



5 on 5 Basketball Rules

Each participant is responsible for presenting a current BAKER ID at game time.

NO EXCEPTIONS

Intramural Basketball will be played according to the National Federation of High Schools rules. The following are highlighted rules and exceptions to the NIRSA Rule Book

Players, Substitutes and Equipment

A game shall be played with four (4) or five (5) players

Official Game = 4-5 players present

Forfeit = less than 4 players present

One of the five (5) players shall be the captain. The captain is the representative of his/her team and is the only team member who may address an official on matters of interpretation or to obtain essential information, and must be done in a courteous manner. Any player may address an official to request a time-out or permission to leave the court.

Rosters

Rosters are subject to change up until the start of the first game. After tournament play has begun, only players on the roster will be allowed to play.

Only the names of those players present at game time are allowed to appear on the scorecard. There is no penalty to sign up names on the scorecard late, but you must have the name on before the player enters the game. That player(s) must have their ID checked by the IM staff before he/she plays. If this procedure is not followed, the player will receive a technical foul.

Substitutions

A substitute who desires to enter shall report to mid-court. The substitute shall remain outside the boundary until an official beckons him/her, whereupon he/she shall enter immediately. If the substitute enters to replace a player who must attempt a free throw, he/she shall withdraw until the next opportunity to substitute.

A player who has been withdrawn or directed to leave the game shall not re-enter before the next opportunity to substitute after the clock has been properly started following his/her replacement.

A player who has been injured to the extent that the coach or any other bench personnel is beckoned and/or comes onto the court shall be directed to leave the game.

A player who is bleeding or has an open wound, or has an excessive amount of blood on his/her uniform shall be directed to leave the game.

A player who has been determined unconscious shall not return to play in the game without written authorization from a physician.

Substitutes may enter the court during any dead ball after getting the official's attention. Running onto the court without permission of either official will result in a technical foul.

Uniforms

Teams are allowed to provide their own uniforms as long as they are all the same color and have numbers located at least on the back of the uniform. Teams choosing to use Intramural jerseys will be required to check them out from the scorekeeper with a BAKER ID. **If an IM staff member deems any uniform to contain obscene or vulgar content it must be removed.** Any player not removing this type of uniform will be asked to leave the facility.

At least one team must have some form of uniform on for each game in order to differentiate between the teams competing. **Shirtless** play will not be allowed.

Illegal Equipment

The Referee shall not permit any player to wear equipment, which in his/her judgment is dangerous or confusing to other players or is not appropriate.

Examples of illegal items are, but not limited to:

1. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance- even though covered with soft padding-when worn on the elbow, hand, finger, wrist or forearm.

2. Head decorations, headwear and jewelry

Exception: A headband no wider than two (2) inches and made of non-abrasive, unadorned cloth, elastic, fiber, soft leather or rubber may be worn. Rubber/cloth (elastic) bands may be used to control hair.

3. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.

The Referee shall not permit any player to participate if in his/her judgment, items such as player's fingernails or hairstyle may constitute a safety concern.

The Ball

Intramurals will provide a ball for each game. Teams **will not be allowed** to warm-up with the game ball, so they must bring their own ball with which to warm-up. The same ball will be used in the first and second half. *A men's ball will be used in co-recreational play.*

Ball Location at Disposal: A ball that is in contact with a player or with the court is in the backcourt if either the ball or the player (either player if the ball is touching more than one) is touching the backcourt.

A ball, which is in the contact with a player, is in the frontcourt if neither the ball nor the player is touching the backcourt.

A ball, which is in flight, retains the same location as when it was last in contact with a player or the court.

A ball, which touches an official, is the same as the ball touching the floor at the official's location

A ball which touches the front faces or **all four edges of the backboard** is treated the same as touching the floor inbounds, except that when the ball touches the thrower's backboard it does not constitute a part of the dribble.

During a dribble from backcourt to frontcourt, the ball is in the frontcourt **when the ball and both feet** of the dribbler touch the court entirely in the frontcourt.

