BASKETBALL RULES

- Men & Women, NFSHSA 5 on 5 Rules apply, with the following exceptions:

ELIGIBILITY

- All current Intramural eligibility rules apply. It is the responsibility of all participants to know and understand current eligibility rules. Anyone who practiced with the University men's or women's intercollegiate squad after Thanksgiving break is ineligible for all intramural basketball competition. Former Division I basketball letter winners are eligible subject to the following: they must play at the highest level of competition offered and no more than one (1) per team.

MANAGERS RESPONSIBLE: To share participant risk, injury and insurance information with team members.

PLAYERS

- 5 per team, (a team may start a game with 4 players, if a team has less than 3 players game ends at that point). Each team must provide a non-playing person to assist the bench official at the score table the entire game. Failure to provide a non-playing scorer will cause a forfeit loss.

UNIFORMS

- First team listed on the schedule must wear white shirts, second team listed wear black shirts. All players must wear gym shoes. Players without shoes or those wearing street shoes are prohibited from playing.

LINEUPS

- Must be in 5 minutes before scheduled starting time. Any person on the roster may start. Persons first and last name must be listed on the score sheet - no nicknames. Later players must be checked off of roster upon arrival.

ILLEGAL EQUIPMENT

- All protective medical materials (tape, pads, etc.) must be approved by the game officials prior to the start of the game.
- Any headwear such as ski caps or bandanna’s containing any exposed knots is illegal. All types of hats with bills are illegal to wear during play.
- All equipment deemed unsafe by the game officials may not be worn. Failure to remove equipment deemed unsafe will prevent the individual from participation.
- Shirts must be worn at all times. Cut-off shirts and sleeveless shirts may be allowed but must be cut off directly at the shoulder with a maximum of four (4) inches under the armpit.
- If a recreational sports jersey is worn, a shirt must be worn underneath.
- The ball will be provided by the Intramural Sports department and may be used unless both teams agree on the use of another ball. That alternative ball must be approved by the game officials. Any team using their own ball shall be responsible for bringing it on to the court and maintaining responsibility for their own equipment.

JEWELRY

- Jewelry is NOT allowed to be worn by any participant during the game. This consists of any visible rings (including wedding bands, watches, necklaces, earrings, studs, bracelets, and any other such similar jewelry. Medic alert bracelets must be taped to the body or secured under clothing such as a wristband or sock to be worn during play. A player is subject to ejection for failure to remove any jewelry after first warning.
**BLOOD RULE**
Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.

**GAME TIME**
Game time is forfeit time. If a team does not have the minimum amount of players to start they will forfeit the contest. A 5 minute grace period can be given by the team present but the game will start at the designated time.

**LENGTH OF GAME**
A game shall consist of two 20-minute running halves.
- The clock will run continuously for the first half and in the second half, the clock will stop during the last two (2) minutes of the second half on every whistle.
  i. NOTE: If a team is ahead by 15 points or more during the final two (2) minutes, the clock will not stop but continue to run. If the lead falls back under 15 points the clock, then the clock will be stopped as listed above.

**START OF GAME**
Jump Ball: To start the game and each extra period, the ball shall be put into play in the center restraining area by a jump ball. All other jump ball situations shall be put in play by a throw-in under the alternating possession procedure.

**JUMP BALL SITUATIONS**
In case of a jump ball, possession will be awarded using an alternating method (i.e. if team A had the ball to start the game and a jump ball occurs, team B gets possession; the next jump ball would go to team A etc.) The alternate possession continues the entire game. In all overtimes you conduct another jump ball to determine possession to start each overtime period. The possession arrow will be kept at the scorer’s table.

**MERCY RULE**
If any time during the second half a team is down by 40 points the game will immediately end.

**SCORING**
Field goals count 3 or 2 points, free throws 1 point.

**FREE THROWS**
Shooting, intentional, and technical fouls are shot the entire game. Bonus free throws are only shot the last 5 minutes of the 2nd half and during overtime periods. All bonus free throws are two shots. The clock will not stop for free throws unless during the last 2 minutes of the 2nd half (depending on the score difference at the 2 minute mark) and other situations covered in continuous clock section.

