

Basketball 5 on 5

All players must sign the activity consent form and present their valid ZipCard prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

National Federation High School basketball rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

- 1.1. Teams consist of 5 players, but may start and/or play with 4 players. All players must be checked in with the Intramural staff before they are allowed to participate.
- 1.2. The game will end if a team has to drop to less than 3 players due to injury or ejection, regardless of the score.

2. LENGTH OF GAME

- 2.1. Game will consist of two 20-minute halves with running clock, separated by a 3-minute half-time period.
- 2.2. The clock will stop only for timeouts or officials' timeouts. Clock stops for dead ball situations in the last 2 minutes of the game only.
 - a. When shooting free throws and a timeout is called, clock starts when ball is touched after a throw-in on a made basket or when the ball is touched in bounds on a missed basket.
 - b. Clock continues to run on technical fouls unless timeout has been called.
- 2.3. Each team receives 3 (1-minute) timeouts per game (limit 2 per half).
 - a. Timeouts may be called only by the team with possession of the ball or during dead ball situation. Only players in the game or designated coach may call timeout. NOTE: Coach is to be designated in captain's meeting, cannot dress in uniform or sign-in to play.
 - b. After the timeout, ball will be inbounded closest to the spot where the ball was when timeout was called.
 - c. Timeouts in excess of the allotted number may be requested and granted during regulation or overtime, at the expense of a technical foul. This will be given even if official was unaware timeout was in excess.
 - d. Overtime: 1 timeout (40-second) per overtime period is allowed. Timeouts do not carryover from regulation or previous overtime periods.
- 2.4. Mercy Rule: If a team is ahead by 40 points at halftime, or any point thereafter, or by 20 or more points with 2 minutes or less remaining in the second half, the game will end.
- 2.5. There will be no overtime in regular season play. In the event of a tie in playoffs, a tiebreaker will be conducted as follows:
 - a. There will be one 4 minute overtime period. Tipoff will determine possession.
 - b. Clock will stop on dead balls in the last 2 minutes only.
 - c. Overtime is repeated until a winner is declared. If more than 1 overtime period is needed, there will be a 1 minute break between periods.

3. FORFEIT POLICY

- 3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 2 for sportsmanship.
 - a. EXCEPTION: The opposing team grants a 10 minute grace period, in which case the game clock starts at game time, and play continues with remaining time once the team becomes ready.
- 3.2. Should a team be granted the grace period, the following penalties will be assessed:
 - a. Within 5 minutes of game time, opposing team receives 5 points and starts with the ball.
 - b. Within 5-10 minutes of game, opposing team receives 5 additional points.
 - c. Final forfeit score is a 10-0 win for opposing team; granted at the end of 10 minute grace period.
- 3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.
- 3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

- 4.1. **NO jewelry allowed.** The only exception is a medical alert bracelet that must be taped down. Penalty: Technical foul.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Knee braces made of hard, unyielding substances covered on both sides will all edges overlapped and any other hard substances covered with at least 2" of slow recovery rubber or similar material will be allowed.
- 4.4. Campus Recreation provides games balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.

- 4.5. All players must wear non-marking rubber-soled athletic shoes.
- 4.6. Teams must wear shirts that are the same shade of color, and each shirt must have a different number. Numbers need to be at least 3" and written or painted on the shirt. Taped numbers are not allowed.

5. VIOLATIONS

- 5.1. Back-court: Teams may not be in continuous control of a ball in their backcourt for 10 seconds. Once the ball has been established across the half-court line (both feet and the ball), it is a violation to cross back over into the back-court. Penalty: Turnover.
- 5.2. Three Seconds: An offensive player cannot be inside of or in contact with the free throw lane (known as the key) for more than 3 seconds while the ball is in his/her team's front-court. Penalty: Turnover.
- 5.3. Five Seconds: If a player is closely guarded (within six feet) in the front-court and holds the ball for more than 5 seconds, or dribbles the ball for more than 5 seconds then a violation will be called. Penalty: Turnover.
- 5.4. Kicking: It is a violation to intentionally strike the ball with any part of the leg or foot; accidentally striking the ball with the foot or leg is not a violation. Penalty: Turnover.
- 5.5. Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot will result in a turnover.
- 5.6. Throw-In Violations:
- The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.
 - The thrower must pass the ball into the court within 5 seconds of the start of a throw-in. Penalty: Turnover.
 - The thrower may step on but not over the sideline. Penalty: Turnover.
 - The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional foul.
 - The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball. Penalty: Technical foul.
 - The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense.

