



Florida Southern College Intramural 5v5 Basketball Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry is not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

Weather Cancellation

In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day's first game. Teams should not **assume** that games are cancelled. The Office will try to contact captains if games have been cancelled. We will also post information on our Facebook page "FSC Intramural Sports" or intramural website. The office will also try to send emails out to all captains before the game is supposed to start. Games will be postponed for the following weather related reasons:

- Lightning. All outside activities will be cancelled when lightning is seen or thunder is heard. We will wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- Tornado/hurricane watch or warning is issued for the Lakeland area.
- When rain or hail makes an outside field unsafe.

If a contest is postponed due to weather, the Assistant Director will attempt to reschedule the game.

****Intramural 5v5 games will be conducted under the rules of the NIRSA – National Intramural/Recreational Sports Association – with the following modifications****



Captains

Each team shall designate to the Referee the team captain or captains. The captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural manager's packet.

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 are 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, participants must wear a pinnie. The captain is responsible for all shirts they check out and will return them to the scorekeepers after the game. The intramural staff recommends that you bring your own shirts or jerseys to speed up the process. Any 2-digit numbers are allowed this year. The highest number a player can have is 99. No tape is allowed to put a number on a shirt.

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. Each player must have a proper jersey/t-shirt with a number on it before checking in. Team captains must sign the scorecard following each contest to verify the score.

Timing Regulations

All games will be limited to four 10-minute quarters (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 10 minutes past game time a forfeit "win" will be awarded with the score 20-0.** Example- Team A is 3 minutes late- score will begin 0-6 with 7 minutes left in the first quarter.

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 or 30 or more with 5 minutes remaining in the fourth quarter, or 20 or more points during the 2 minute remaining mark in the fourth quarter, the game will be over.

Forfeit

A forfeit will be assessed when a team fails to be present with the required number of players at 10 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

Only applies for playoff games. 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. Play will continue until a winner has been determined.

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 plus retention of the ball at mid-court. On a successful shot attempt, intentional fouls will be awarded 4 points 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 (0, 1 or 2)” 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 and clothing. 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

Two non-playing coaches 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 Policy

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, after the game or in a dead ball situation will result in a technical foul. Hanging or grasping on the rim during warm ups will also result in a technical foul.

CoRec Rules

Players – Teams will consist of five players in the following way: Each team must have 3 of one gender and 2 of one gender on the court at all times. During the first half of the game, the ratio must be three female players and two male players. During the second half, the ratio may be 3/2 of any gender.

Scoring – There is no longer a difference in the scoring values for men and women. Two points from the field and three points outside of the arch. There will also be no difference in free throw administration.

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.



Definitions

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/or 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 - 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 the 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 2 free throws on the 5th team foul and on every foul thereafter. Team foul counts will reset every quarter. 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.