouts will be given for the sudden death period.

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

Forfeits: A forfeit constitutes (1) non-appearance, (2) less than 3 players on the court at game time in men's and women's leagues and less than 3 players on the court at game time in CoRec leagues, (3) arriving 5 minutes after game time, (4) Use of an ineligible player. **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.

Scoring:

- A. 3 points ... shooter beyond three-point line when shot is attempted (if shooter lands on or within three-point line after the shot, it is still worth 3 points).
- B. 2 points ... shooter anywhere on or within the three-point line when the shot is taken.
- C. 1 point ... shot from the free throw line.

VI. LIVE BALL AND DEAD BALL

Game – How It Starts: A jump ball between two players will start the game. All other players must be stationary outside a 6-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.

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

RESULT: The result in the case of any of the above infractions shall be the official tossing the ball again.

Second Half – How It Starts: 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. Take out the ball at the division line.

Overtime – How It Starts: 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.

Live Ball: The ball becomes live when:

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

Dead Ball: The ball becomes dead or remains dead when:

- A. A held ball occurs.
- B. Ball hits or becomes lodged in basket supports.
- C. Time expires.
- D. A foul or violation occurs.
- E. Official's whistle is blown.

VII. OUT OF BOUNDS AND THROW-IN

Player Out of Bounds: If a player touches the floor or any object on or outside the boundary line, he/she is considered out of bounds.

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 shall be out of bounds. The backsides of the backboards are also out of bounds.

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.

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 5 seconds. The clock shall start when the ball is first touched inbounds.

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

3-Foot Restriction: On a throw-in where there is not 3 feet of space out of bounds, no player shall stand closer than 3 feet from the boundary line.

VIII. FREE THROWS

The player must be entirely within a marked 3-foot lane space or behind the free throw line extended and beyond the 3-point line. Touching the lines is a violation.

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

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

- A. To establish a legal screening position:
 - 1. The screener may face any direction.
 - 2. Time and distance are relevant.
 - 3. 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).
- B. When screening a stationary opponent from the front or side, the screener may be anywhere short of contact.
- C. When screening a stationary opponent from behind, the screener must allow the opponent one normal step backward without contact.
- D. When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance doesn't need to be more than two strides.
- E. When screening an 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 up or stops.

Blocking, Charging:

- A. **Blocking** is illegal personal contact which impedes the progress of an opponent with or without the ball.
 - 1. The defender's torso must be facing the opponent.
 - 2. 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.
 - 3. 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.

- B. **Charging** is illegal personal contact by pushing or moving into an opponent's torso.
1. 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 his or her path.
 2. If a defender has obtained a legal guarding position, the player with the ball must get his or her 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.
 3. There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in his or her path. If there is less than three feet of space, the dribbler has the greater responsibility for the contact.
 4. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot, or dribble.

Fouls:

- A. **Personal Foul:** A player foul that involves illegal contact with an opponent while the ball is live. A personal foul also includes contact by or on an air born shooter when the ball is dead. Examples of personal fouls include, but are not limited to: blocking, charging, pushing, and illegal use of hands.
- B. **Technical Fouls:** A technical foul is a foul by a non-player, or a player foul that does not involve contact with an opponent, or a player foul that involves intentional or flagrant contact with an opponent. Examples of technical fouls include, but are not limited to:
1. Grasping or hanging on the rim. Dunking is legal during the game only. Dunking during warm-ups will also result in a technical foul.
 2. 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.
 3. More than 5 players on the court while the ball is alive or illegal substitution.
 4. Profanity or unsportsmanlike conduct.
 5. Trash talking or taunting.
 6. Fouling a player who is out of bounds attempting a throw-in.
 7. Throwing elbows.
- NOTE:** Technical fouls will count toward a player's personal fouls (fifth foul will result in disqualification) and will also count toward total team fouls.
- C. **Common Foul:** A personal foul that is not flagrant, intentional, or committed against a player not attempting a shot.
- D. **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: Two points and the ball for the non offending team. Flagrant fouls may result in the offending player being ejected.
- E. **Intentional Foul:** Any foul that appears to be premeditated or is not a legitimate attempt to directly play the ball.