A ball is at the disposal of a player when it is:

1. Handed to a thrower or free thrower
2. Caught by the free thrower after it is bounced to him or her
3. Placed on the floor at the spot
4. Available to the player

Fouls/Free-throws

Foul: Is an infraction of the rules that is charged and is penalized.

A personal foul is a player foul, which involves illegal contact with an opponent while the ball is alive or committed by or an airborne shooter when the ball is dead.

A common foul is 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.

A flagrant foul may be a personal or technical foul of a violent or savage nature, or technical noncontact foul which displays unacceptable conduct. It may or may not be intentional.

A technical foul is:

1. A foul by a nonplayer.
2. A noncontact foul by a player.
3. An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter

A player control foul is a common foul committed by a player while he/she is in control of the ball, or by an airborne shooter.

A team foul is any personal foul or technical foul which is charged to either team. All team fouls are counted to reach the bonus free throw.

An unsportsmanlike foul is a noncontact technical foul which consists of unfair, unethical, or dishonorable conduct. Acts of deceit such as accepting a teammates foul or free throw, faking being fouled, or use of profane or inappropriate language or gestures are unsportsmanlike.

Free throws will be administered in the event of a shooting foul, a team has reached over 7 fouls, technical fouls, as well as intentional fouls

Bonus Free Throw: Is the second free throw which is awarded for each common foul (except a player control foul) committed by a player of a team beginning with that team's 7th team foul in a half, provided that the first free throw for the foul is successful. A player control foul is counted as a team foul for reaching the bonus. When an offender commits a technical foul, which is also charged indirectly to the head coach, it counts as only one team foul toward reaching the bonus.

Scoring and Timing Regulations

Absolutely no protests will be allowed over scoring. Each team must have someone to monitor the score or accept the consequences.

The official score is the score recorded on the score sheet.

A goal is made when a live ball enters the basket from above and remains in or passes through. No goal is scored if an untouched throw-in goes through the basket. Whether the clock is running or stopped has no influence on the counting of a goal. If a player control foul occurs after a goal, the goal is canceled.

A successful try from the field by a player who is located behind the 19-foot, 9-inch line counts three (3) points. Any other goal from the field counts two (2) points for the team into whose basket the ball is thrown.

Playing Time

A game will consist of two halves of twenty minutes each. The clock will stop only for team and officials' time-outs during the first 18 minutes of each half. In the last 2 minutes of each half, the clock will be stopped on all whistles.

Each half or extra period begins when the ball first becomes live. It ends when time expires, except:

1. If the ball is in flight during a try for a field goal or in flight from a tap by a player toward his/her basket, the half or extra period ends when the try or tap ends.
2. If a held ball or violations occur so near the expiration of time that the clock is not stopped before time expires, the half or extra period ends with the held ball or violation.
3. If a foul occurs:
 - A. So near the expiration of time that the timer cannot get the clock stopped before time expires
 - B. After time expires but while the ball is in flight during a try for field goal.
 - C. After time expires but while the ball is in flight on a tap by a player toward his/her basket.

The half or extra period ends when the free throw(s) and all related activity have been completed. No penalty or part of a penalty carries over from one quarter (half) or extra period to the next.

If a technical foul occurs after the ball has become dead to end a half, the next half or an extra period is started by administering the free throws. This applies when the foul occurs after the first half has ended and after the second half has ended, provided there is to be an extra period. If there is no way to determine whether there will be an extra period until the free throws are administered, the free throws are attempted immediately, as if the foul had been part of the preceding half.

Mercy Rule

If ever a time is done by over 30 points the game will be called and the leading team will win that game. Once the 30th or more point is scored, the opposing team will be given an opportunity to score. If that team scores, the game will resume, if not the game will be called.

If a team is down by 20 points in the last 3 minutes of the game, the game will be called and leading team will win that game.

Extra Period

If the score is tied at the end of the second half, play shall continue without change of baskets for one or more extra periods with a 1-minute intermission before each extra period. There will be one (1) time-out given in overtime. NOTE: Time-outs will not carry over into the overtime.

The game ends if, at the end of any extra period, the score is not tied.