**REMINDER:** Player may not enter the lane until the ball hits the rim.

**FOULING-OUT**
Five (5) fouls per player per game in any combination of technical or personal are allowed before player fouls out.

**EJECTIONS**
- Any player, coach, or spectator may be ejected from the game for any actions occurring before, during or after that event.
- Participants will not be told at the time of their ejection as to the length of their suspension. A meeting must be set up with the Coordinator of Intramural Sports to determine the length and severity of suspension.
OVER & BACK -
Olympic Rules. No over and back at mid-court (no 10 second violation).
Teams are playing full court.

TIME OUTS -
Each team is allowed 3 per game; 1 minute each. 1 additional time out is awarded in each overtime period.

TIE GAME - OVERTIME PERIOD(S)
• NO OVERTIME IN REGULAR SEASON
• Overtime period will be 2 minutes. The clock will stop in overtime periods. Overtime periods will continue until a winner has been determined. Only used in playoffs.

DUNKING -
There will be absolutely no dunking on Courts not equipped with breakaway rims. Penalties for violations are as follows:

BEFORE GAME: game misconduct technical will be assessed plus that player will be suspended from playing that game.

AFTER GAME: player will be suspended from playing in the next scheduled game.

DUNKING will be allowed on Courts during the game only!

IN BOUNDING -
Team gaining possession of the ball is responsible for retrieving the ball and handing it to the nearest official.
The officials will handle the ball on all violations which result in a change of possession or a free throw.

SUBSTITUTIONS -
Substitutes must give name to scorer and wait to be summoned onto the floor by officials:
   a) during a dead ball situation (EXCEPTION: after a made basket during
   b) prior to shooting a free throw a live clock)
   c) during time outs
   d) between quarters and halves.

SPORTSMANSHIP AND CONDUCT GUIDELINES -
The key to a successful and satisfying intramural program is sportsmanship on the part of participants and spectators. Unsportsmanlike behavior, swearing, trash talking, taunting, or any threatening actions directed toward other participants, officials, spectators, and staff will not be tolerated!! For this reason technical fouls, disqualification’s, and forfeitures of contests due to threatening behavior will be handled as follows:

There will be two (2) categories of technical fouls, game misconduct technical and unsportsmanlike conduct technical.

1. GAME MISCONDUCT TECHNICAL: is a technical foul that disrupts normal game operation, examples would be intentionally slapping the backboard, calling a time-out in excess of those allowed, illegal substitution, etc. The penalty for each technical would be two (2) free throws and possession to the offended team.

   EXCEPTION: Dunking is a GM Technical which carries an ejection/suspension penalty. See dunking section for specifics. Accumulating game misconduct technical fouls will not cause a team to forfeit the game.

2. UNSPORTSMANLIKE CONDUCT TECHNICAL: is a technical foul which consists of unsportsmanlike behavior, verbal and/or physical abuse directed towards an official, other participants, spectators, or staff that is considered threatening. The penalty for this technical is immediate ejection from the game and facility plus two (2) free throws and possession to the offended team. If the technical is assessed in the 4th quarter it will suspend the player for the following game as well. Any player ejected from more than one game shall automatically be disqualified from further play in IM basketball. If a team is assessed two (2) unsportsmanlike conduct technical in the same game it will forfeit that game. If two games are forfeited for the above reason, that team shall be disqualified from further play in IM basketball.

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If two games are forfeited for the above reason, that team shall be disqualified from further play in IM basketball.
**PROTESTS** -

Judgment calls may not be protested! If a team feels that an official has misinterpreted the rules, the offended team should lodge a protest immediately with the official. The official must (1) stop the game and (2) then bring the rule in question to the attention of the IM Coordinator or student IM Sports Officials who will make the ruling. This ruling will stand and the game will continue. If the team questioning the rule believes the ruling is incorrect, they must lodge a written protest with the Intramural Coordinator who will make a ruling. Note: Play must be stopped immediately. If the protesting team allows subsequent action or does not follow the protest procedure, they forfeit the right to protest.