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

IX. FOULS AND PENALTIES

Fouls & Penalties – Running Time

A. Non-Shooting Fouls – Running Time

1. Common Foul

- a. Before the 7th team foul, the offended team receives the ball for a throw-in at the spot out of bounds nearest to where the foul occurred.
- b. Beginning with the 7th team foul (Bonus), the offended team is awarded a one-and-one free throw opportunity.
- c. Beginning with the 10th team foul (Double Bonus), the offended team is awarded a two (2) free throw opportunity.

2. Technical Foul

- a. Offended team receives 2 points and the ball at the division line.

3. Intentional or Flagrant Foul

- a. Offended team receives 2 points and the ball at the division line. If flagrant (*intent to injure or dangerous*), offending player is disqualified.

B. Shooting Fouls –Running Time

1. Personal Foul

- a. Shot Made: Offended team receives amount of points based on where the shot was taken (2 or 3) points plus an additional free throw opportunity.
- b. Shot Missed: Offended team receives (2 or 3) free throws for the foul based on where the shot was from.

2. Intentional or Flagrant Foul

- a. Shot Made: Offended team receives the point value of the shot plus two points for the technical foul and the ball at the division line.
- b. Shot Missed: Offended team receives 2 free throws for the foul (3 shots if shooter is beyond 3-point line), two automatic points for the technical foul and the ball at the division line.
- c. If Flagrant: Same as (a) or (b) above with the offending player being disqualified.

Other Fouls

A. 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, 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.

B. Player Control Foul

A common foul committed by a player while he/she is in control of the ball or by an airborne shooter. Offended player's team shall receive the ball. (No points or free throws are awarded for offensive fouls.) Offending player still receives a personal foul. Ex. would be a charge

X. VIOLATIONS AND PENALTIES

Free Throw Violations:

- A. Ball fails to touch the rim.
- B. 10-second violation by the shooter
- C. Fake try for a shot.
- D. Distracting the shooter.
- E. Player entering or leaving a marked lane space after the ball has been handed to the shooter and before the ball hits the rim.
- F. Shooter steps on or across the free throw line before the ball touches the rim.
- G. 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, shooter plays the rim)
- H. 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.

Miscellaneous Violations:

- A. Traveling (moving the pivot foot before the ball is released for a pass, shot, or dribble).
- B. Kicking the ball (*intentionally* striking the ball with any part of the leg or foot).
- C. Double dribble
- D. Back court violation.
- E. 3 seconds in the key (count starts when both feet enter the key; count stops when both feet out of the key. Count is reset when a shot is attempted)
- F. 10-second violation (offensive player has 10 seconds to advance the ball into the frontcourt. Count does not reset after a timeout)
- G. 5-second closely guarded violation
- H. Taking an excess of 5 seconds to release an inbound pass.
- I. Offensive basket interference.
- J. Playing within 3 feet of the boundary line on a throw-in.
- K. Reaching over the boundary line to guard against a throw-in.
- L. Full court press (if pressing team has 20-point lead or greater in the second half).

PENALTY – Ball is awarded to the offended team for a throw-in from the point out of bounds nearest the violation. Repeated violations of (J), (K), and (L) above will result in a technical foul.

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.

Basket Interference & Goal Tending – (see Rules 4.3 and 4.4 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 2 points if during a 2-point field goal attempt and 3 points during a three-point field goal attempt.

XI. COREC MODIFICATIONS

1. CoRec teams must use a mens ball during all CoRec leagues unless both teams agree to using a womens ball prior to the game.
2. All points are the same value for both male and female participants.
3. In CoRec Res Hall there are no gender requirements on the court.
4. In CoRec Competitive and Recreational the gender requirements are as follows:

Teams: A team shall consist of five (5) players with a 3 to 2 ratio on the court. A team may start a game with less than five (5) players, but no less than three (3). 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 (3) women and one (1) man is fine or vice versa).

Legal CoRec ratios: 3:2, 3:1, 2:2, 2:1

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