

2010 Intramural Basketball Rules

-Florida Southern College- Intramural Sports 5-on-5 Basketball Rules 2010

Intramural basketball will be governed by the National Federation (high school and FHSAA) rules with the following intramural modifications: *(Rule changes are noted in this manner.)*

Rule Update(s) for 2009-2010

A maximum of six players (four offense & two defense) may occupy both free throw lanes. Players must be above the block on each sides of the free throw lanes.

Rationale: This rules change may reduce rough play during free-throw situations while maintaining defensive rebounding percentages within an acceptable range.

Number of Players

A regulation team consists of 5 players. A team must start with 4 players present. A team can play with 3 players only if others have been injured and the supervisors feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit. IF a player is ejected the team will play "short" for the remainder of the game.

Jewelry

Jewelry will not be allowed for any player participating in intramural basketball. No exceptions to this rule. Listed below is how jewelry will be handled and the consequences for wearing jewelry.

- Captains will be given a warning before the game- that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!
- If after that: a player is caught with jewelry on- both team captains will get another warning and the specific player will receive a technical foul.
- If after the 2nd warning any player that is caught with jewelry will be ejected from the game (it doesn't matter what team) and the game shall be a forfeit for the team with the 2nd illegal equipment penalty.

Uniforms

All team members must wear the same color shirt or jersey **with a number**. If a team does not have such shirts, the captain from each team may check out numbered vests from the scorekeeper. The captain is responsible for all shirts they check out and will return them to the scorekeepers after the game.

Shirts: the number can not be more than 2 digits and the value no more than 5.

Numbers that are ok: (can't have 0 and 00 on the same team) 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55

Line-ups and Scorecards

The team will line up at scorekeepers table, each player will present their FSC ID to the scorekeeper prior to playing. The captains will be asked to leave their ID with the scorekeeper until the jerseys are all returned. The team captain must also sign the scorecard following each contest to verify the score.

Timing Regulations

All games will be limited to two 20-minute halves (running clock) with a two-minute half time. The clock will begin to run at game time. The clock will stop on all team and officials' time-outs. **EXCEPTION: A regulation stop clock will be used at the 2-minute remaining mark of the second half.** The clock will stop for fouls, violations, and time-outs, but not after made baskets. **EXCEPTION: Any team delaying the game by arguing, throwing or kicking the ball, refusing to cooperate with officials shall be assessed a technical foul and the officials may add time to the game if necessary.** Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 2 points for every minute late. The offended team will be awarded the ball to start the game. If a team is not ready to play at 5 minutes past game time a forfeit "win" will be awarded with the score 10-0. *Example- Team A is 3 minutes late- score will begin 0-6 with 15 minutes left in the half.*

Mercy Rule

If a team is ahead by 40 or more points in the second half the game will be declared over. If a team is ahead by 15 or more points during the 2 minute remaining mark in the second half, the clock will continue to run and stop clock procedure will not be used except for team and official time-outs.

Forfeit

A forfeit will be assessed when a team fails to be present with the required number of players at 5 minutes past scheduled game time. Two forfeits will drop a team from the sport.

Time-outs

Each team will be allowed two thirty-second time-outs per half. First half time-outs WILL NOT carry over to the second half. Each team will receive one thirty-second time-out per overtime period. Time-outs used from the second half will not carry over to the overtime period.

Overtime

Games ending in a tie shall play a three-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 thirty-second time-out per overtime period. Time-outs used from the second half will not carry over to the overtime period.

Substitutions

Substitutions will follow National Federation guidelines. Therefore substitutes will be recognized during any dead ball situation. 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. The scorekeeper will sound the horn and the officials will recognize the substitutes and beckon them on to the court. All players must remain seated on the sidelines during play. Failure to do so will result in a warning followed by a technical foul assessed to the bench.

Technical and Intentional Fouls

Technical fouls – No free throws will be attempted. Two points will be awarded plus the ball out of bounds at mid-court to the offended team. **In addition, any conduct or unsporting technical foul assessed will also count as a personal foul and as a team foul.**

Intentional fouls – No free throws will be attempted. On an unsuccessful shot attempt, intentional fouls will be awarded 2 points (3 for female in coed) plus retention of the ball at mid-court. On a successful shot attempt, intentional fouls will be awarded 4 points (6 for female in coed) but team **does not** retain possession.

Unsportsmanlike Forfeit

Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit.

Three unsportsmanlike technical fouls on team during a game will result in the game being stopped. Any team forfeiting a game under this rule will receive an “unacceptable” rating in sportsmanship for that game.

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. All players must wear athletic shoes. They must be non-marking court shoes. Hard sole shoes and sandals will not be permitted. Belts with buckles are not permitted. Street pants are not 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.

Team Area/Bench Personnel

One non-playing coach will be allowed in the bench area. All other non-players must be behind the restraining line. Coaches must remain in the immediate bench area; they cannot walk the entire length of the sideline. **Team captains are responsible for the behavior of their TEAM, COACHES, and FANS.**

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. The player may use a different number without penalty. A team may call one time-out 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.

Dunking

Dunking is **NOT** permitted during warm-ups. Dunking is legal during the game only. Dunking during warm-ups or in a dead ball situation will result in a technical foul. No hanging or grasping on the rim during warm ups.

COED RULES

Players – Teams will consist of five players in the following way: 1st half – 3 women and 2 men, 2nd half – 2 women and 3 men. A team may play with 3 women the entire game. However, the opponent will have the right to play with 3 men against that combination in the second half.

Scoring – Points will be scored as follows: All women field goals will count for 3 points. Men field goals inside the 3-point line will be worth 2 and outside the 3-point line will be worth 3. All free throws will be worth one point.

Free Throws – A female shooting fouls will have the opportunity to shoot 3 free throws, men will only shoot 2 except when fouled shooting a 3-point shot. There are no sex restrictions on lining up to rebound free throws.

Ball- at the beginning of the game a woman's ball will be used unless both captains agree to use a men's ball. Once a certain size of a ball is used that size of ball will be used throughout the entire game.

FUNDAMENTAL VIOLATIONS, FOULS, AND PENALTIES

The following rules are fundamental to the National Federation, IHSAA, and Indiana State University Intramural Basketball:

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 or dribbling 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 are when the ball is in their frontcourt. The count stops on loss of team control, 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 a jumper touches the ball.

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 above the cylinder, and/slaps the backboard while the ball is on or above the cylinder. 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 before it is released it is a technical foul. If the defense breaks the plane and touches the player before the ball is released it is an intentional foul.

Free Throw – The free throw rules for Intramural Basketball for the 2010 season will be as follows: Only 6 players may occupy marked lane spaces for rebounding purposes. Defensive players must fill *the bottom two spaces above the block* and they may take

the third lane space. The offensive players may fill the second lane spaces on both sides. The offense may not have more than two players rebounding. Players may move down the lane toward the basket if they spaces are not filled. The other three players must remain behind the 3-point line above the free throw line extended. *The players on the lane may enter when the shooter releases the ball. The shooter and the 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 hack, hold, push, block, etc.

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 hold, push, block, hand-check, illegal screen, etc.

Player Control – When a player who is in control of the ball, 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 committing player-control PASSES the ball before contact occurs the foul should be called a push and bonus free throws awarded if in effect. When a player intentionally swings the elbows in a dangerous manner and makes contact an automatic technical foul shall be called. Intentionally swinging the elbows in an intentional manner without contact will result in a violation.

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.