**OFFICIAL’S REFERENCE MATERIALS:**

**DEFINITIONS**

*BASKET INTERFERENCE* occurs when a player touches the ball or any part of the basket or touches the ball while any part of it is within the imaginary cylinder which has the basket ring as its lower base.

*BLOCKING* is illegal personal contact which impedes the progress of an opponent.

**BOUNDARY LINES** of the court consist of end and sidelines. The inside edges of these lines define the inbound and out-of-bounds areas.

**CONTROL** - A player is in control when he or she is holding a live ball or dribbling it. A team is in control when a player of the team is in control and also while a live ball is being passed between teammates. Team control continues until the ball is in flight during a try for goal, an opponent secures control, or the ball becomes dead. There is no team control during a jump ball, a throw-in, or the tapping of a rebound. In these situations, team control is reestablished when a player secures control.

A *DRIBBLE* is ball movement caused by a player in control who bats, pushes, or taps the ball to the floor once or several times. During a dribble the ball may be batted into the air, provided it is permitted to strike the floor before the ball is touched again with the hand(s).

The dribble may be started by:

1) pushing, throwing, tapping, or batting the ball to the floor.

The dribble ends when:

1. The dribbler catches the ball with one or both hands;
2. The dribbler simultaneously touches the ball with both hands;
3. An opponent bats the ball;
4. The ball becomes dead.

*DUNKING* or stuffing is driving, forcing, pushing, or attempting to force a ball through the basket with the hand(s).

**FOULS** - A foul is an infraction of the rules which is charged and penalized.

1. A *PERSONAL FOUL* is a player foul which involves illegal contact with an opponent while the ball is alive or after the ball is in possession of a player for a throw in or committed by an airborne shooter when the ball is dead.

2. A *PLAYER CONTROL FOUL* is a common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.

3. A *INTENTIONAL FOUL* is a personal or technical foul, which, in the judgment of the official, appears to be designed or premeditated. It is not based on the severity of the act.

4. A *GAME MISCONDUCT TECHNICAL FOUL*: is a technical foul that disrupts normal game operation, it may or may not involve contact with an opponent, examples would be intentionally slapping the backboard, calling a time-out in excess of those allowed, illegal substitution, etc.
5. **UNSPORTSMANLIKE CONDUCT TECHNICAL FOUL**: is a technical foul which consists of unsportsmanlike behavior, verbal and/or physical abuse directed towards an official, other participants, spectators, or staff, that is considered threatening.

**FUMBLE** - the accidental loss of player control by unintentionally dropping the ball or permitting it to slip from one's grasp.

**GOAL TENDING** occurs when a player touches the ball during a field goal try or tap while the ball is in downward flight and the entire ball is above the level of the basket ring and has the possibility of entering the basket in flight but is not touching an imaginary cylinder which has the basket ring as its lower base. It is goal tending to touch the ball outside the cylinder during a free throw attempt.

**HELD BALL** - a held ball occurs when opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness. (See jump ball section for ruling on a held ball.)

**PLAYER LOCATION**: The location of a player (or non-player) is determined by where he or she is touching the floor as far as being inbound or out-of-bounds or being in the front court or the back court is concerned. When he or she is in the air from a leap, his or her status with reference to these 2 factors is the same as at the time he or she was last in contact with the floor or an extension of the floor such as bleachers. When the ball touches an official, it is the same as touching the floor at the official's location.

**PIVOT** - a pivot takes place when a player who is holding the ball steps once or more than once in any direction with the same foot, the other foot, called the pivot foot, being kept at its point of contact with the floor.

**TRAVELING** - running with the ball or traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. Falling to the floor while in possession of the ball is traveling.

