

INTRAMURAL BASKETBALL PLAYING RULES

General Information

- 1) **The team captain and all players are responsible for all information contained in the Playing Rules, the Intramural Eligibility, Policies, and Guidelines webpage, and the Basketball Event webpage.**
- 2) **Participants must have a valid photo ID with them at all times.**
- 3) Intramural Basketball will be governed by National Federation rules and any modifications outlined in this document.
- 4) Players should have checked in, shown ID, warmed up, and be ready to play prior to the scheduled game time.
- 5) Each team shall designate to the official a team captain(s) for the contest. The captain is required to sign the scorecard at the end of each game verifying the final score, and that all participating players have been checked in.

Players

- 1) **All players are required to bring a valid photo ID to all Intramural Sports Basketball games.**
- 2) A regulation team consists of 5 players. The minimum required to play is 4.
 - a) If injuries reduce a team to 3 players or less, the game may continue at the referees' discretion.
 - b) A team reduced to 3 players or less via player ejections will automatically forfeit.

Equipment and Uniforms

- 1) All team members must wear the same color shirt or jersey with a non-duplicate number. A limited number of jerseys are available for checkout. Teams are **STRONGLY ENCOURAGED** to provide their own jerseys.
- 2) All team members must wear athletic apparel appropriate for basketball. Any apparel items with exposed metal or plastic (jeans, khakis, cargo shorts/pants, etc. with rivets, zippers, buttons) will not be permitted. Shirts may have short or long sleeves, but may not have hoods, zippers, or any other dangerous adornments.
- 3) Teams must supply their own game ball. Teams may bring their own ball or checkout balls from the front desk. The game ball shall be regulation size and color. Men's and Coed teams will use a men's size ball. Women's teams will use a women's size ball.
- 4) Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices without metal, hard plastic, or knots that are 2 inches or less in width are permitted.
 - a) **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the Intramural Sports Director may approve a covering or wrap which is not abrasive, hard, or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play. Hard items including, but not limited to, beads, barrettes, and bobby pins are prohibited. Participants must receive approval for headwear **prior** to participating.
- 5) All players must wear athletic shoes with non-marking court soles. Hard sole shoes of any kind will not be permitted.
- 6) Players **may NOT** wear casts/splints under any circumstances and all pads/braces must be below the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
- 7) Players **may NOT** wear any exposed jewelry of any type.
 - a) **Medical Alert and Religious Medals** – Medical-alert and religious medals are not considered jewelry. Religious medals must be taped and worn under the uniform. Medical-alert medals must be taped and may be visible. The wearing of a religious medal must be approved **prior** to participating in any contest. (A cross would not be considered a religious medal for the purposes of this rule.)
 - b) **Special Event Wristbands** – If participating in a special event, which requires a participant to wear a wristband (ex. OU or ACL wristbands), it is the PLAYER'S responsibility to provide an acceptable method to cover the wristband. Acceptable methods are limited **ONLY** to the following: sweat bands or athletic tape, which will **NOT** be provided by RecSports.

Timing

- 1) All games will be limited to two (2) twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. **Exception: *A regulation stop clock will be used at the 1 minute remaining mark of the second half.** The clock will stop for fouls, violations, and time-outs, but not after made baskets.
- 2) If a team is ahead by 20 or more points at the 1 minute remaining mark in the second half, the clock will continue to run and the stop clock procedure will not be used.
- 3) **Exception: *Any team delaying the game shall be assessed a technical foul and the officials may add time to the game if necessary.**
- 4) Each team shall be allowed two (2) 30-second time-outs in the 1st half, and two (2) 30-second time-outs in the 2nd half. First half time-outs **WILL NOT** carry over to the second half. Time-outs will **NOT** be granted with less than 4 minutes remaining in either half. Any time-out called before 4 minutes remaining shall end at the 4-minute mark. **Exception: Teams may call any of their remaining 2nd half time-outs during the stop-clock period at the end of the game.**

Shot Clock

- 1) Due to the running clock format, Intramural basketball has adopted a "no-delay" policy for the entire game. A team in possession must make a reasonable attempt to score. This reasonable attempt shall be defined as approximately 30 seconds from the time a team gains possession of the ball. Should a team receive a warning, an attempt must be made as quickly as possible or a violation will be called. This call is based entirely upon the judgment of the officials.

Overtime

- 1) Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner. ***A regulation stop clock will also be used at the 1-minute mark of the overtime(s) using the same procedure as the end of the second half of play.** Overtime periods shall begin with a jump ball. Each team will receive one (1) 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 league play, if the score remains tied after the first overtime a Free Throw Shoot Out will commence. The 5 players on the court for each team will shoot alternating Free Throws in "sudden victory" format until a winner is determined. A coin flip will determine which team shoots first. During the play-offs, as many Overtime periods will be played as needed to determine a winner.

No Show

- 1) A no show will be assessed when a team fails to be present with the required number of players at 10 minutes past the scheduled game time.
- 2) Any team not ready to play at the scheduled game time will be penalized 2 points for every minute late (i.e. If a team shows up 7 minutes late, they will start the game down 14-0). The team ready to play will be awarded the ball to start the game. If a team is not ready to play at 10 minutes past game time, a no show "win" will be awarded to the team ready to play with the score **10-0**.

