

# 5on5 Basketball Rules

## General Intramural Basketball Rules

- Current NFSHA (High School) rules are in effect with the exceptions outlined below.
- Participants may only play on one team.
- Teams are comprised of five players. A team may start with as few as four. Co-Rec teams must have at least two players of each sex on the court at all times (the fifth player may be of either sex).
- Games are comprised of 2 - 20 minute halves with a running clock.

## Players and Substitutions

- A team shall consist of five players. Co-Rec teams must have 2 males and 2 females on the court at all times. The fifth player may be of either sex.
- A team may start with no less than 4 players. In the event a team is playing with the minimum number (4) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.
- All players must sign in with the scorekeeper prior to playing. Late players may be added to the score sheet at anytime; although a new player will have to wait for a dead ball situation to enter the game. Any player who enters the game without checking in with the scorekeeper will be assessed a technical foul.
- Substitutions have to wait until a dead ball situation and may enter the game **ONLY** after the official "beckons" them in. **NO** substitutions may be made "on the fly", if so a technical foul shall be called.

## Equipment

- All players must wear basketball or tennis shoes and gym clothes. Boots, open-toed shoes, and shoes that mark the floor are strictly prohibited. Participants are encouraged to carry in gym shoes to be worn during play. If there are any questions concerning footwear, contact the supervisor.
- The officials shall issue the game ball. Teams are encouraged to bring their own basketball(s) to practice (warm up) with (**PLAYERS MAY NOT WARM UP WITH THE INTRAMURAL GAME BALLS**).
- **All players must have a visible number on their shirt.** If teams do not have numbers the Intramural Sports program will provide, on loan, numbered pinnies that **MUST** be worn. Teams or players with no numbers will not be permitted to participate.
- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. If you cannot remove the item then you **CANNOT** play.

### Duration of Game and Grace Period

- **Game Length:** Games will consist of two 20 minute halves (the clock will only stop for time-outs, protests, and injuries). During the last 2 minutes of the second half the clock will stop on all dead ball situations.
- **Grace Period:** There will be a **ten (10) minute Grace Period!!** Any team not present and ready to play by 10 minutes after the scheduled game time will forfeit.
  - Games in which one team is late:
    - The team that is signed in and ready to play at the scheduled starting time will be given two options.
      - They may take the forfeit immediately
      - OR give the team an extra five minutes to show up with the minimum amount of players to begin, if they still do not show a forfeit will then be rewarded
      - Once the decision is made it can not be change
    - Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.
  - **Time Outs:** Two (2) time outs per team per half - duration 1 minute in length. Unused time outs do not carry over. If a team has no time outs and calls for one, a two shot technical foul will be assessed, plus possession of the ball to the non-offending team at the division line (you "buy" a time out with a technical).
  - **Overtime:** Games that end in a tie during regular and post season will be continued with a **2 minute overtime period.**

### Playing Rules

- **Dunking:** There is NO dunking before, during, or after competition.
- **Penalty:** The basket will be disallowed. The offending player will be issued a technical foul and ejected.
  - If a player dunks before the game (during warm-ups) the player shall be ejected for that game AND/OR their next scheduled game.
  - If a player dunks after the game has started or before the supervisor and/or officials leave the visual confines of the court that player will be ejected from the game AND/OR their next scheduled game.
- All technical fouls are assessed as a team foul and a personal foul.
- If a team receives three (3) technical fouls during a game, the game will immediately end, and the offending team will receive a forfeit.
- Five-second rule (closely guarding the player with ball) will be in affect.
- The alternate possession rule will be used.
- Three (3) point shots will be used for intramural play.
- Fouls occurring when a player attempts to gain an advantage offensively or defensively.
  - Illegal use of hands, arms, legs, feet, and/or torso.
  - Pushing, holding, grabbing, and/or hooking an opponent.

- Fouls and their infractions:
  - **Personal Foul** - A player foul which involves illegal contact with an opponent while the ball is live.
  - **Common Foul** - A personal foul, which is neither flagrant, intentional, nor committed against a player trying for a field goal, nor a part of a double or multiple foul.
  - **Intentional Foul** - A personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act. A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent.
  - **Flagrant Foul** - A personal or technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves violent contact such as striking, kicking, kneeling, etc. If technical, it involves dead ball contact or non-contact at any time, which is extreme, or persistent, vulgar, or abusive conduct. Fighting is a flagrant act.
  - **Player Control Foul** - A common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.
- A player must leave the game upon her/his fifth personal foul. Technical and player control fouls will be counted as personal fouls and as team fouls. After two technical fouls a player is automatically ejected.
  - A one-and-one bonus shot begins in the last two minutes of game on any non-shooting foul.
  - No foul shots for player control fouls.
- Flagrant, and intentional fouls will result in 2 free throws for the non-offending team, plus possession. Flagrant fouls carry an ejection.
- The official/supervisor has the discretion to penalize any individual for unsportsmanlike conduct. A technical foul may be assessed.
- A technical foul will be issued to any player who swings their arms and elbows in excessive speed in relation to the rest of their body or pivot foot. This call will be made regardless of contact or proximity to other players.
- The scorekeeper's record is official.
- **Foul Shots:** No player may move into the restricted area (the key) until the ball hits the rim. Players outside the lane area may not cross the foul line extended nor the three point arch until the ball hits the rim.
- **Co-Rec Scoring:** Men's and women's field goals are worth 2 and 3 pts.
- **Mercy Rule:** A game will end if a team is ahead by 30 points or more with 5 minutes remaining in the second half or being ahead by 15 points with 2 minutes left in the second half.

### **Penalties for Fouls and Violations**

- Missed basket = 2 shots awarded
- Made basket = 1 shot awarded
- Missed 3-point = 3 shots awarded
- Before 2 minutes remaining in game = award possession of ball at nearest spot
- Intentional fouls = 2 shots and possession
- Flagrant fouls = Ejection of player, 2 shots and possession
- Technical fouls = 2 shots and possession at half court
- Common violations = change of possession at the nearest spot