**PRESCRIBED LIMITS**:

1. A player who receives the ball while standing still may pivot, using either foot as the pivot foot.

2. A player who receives the ball while his or her feet are moving or who is dribbling may stop and establish a pivot foot as follows:

   A. If both feet are off the floor and the player lands:

      (1) Simultaneously on both feet, either foot may be the pivot;

      (2) On one foot followed by the other, the first foot to touch is the pivot;

      (3) On one foot, the player may jump off that foot and simultaneously land on both, neither foot can be a pivot.

   B. If one foot is on the floor:

      (1) It is the pivot when the other foot touches in a step;

      (2) The player may jump off that foot and simultaneously land on both, neither foot can be a pivot.

3. A person in bounding the ball, from a designated spot, may NOT move from that spot. If they do it is a violation and the opposing team will receive the ball.

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

**THE TRY AND ACT OF SHOOTING**

1. A try for field goal is an attempt by a player to score by throwing the ball into his or her basket. The try starts when the player begins the motion which habitually precedes the release of the ball. The try ends when the throw is successful, or it is certain the throw is unsuccessful, or when the thrown ball touches the floor, or any player, or when the ball becomes dead.
2. The act of shooting begins simultaneously with the start of the try and ends when the ball is clearly in flight.

**TIME-OUT OCCURS** and the clock, if running, shall be stopped when an official:

1. Signals: a foul, a held ball, a violation.

2. Stops play, because of an injury, to confer with scorers or timers, because of an unusual delay in getting a dead ball alive, for an emergency.

3. Grants a player request for a time out; such request being granted only when the ball is dead or in control of a nonairborne player of his or her team, a disqualified player has been replaced when a substitute is available.

**DEAD BALL** - the ball becomes dead or remains dead when:

1. any goal is made.
2. it is apparent the free throw will not be successful on a -
   A. free throw which is to be followed by another free throw.
   B. free throw which is to be followed by a throw-in.
3. held ball occurs or ball lodges on the basket support.
4. a player control foul occurs.
5. official's whistle is blown.
6. time expires for a quarter, or extra period.
7. a foul (other than player control) occurs.
8. any floor violation occurs or -
   A. there is a basket interference or goal tending.
   B. there is a free throw violation by the throwing team.

Exception 1. The ball does not become dead until the try or tap ends when

A. Article 5, 6 or 7 occurs while a try for a field goal or a tapped ball by a player toward his or her basket is in flight.
B. Article 5 or 7 occurs while a try for a free throw is in flight.
C. A foul is committed by an opponent of a player who has started a try for goal (is in the act of shooting) before the foul occurred provided time did not expire before the ball was in flight. The trying motion must be continuous and begins after the ball comes to rest in the player’s hands and is completed when the ball is clearly in flight.

Exception 2. The ball does not become dead while it is in the air on a tap by a player toward his or her basket if:

A. time expires.
B. a foul is committed.
C. any opponent of the player making the tap at his or her basket swings his or her arms or elbows excessively without making contact.

**OUT OF BOUNDS**

1. A player is out of bounds when he or she touches the floor or any object other than a player on or outside a boundary.

2. The ball is out-of-bounds when it touches a player who is out-of-bounds or any other person, the floor, or any object on or outside a boundary or the supports or back of the backboard, the ceiling, overhead equipment or support.

NOTE: When the rectangular backboard is used, the ball is out-of-bounds if it passes over the backboard.

3. If a ball goes out-of-bounds and was last touched simultaneously by 2 opponents, both of who are inbound or out-of-bounds, or if the official is in doubt as to who last touched the ball, or if the officials disagree, play shall be resumed by use of the alternate possession procedure.
THROW IN

1. After a dead ball any player of the team in control shall make the throw-in from the designated out-of-bounds spot nearest to the ball when it becomes dead.

2. After a player control foul or common foul prior to the bonus ruling is in effect any player of the offended team shall make the throw-in from the designated spot nearest the foul.