The first overtime period will be three (3) minutes with a running clock for the first minute and a regulation clock for the remainder of the period. The second overtime will be two (2) minutes with a regulation clock, and the third overtime period will be one (1) minute with a regulation clock. Any subsequent overtime periods will be (1) minute in length with a regulation clock.

Clock stoppage

During the use of regulation clock, time-out occurs and the clock, if running shall be stopped when an official:

1. Signals
 - A. A foul
 - B. A held ball
 - C. A violation
2. Stops by:
 - A. Because of an injury
 - B. To confer with scorers or timers
 - C. Because of an unusual delay
 - D. For an emergency
3. Grants a player's oral request for a time-out, such request being front only when:
 - A. The ball is in control or at the disposal of a player of his/her team
 - B. The ball is dead, unless replacement of a disqualified or injured player(s), or a player is directed to leave the game is pending, and a substitute(s) is available

A single time-out charged to a team shall not exceed one (1) minute. Such a time-out shall not be reduced in length unless both teams are ready to play before the time-out is over.

Time-Outs

Each team is allowed two (2) time-outs per game. Each team receives one (1) time-out for each overtime period. Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.

Successive time-outs shall not be granted after expiration of playing time for the second half or any extra period. A time-out shall not be granted until after the ball has become alive to start the game.

Violations and Penalties

Free Throw Violation: No player shall enter or leave their marked lane space until the ball touches the ring and/or the backboard, or until the free throw ends. If the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that throw.

If the violation is by the free thrower's opponent only:

1. If the try is successful, the goal counts and the violation is disregarded
2. If the try is not successful, the ball becomes dead when the free throw ends, and a substitute throw shall be attempted by the same free thrower under conditions the same as for the free throw which it is substituted.

If there is a violation by each team, the ball becomes dead when the violation by the free thrower's team occurs, no point can be scored, and play shall be resumed by the team entitled to the alternating possession throw-in from the designated out-of bounds spot nearest to where the double violation occurred.

Fouls and Penalties

A substitute shall not enter the court without reporting to the officials

Penalty: Technical foul; two (2) free throws plus the ball for division line throw-in

A player shall not:

1. Participate after having been disqualified.
2. **Dunk or attempt to dunk the ball at either basket during warm-ups or intermission.**
3. Slap or strike either backboard or cause either ring to vibrate while the ball is in flight during a try or tap or is touching the backboard or is on or in the basket or in the cylinder above the basket. A player may not place a hand on the backboard to gain an advantage.

If a defensive player strikes the backboard in a malicious attempt to alter a shot, the basket will not count and a technical foul will be assessed. If an offensive player strikes the backboard and the official(s) determines this was unnecessary or an act of taunting, a technical foul will be assessed and the basket will be disallowed, if scored. The offensive player may touch the backboard as part of their natural follow through

Penalty- Technical foul; two (2) free throws plus the ball for point of interruption throw-in

Any player, non-player, substitute, spectator or coach shall not:

1. Commit an unsportsmanlike foul. This includes, but is not limited to acts, or conduct such as:
 - A. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
 - B. Using profane or inappropriate language or obscene gestures.
 - C. Baiting or taunting an opponent or obstructing his/her vision by waving hands near his/her eyes
 - D. Climbing on or lifting a teammate to secure greater height to handle the ball
 - E. Knowingly attempted a free throw or accepting a foul to which the player was not entitled
 - F. Excessively swinging his/her arm(s) or elbows even though there is no contact with an opponent.

Penalty- Technical foul; two (2) free throws plus the ball for point of interruption throw-in

A player shall not:

1. Intentionally or flagrantly contact an opponent when the ball is dead and such contact is not a personal foul.
2. Goal tend or commit basket interference during a free throw
3. Reach through the throw in boundary line plane and touch or dislodge the ball

Penalty- Technical foul; two (2) free throws plus the ball for point of interruption throw-in

The 2nd technical foul charged to a player is automatically considered flagrant and the offender shall be disqualified and shall go to the team bench.

The 3rd technical foul charged to player(s) on the same team automatically disqualifies the team. This will be recorded as a forfeit.