

# Intramural Basketball Rules

## Number of players

A regulation team consists of 5 players. A team must start with 4-players present. A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than 5 still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.

## Equipment

Head decorations, headwear, and ALL JEWELRY OF ANY TYPE are illegal. Only elastic headbands will be permitted during the course of the game. No bandannas will be permitted. NO casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. All equipment decisions made by the Intramural Staff on duty shall be final.

## Uniforms

All team members must wear the same color shirt. Pinnies are available for teams that do not have matching shirts.

## Team Captains

Team captains are responsible for the behavior of their TEAM, COACHES, and FANS. Arguments will not be heard from players other than the team captain. Aggressive behavior towards refs, verbal or physical, will result in a technical foul and in the player/s being ejected from the game and possibly removed from the team roster.

## Forfeit

A forfeit will be assessed when a team fails to be present with the required number of players at 10 minutes past a scheduled game time.

## Timing Regulations

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. The clock will stop on dead balls during the last minute of every half. This includes fouls, violations, and time-outs, but not made baskets.

Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply.

## Mercy Rule

If a team is ahead by 20 or more points at the 3 minute remaining mark in the second half, the game will be ended.

## Time-outs

Each team shall be allowed two 30-second time-outs in each half. First half time-outs WILL NOT carry over to the second half.

## Overtime

Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner. If the score remains tied after the first overtime a sudden death overtime shall be played. The first team to score wins. Overtime periods shall begin with a jump ball. Each team will receive one 30-second time-out per overtime period. Time-outs not used from the second half or any overtime period will not carry over to the next overtime period. During the play-offs, the sudden death overtime procedure will NOT be used.

## Substitutions

Substitutes will be recognized during any dead ball situation. Subs must check in with the score keeper and be called in by the refs.

## Technical and Intentional Fouls

Technical fouls - Two free throws will be awarded plus the ball out of bounds at mid-court to the offended team. The technical foul will count as a personal and as a team foul.

Intentional fouls – Two free throws will be awarded plus possession of the ball out of bounds closest to the spot the foul occurred.

### **Bleeding Player Rule**

Whenever a participant suffers a cut where bleeding occurs, the player must leave the game and then take the necessary action(s) to stop the bleeding and prevent it from occurring again. If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. A team may call a time-out (maximum of 30 seconds) if it wishes to have the player remain in the game, otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation regarding this matter.

## **VIOLATIONS**

### **10-second backcourt**

A player must have both feet and the ball completely across the mid-court line before the count stops. The count will only stop if the defending team gains control of the ball, or a defensive foul is called. A deflection does not stop the count. If the ball goes out of bounds, a new 10-second count will begin.

### **5-second closely guarded**

Applies only in the frontcourt to players holding the ball whose defender has established a closely guarded position at least 6 feet from the player with the ball. The count shall stop when a player loses control of the ball, or if the defender concedes their guarding position.

### **3-second lane**

Applies to offensive players who have any part of their foot in the lane area when the ball is in their frontcourt. The count stops on loss of team control, an interrupted dribble, and on any shot. A player in the lane may receive a pass prior to 3 seconds and be permitted to make an offensive move to the basket.

### **Jump Ball**

The two jumpers shall not break the plane of the mid-court line until the ball reaches its highest point. Neither jumper may touch the ball more than twice, nor catch the ball, unless another player on the court has touched the ball, or the ball touches the floor. Non-jumpers may line up no closer than 6 feet from either jumper and may not move until the ball is touched by a jumper.

### **Goaltending and Basket Interference**

When a defensive player touches the ball while it is on its downward flight to the goal or while the ball is on or above the cylinder, slaps the backboard while the ball is on or above the cylinder, and/or pulls down the rim so that it makes contact with the ball prior to the rim reaching its normal position it is goaltending and two points shall be awarded. When an offensive player touches the ball, net, or any part of the basket while the ball is on or above the cylinder it is basket interference and a violation. Any baskets are waived off and the ball is awarded to the defending team.

### **Throw –In**

After a made basket, the thrower may run the baseline. On any designated spot throw-in, the thrower has a spot approximately 3 feet wide and as deep as the court permits to make their throw-in. They may take steps to the left or right as long as one foot remains on or over the spot, and may step back as far as the court permits. On all throw-ins, the player has 5 seconds to release the ball. The defense may not break the plane of the line, if so they will receive a warning and then a technical foul. If the defense breaks the plane and touches the ball or the player before the ball is released across the plane the penalty is a technical foul.

### **Free Throw**

Only 6 players may occupy marked lane spaces for rebounding purposes on free throws. The defense occupies the first lane space on each side and may fill two other spaces. The shooting team may occupy the second space on either side of the lane. The other players must remain behind the 3-point line above the free throw line extended. The players on the lane may enter the lane when the shooter releases the ball. The shooter and four backcourt players may not move until the ball touches the rim.

## **FOULS**

### **Shooting**

A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw. Shooting fouls include hacking, holding, pushing, blocking, and under cutting.

### **Non-shooting**

A player who is fouled while not in the act of shooting will be rewarded with a team foul. The fouled player will shoot 1-and-1 on the 7th, 8th, and 9th team fouls and 2 shots on every foul thereafter. Non-shooting fouls include holding, pushing, blocking, and hand-checking.

### **Player Control**

When a player who is in control of the ball, either by dribbling, holding, or shooting, commits a foul it is player control. Never count the basket. Never shoot free throws. Player control fouls include charging, lowering the shoulder, pushing off, and swinging elbows. When a player excessively swings his/her elbows in a dangerous manner without contact, it is a violation and the ball is awarded to the opposing team. If there is contact that is a result of the excessive swinging elbows, the player may be called for a player control foul, or if violent, a technical foul and/or flagrant foul.

### **Team Control Foul**

When any player on Team A (the team in control of the basketball) commits a foul the ball will be awarded to the offended team at the spot closest to the foul. No free throws will be awarded regardless of the foul count. This will include all illegal screens, illegal post moves, pushing off, and any other illegal pushing, holding, or blocking by any member of the offense.

### **Double Fouls**

Whenever a double foul occurs – either personal or technical – no free throws or points will be awarded. The fouls will be recorded and the ball will be returned to the point of interruption. The point of interruption is the spot of the BALL at the time the double foul was called. The team in control of the ball at the time of the double foul will retain possession. If neither team was in control of the ball at the time of the double foul then the alternating possession arrow will be used.

### **Flagrant Fouls**

When any of the above fouls are intentional or technical refer to the previously outlined policies for procedure. When any of the above fouls are flagrant, (dangerous or malicious fouls with no attempt to play the ball or with excessive contact) the player should be immediately ejected.