3. After a technical foul, any player of the team to whom the free throw has been awarded shall make the throw-in from out-of-bounds at the division line on either side of the court.

THROW-IN STARTS when the ball is at the disposal of a player entitled to the throw-in. Until the passed ball has crossed the plane of the boundary -

1. the thrower shall not leave the designated throw-in spot.
2. no player shall have any part of his or her person over the inside plane of the boundary lines.
3. teammates shall not occupy adjacent positions near the boundary if an opponent desires one of the positions.

VIOLATIONS & PENALTIES

A player shall not -

1. violate free throw provisions. The try shall be attempted from within the free throw circle and behind the free throw line.

2. after the ball is placed at the disposal of a free thrower -
   A. he or she shall throw within 10 seconds and in such a way that the ball enters the basket or touches the ring before the free throw ends.
   B. the free thrower shall not purposely fake a try.
   C. no opponent shall disconcert the free thrower.
   D. a player occupying a marked lane space may not have either foot beyond the vertical plane or cylinder of the outside edge of any lane boundary or beyond the vertical plane of any edge of the space designated by a lane space. The restrictions apply until the ball hits the rim.

PENALTIES (1 and 2):

E. if the violation is by the free thrower or teammate only, no point can be scored by that throw. The ball becomes dead when the violation occurs.
F. if the violation is by the free thrower’s opponent only and the try is successful, the goal counts and the violation is disregarded. If not successful, the ball becomes dead, a substitute throw shall be attempted by the same thrower.
G. if there is a violation by both teams, the ball becomes dead when violation by the free thrower’s team occurs, no point can be scored and play shall be resumed by the team entitled to the ball under the alternate possession rule.
H. the out-of-bounds provision in item (e) and the alternate possession in item (g) do not apply if the free throw is to be followed by another free throw.

3. run with ball, kick it, strike it with fist, or cause it to enter and pass through the basket from below. (PENALTY - possession to opposing team.)

4. dribble a second time after his or her first dribble has ended, unless it is after he or she has lost control because of:
   A. a try for field goal.
   B. a bat by an opponent.
   C. a pass or fumble which has then touched or been touched by another player.
5. remain for more than 3 seconds in that part of his or her free throw lane between the end boundary and the farther edge of the free throw line while the ball is in control of his or her team in his or her front court. Allowance shall be made for a player who, having been in the restricted area for less than 3 seconds dribbles in or moves to try for goal.

6. excessively swinging his or her arms or elbows, even though there is no contact with an opponent. (PENALTY (4-6) possession to opposing team.)

7. while closely guarded –
   A. anywhere in his or her front court hold or dribble the ball for 5 seconds.
   B. in his or her front court, control the ball for 5 seconds in an area enclosed by screening teammates.

(PENALTY (7A & 7B) possession to opposing team.)

8. commit basket interference or goal tend -
   A. touch the ball or basket when the ball is on or within either basket.
   B. touch the ball during a field goal try while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight, or touch the ball outside the cylinder during a free throw attempt.
   C. touch a ball which has been tapped by a player toward his or her own basket while the ball is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight.
   D. EXCEPTION: if a player has his or her hand legally in contact with the ball, it is not a violation if such contact with the ball continues after it enters a basket cylinder, or if, in such action, the player touches the basket.
   E. PENALTIES (8) for goal tending or basket interference:
      - if the violation is at the opponent's basket, the offended team is awarded 1 point if during a free throw and 2 points in any other case.
      - if the violation is at a team's own basket, no points can be scored and the ball is awarded to the offended team at the out-of-bounds spot on the side at either end of the free throw line extended.
      - if the violation results from touching the ball while it is in the basket after entering from below, the ball is awarded out-of-bounds to the opponent and no points are scored.
      - if there is a violation by both teams, play shall be resumed by the team entitled to the ball under the alternate possession rule.

