UNIVERSITY OF NORTHERN IOWA
WELLNESS AND RECREATION SERVICES
CO-REC INTRAMURAL BASKETBALL

RULES

PHILOSOPHY - Primary emphasis in Co-Rec Intramural Basketball is placed on fun, spirit and fellowship of mixed play as opposed to highly organized strenuous competition. The game will be played on half court and without officials. This places a strong emphasis on sportsmanship by the participants.

INTRAMURAL ID POLICY - A valid UNI ID card must be presented to IM staff prior to playing each contest.

MANAGERS RESPONSIBLE for sharing the participant risk, injury and insurance information with team members.

PLAYERS & SUBSTITUTIONS – Four (4) players constitute a team, two (2) men and two (2) women (maximum roster of six (6)). Substitutions are allowed on a man-for-man and woman-for-woman basis - may substitute in any dead ball situation. A team may start with three (3) players, as long as both genders are represented, late player may be inserted upon arrival, at dead ball.

STARTING GAME - A coin toss will determine who gets the ball first. The ball is put in play at mid-court (behind the white line closest to the basket) to start the game, on jump balls and after every basket (ball must be passed in). The game starts within five (5) minutes of the assigned starting time or may start sooner if both teams are ready.

FORFEIT - If a team doesn't appear by five (5) minutes of the assigned starting time, they forfeit the game. A team is penalized two (2) points per minute for each minute late - up to ten (10) points, then its forfeit time. Two (2) forfeits and a team are dropped from league play.

LENGTH OF GAME – Thirty (30) minutes - continuous clock. A score clock will be used to keep time. No overtime during regular season.

OVERTIME – In playoffs, two (2) minute overtime periods will be played until a winner is determined.

JUMP BALL - Jump balls will alternate as out-of-bounds possession between teams. The first jump goes to the team that lost the coin toss at the start of the game.

CHOICE OF POSSESSION - The ball must be checked beyond the three-point line (white line at mid-court closest to the basket). To check, a player with the ball must have one foot beyond the white line.

FOULS - Called fouls will result in the ball out-of-bounds to the offended team. Exceptions: (A) If the basket is made during the foul and the foul was on the defense, the basket counts and the ball is awarded to the team scored on; (B) If the foul is intentional, two (2) free throws will be shot and possession awarded to the offended team.

SCORING - Each goal counts two (2) points, free throws one (1) point and 3-pointers count! TIME OUTS - Each team is allowed two (2), one (1) minute time outs during the game. Time outs are only called when the ball is dead or in their possession. No time outs may be called in the last five (5) minutes of play.
LANE VIOLATIONS - A male player is allowed to pass through the lane without the ball, but unable to perform a basketball move (i.e. shoot, receive pass, block opponent)

END OF GAME - The winning team should fill out a score card and turn it in to the IM Sports Supervisor.