Rosters and Scorecards

- 1) The team captain is responsible for ensuring that the scorekeeper of the game has signed in all of his/her team and recorded the number on their jerseys. This process should be completed at the score table on your scheduled court at least 5 minutes prior to the game. Players arriving late may play after reporting to the scorekeeper.
- 2) The team captain must also sign the scorecard following each contest to verify the score and all participating players. The winning team and final score should be clearly noted.

Substitutions

- 1) Substitutes will be recognized during any dead ball situation. However, at the 4-minute remaining mark of the **second half only**, no substitutions shall be allowed. Teams will be allowed to make all final substitutions at the first dead ball under 4 minutes. Exceptions include injured players, players who foul out, or players who are ejected. Teams may substitute at any time during the stop clock in the last minute of the game.
- 2) All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper.

Team Area/Bench Personnel

- 1) **A maximum of one non-playing coaches will be allowed on the bench.** All other non-players must be in the stands. Coaches must remain in the immediate area of the bench and cannot walk the entire length of the sideline. **Team captains are responsible for the behavior of their TEAM, COACHES, and FANS.**

Technical, Intentional, and Flagrant Fouls

- 1) No free throws will be attempted. For all Technical, Intentional, and Flagrant Fouls the offended team will be awarded 2 points plus the ball out of bounds at mid court.
- 2) Technical Fouls may be Unsporting or Administrative. Administrative Technical fouls will not count toward an individual player's 5 fouls or toward the team sportsmanship grade, but will count toward the team foul count.
- 3) Intentional or Flagrant fouls may include a made basket. If so, the team will receive credit for the respective basket (2 or 3 points) plus the penalty of 2 points and the ball at mid court.

Bleeding Player Rule

- 1) If a player's uniform becomes stained by blood, the article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty.

INTRAMURAL BASKETBALL DEFINITIONS FOR VIOLATIONS, FOULS, AND PENALTIES

10-second Backcourt Violation

- 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 Violation

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

3-second Lane Violation

- 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 immediate offensive move to the basket.

Jump Ball Violations

- 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 or 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 Violations

- When a defensive player touches the ball while it is on its downward flight to the goal, 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 to the offense.
- 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 Violations

- 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 violations

- 1) Only 5 players may occupy marked lane spaces for rebounding purposes on free throws
- 2) The First Lane Space on each side will remain empty.
- 3) The defense MUST occupy the Second Lane Space on each side and MAY occupy one of the Fourth Lane Spaces.
- 4) The shooting team MAY occupy the Third Lane Space on either side of the lane.
- 5) The other four players must remain behind the 3-point line above the free throw line extended.
- 6) No player may occupy a space that is not designated for their team.
- 7) The players on the lane may enter the lane when the shooter releases the ball.
- 8) The shooter and four backcourt players may not move until the ball touches the rim.

Shooting Foul

- 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 Foul

- A player who is fouled while not in the act of shooting will be awarded 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 Foul

- When a player who is in control of the ball, either dribbling, holding, or shooting, commits a foul, it is player control. The basket will NOT count regardless of when the shooter released the ball, and NO free throws will be attempted regardless of foul count. 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 or intentional, 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. There is not Team Control on a throw-in until the ball has been controlled by a player on the court.

Double Foul

- 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.

Technical Foul (Unsporting and Administrative)

- An Unsporting Technical Foul is either unsporting non-contact behavior (taunting, profanity, verbal abuse of referees, etc.) or non-flagrant unsporting contact while the ball is live or dead. The penalty for all Technical Fouls is 2 automatic points and the ball awarded to the offended team at mid court.
- An Administrative Technical foul is a penalty for issues related to the scoreboard or an excessive time out. Administrative Technical fouls are assessed to the team and count toward the team foul count, but do NOT count toward an individual player. The penalty for all Administrative Technical Fouls is 2 automatic points and the ball awarded to the offended team at mid court.

Intentional Foul

- An Intentional Foul is a personal foul with excessive contact or dangerous contact, or contact that is non-basketball in nature where the defender does not attempt to play the ball. An Intentional Foul is also any contact created in an attempt to stop the clock in the last minute against a player not involved in the play. (i.e. there is no Hack-a-Shaq permitted). The penalty for an Intentional Foul is 2 automatic points and the ball awarded to the offended team at mid court. On a made basket, the offended team shall also be credited with the proper points (2 or 3).

Flagrant Foul

- A Flagrant Foul is any personal, technical, or intentional foul that is dangerous, malicious, or involves any type of fighting behavior. The penalty for a Flagrant Foul is 2 automatic points, the ball awarded to the offended team at mid court, and **immediate ejection of the player committing the foul**. On a made basket, the offended team shall also be credited with the proper points (2 or 3).

INTRAMURAL BASKETBALL COED RULES

All previously listed rules apply to coed games in addition to those listed below.

Number of Players

- Standard Coed Teams consist of 3 males and 2 females. Teams may begin play with the following combinations of 5 or 4 players:

MALES	FEMALES
3	2
1	4
2	2
2	3
1	3

Defense and Guarding Rules

- There are no restrictions on Defense and Guarding. Games are played according to the rules of all men’s and women’s games.