**FOULS & PENALTIES** (PENALTY for following - loss of possession and/or technical foul)

1. A team shall not have more than 5 squad members participating simultaneously.

2. A team shall not request an excess time out.

3. A player shall not –
   A. participate after having been disqualified.
   B. grasp either basket, or attempt to dunk or stuff prior to, during, or after the game. This item applies to all squad members.
   C. cause either backboard to vibrate while the ball is in flight during a try or tap or is touching the backboard or is on or in the basket or in the cylinder above the basket. Intentionally hitting the backboard will result in a game misconduct technical. (Game Misconduct Technical Foul - two free throws plus possession of the ball.)
   D. leave the court for an unauthorized reason.
   E. purposely delay his or her return to the court after being legally out-of-bounds.
   F. attempt to gain an advantage by interfering with ball after a goal or by failing to pass the ball to the nearest official if in control when a violation is called.
4. A player shall not use unsportsmanlike tactics such as:

A. disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
B. using profanity - causing unsportsmanlike conduct.
C. baiting an opponent or obstructing his or her vision by waving hands near his or her eyes.
D. climbing on a teammate to secure greater height to handle the ball.

5. A substitute shall not enter the court -

A. without reporting to scorers.
B. without his or her name appearing on the pre-game squad list.
C. without being beckoned by an official, except between quarters.

6. A coach, player, substitute, team attendant or follower shall not -

A. disrespectfully address an official.
B. attempt to influence an official's decision.
C. use profanity.
D. disrespectfully address or hit an opponent.
E. object to an official's decision by rising from the bench or using gestures.
F. incite undesirable crowd reactions.
G. enter the court unless by permission of an official to attend an injured player.
H. failure to replace a disqualified player in 30 seconds when a substitute is available.

CONTACT

1. A player shall not: hold, push, charge, trip, or impede the progress of an opponent by extending an arm, shoulder, hip or knee, or by bending the body into other than a normal position, nor use any rough tactics. A player shall not contact an opponent with his or her hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball. Contact caused by a defensive player approaching the offensive player from behind is a form of pushing.

2. A dribbler shall not: contact an opponent in his or her path nor attempt to dribble between 2 opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable chance to get through without contact. If a dribbler without contact, passes an opponent sufficiently to have head and shoulders in advance of him or her, the greater responsibility for subsequent contact is on the opponent. If a dribbler has established a straight line path, he or she may not be crowded out of that path, but if an opponent is able legally to establish a defensive position in that path, the dribbler must avoid contact by changing direction or ending the dribble.

3. A player who screens shall not:

A. when he or she is behind a stationary opponent, take a position closer than a normal step from him or her.
B. when he or she assumes a position at the side or in front of a stationary opponent, make contact with him or her.
C. take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his or her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.
D. after assuming his or her legal screening position, move to maintain it, unless he or she moves in the same direction and path of his or her opponent.

PENALTY: if the screener violates any of these provisions and contact results, he or she has committed a personal foul. The offended player is awarded free throws or possession as follows.
**FOULS** - Five (5) per player per game in any combination of technical or personal.

1. Out-of-bounds on all personal fouls except in the act of shooting. The offended team takes the ball out of bounds nearest the spot where the foul occurred. **EXCEPTION:** last two minutes of the game.

2. Act of shooting the offended player is awarded two free throw attempts if the basket was missed, one free throw attempt if the basket was made.

3. Last two minutes of play all fouls will result in the offended team being awarded the designated number of free throws regardless of the team foul situation. Non-shooting fouls, two (2) shots. Shooting foul, two (2) shots if missed, one (1) shot if made.

4. **Game Misconduct and Unsportsmanlike Technicals** - two free throws plus possession. (Two unsportsmanlike technical fouls for any team will automatically cause that team to forfeit the contest.)

5. **Player control foul** - the ball will be awarded to the opposing team, no foul shots taken (wave off basket).

6. **Intentional foul** - two free throws plus possession.

**EMPHASIS** - Hand checking is a FOUL if it is continuous.