6. FOULS

- 6.1. A player shall be allowed 5 personal fouls per game. On the 5th personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
- 6.2. A double foul is a situation in which 2 opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and possession is awarded based point of interruption (team with ball at time of double-foul; if loose ball or shot attempt then goes to possession arrow).
- 6.3. An intentional foul is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, and contact away from the ball or when not playing the ball.
- 6.4. A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs the player is ejected from the game.
- 6.5. When a player control (charging) foul is committed, no points can be scored.
- 6.6. A technical foul is a foul by a non-player, a non-contact foul by a player, an intentional or flagrant contact foul while the ball is dead
- Two technical fouls against a player or coach result in immediate ejection of that person from the game.
 - Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury.
 - Dunking is not allowed. Dunking during warm-ups, a dead ball situation, or any other time during the game will result in a technical foul.
 - A technical foul on a spectator or coach is charged to the team captain. Any 2 players and/or coaches and/or spectators ejected from a game will result in an automatic forfeiture of the game by the offending team. A technical foul will also be recorded as a personal foul of the offender; also included in the total team fouls.
 - A team leading by 20 points or more during the second half may not use full court pressure. Penalty: Team captain will be given a warning on the first offense and a technical foul on the second offense.

7. FREE THROWS

- 7.1. A player will receive the 1-and-1 bonus after the offending team has accumulated 7 fouls each half. This rule applies to all fouls except shooting, player control, technical, intentional or flagrant. On the 10th foul and thereafter the opposing team will shoot 2 free throws for all fouls except player control.
- 7.2. When a player control foul is committed, the basket will not be allowed and free throws will not be awarded.
- 7.3. Players will be allowed 2 free throws and possession of the ball for all technical, intentional or flagrant fouls.
- 7.4. Players will be allowed 2 free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed 1 free throw.

- 7.5. Any shooting foul committed behind the 3-point line, on a missed shot, will merit 3 free throws. If a player is fouled, in the act of shooting, behind the 3-point line and makes the shot, 1 shot will be awarded.
- 7.6. The first marked lane spaces (ones adjacent to the end line) must remain vacant. The second marked lane spaces on each side may be occupied by opponents of the free throw shooter, and the third marked lane spaces may be occupied by teammates of the shooter. The lane spaces closest to the free throw line may be occupied by opponents of the free throw shooter. The total number of players permitted, on marked lane spaces, is six (not including the shooter) four defensive and two offensive. The offense may have no more than two players and the defense can have as little as two and as many as four.
- 7.7. During free-throw attempts all players may attempt a rebound when the ball makes contact with the rim/backboard.

8. FREE THROW VIOLATIONS

- 8.1. Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces if their opponents wish to occupy the space nearest them. These individuals may enter the lane when the ball hits the rim.
- 8.2. Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the 3-point line. These players may not enter this area until the ball has touched the rim/backboard.
- 8.3. The free throw shooter must not touch the free throw line. He or she cannot fake a try, and must release the ball within 10 seconds.
- In a 1-and-1 situation this will result in a turnover.
 - If this occurs on the first attempt of a 2 shot foul, the first shot is void and the second will be administered.
 - If this occurs on the second attempt of a 2 shot foul, it will result in a turnover.
- 8.4. Failure to cause the ball to touch the rim will result in a dead ball.
- In a 1-and-1 situation this will result in a turnover.
 - If this occurs on the first attempt of a 2 shot foul, the first shot is void and the second will be administered.
 - If this occurs on the second attempt of a 2 shot foul, it will result in a turnover.

9. ADDITIONAL COED RULES

- 9.1. Teams consist of 5 players, 3 females and 2 males. A minimum of 2 females and 2 males can be used to start a game and continue play throughout the course of the game.
- Exception: 3 players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game. However, the gender difference can be no more than 1 at all times on the court.
- 9.2. Scoring will be kept as follows:
- 3 points awarded when a female makes a shot inside the 3-point line. 2 points when a male makes a shot inside the 3-point line.
 - 4 points awarded when a female makes a shot from behind the 3-point line. 3 points when a male makes a shot from behind the 3-point line.
 - All free throws, regardless of gender, are worth 1 point. However, females will receive the number of free throws the attempted shot was worth. Therefore, a female fouled while shooting behind the 3-point line receives 4 free throws; a male receives 3 free throws in the same situation.
- 9.3. Men **ARE** permitted to enter the lane at each end of the court at any time.
- 9.4. It is a violation for a male player to block a shot attempted by a female. Blocking of a female's shot by a male will result in a goaltending violation.
- 9.5. Equipment: A men's ball will be used for all coed games unless both teams agree to play with a women's ball.