



Intramural Sports

Basketball Rules and Regulations

Must have ID to play!!!

TEAM

1. A team will consist of 5 players on the court and a maximum of 15 on the rosters
2. You must have 5 to begin a game, and only 5! If a team only has 5 player's and a player is ejected from the game is over. Teams cannot play with less than 5 players.
3. Teams must have the same color jerseys with permanent numbers by their first game. Numbers must be between 00 - 99 (whole numbers only) and must be ironed-on, screened on, or have prior approval by the Intramural Director.
4. Players must wear athletic shoes to play. (no boots, hardsole shoes).
5. Teams that forfeit a game must pay a **\$15.00 FORFEIT FEE** to the Intramural office before their next. If this is not paid before their next game, the team will forfeit their season!

GAME

1. The game will consist of 2, 18 minute halves with a 4 minute intermission. The clock will stop in the last 2 minutes of the game.
2. Game time is forfeit time. However, a **5 minute grace period** will be allowed if needed to field a team.
3. Teams will be given 2 time-outs per half. Time-outs do not carry over from period to period. Time-outs are for one minute.
4. Overtime periods will be played when regulation ends in a tie. **Overtime will consist of 2 minutes** with the clock stopping during the last minute. 2nd OT – 1:00. 3rd OT – free-throws.
5. Each team will have 1 time-out per overtime period. **No time-outs may be carried over from regulation.**
6. **Mercy Rule-** will be in effect. If there is a 20 point difference with 2 minutes remaining, the game will be over.

6. **No Press Rule:** If a team is up by 30 points, it may not press full-court. Said team must return to half-court!!!!
7. A **bleeding player** has to come out of the contest and cannot re-enter until the official gives he/she the okay.
8. SUBSTITUTIONS will be made during dead ball, time-out or free-throws. A player must be called in by the official. No running in and out whenever you want.

BENCH – *Only the players and two coaches are allowed in the bench area!!
All others must be on the ends of the court.*

FOULS AND PENALTIES

1. Each player may accumulate 5 personal fouls during the game, after which the player is disqualified from the game.
2. **Technical Fouls:**
 - Technical fouls count as a personal foul and a team foul.
 - Any player receiving 2 Tech's, will be ejected from that game **plus** he/she will be suspended from the next game.
 - * Technical fouls will result in the opposing team receiving 2 points along with ball possession at half-court. No Free-throws!!
 - If a player that has been ejected from one game & receives a technical foul in another game - Will be **SUSPENDED** for the rest of the season.
 - **DUNKING** during warm-ups will result in a Technical Foul!!

If a dunk occurs during the pre-game or half-time warm-ups, the other team will receive 2 pts (per dunk/rim grab) plus the ball at half-court.
3. Intentional fouls will result in the opposing team being awarded 2 points and the ball at half-court.
4. A team will be in the **bonus** when the other team has committed their 7th foul and will be in the **1-and-1** free throw situation.
5. When a team commits their 10th foul, the other team will be shooting **2 free throws - Double Bonus.**
6. Coaches can receive technical fouls for verbal/physical abuse of the officials. The Tech's count toward the team fouls. A coach must follow the same rules as the players!
7. An **Ejected Player** must leave the gym. If the ejected player continues to argue and does not leave the gym, it will result in the team forfeiting the game.
8. Ejected players/coaches must report to the Intramural Director at Wyatt Gym before they are able to participate any further.

SIGN_IN

1. Everyone must sign in themselves before the ball game. The scorekeeper will have the sign in sheet. In order for the game to start on time BE EARLY!!!
2. **ID's are to be given to the scorekeeper before the game. If you do not have an ID you will not play.**
3. Must have 5 signed in before the 5 minute grace period is up in order to start the game.
4. If someone signs up illegally and plays under another person name they will be suspended for the rest of the season.

SPORTSMANSHIP

1. Players and coaches are required to handle themselves in a mature and responsible manner.
2. There is to be no verbal or physical abuse of the officials!! Remember, they are not NBA officials and they will miss calls - just like you will miss a wide open lay-up or make a bad pass.
3. There is to be no verbal or physical abuse of the opposing team. No taunting, cursing or gesturing will be tolerated! Technical fouls will be given along with ejections/suspensions if needed.
4. Calls by the officials will be "judgment calls" and cannot be protested by any means.
5. Warnings may be given by the official to help calm a player down but may not happen every time.

Officiating Guidelines

COACH & BENCH

Coaches and/or other bench personnel who engage in the following actions are in violation and should be assessed a technical foul:

- a. Questioning the integrity of an official by words or gestures.
- b. Physically charging toward an official.
- c. Directing personal, vulgar or profane remarks or gestures toward an official.
- d. Excessively demonstrating officiating signals (traveling, holding, etc.) or excessively demonstrating by use of gestures or actions that indicate displeasure with officiating. If not excessive, a warning should be given to keep it from becoming excessive.
- e. Voicing displeasure about officiating through continuous remarks. A warning could be given initially to keep it from becoming continuous.
- f. Using disrespectful or unsporting words, gestures or actions toward an opposing player or coach.

POST PLAY

Some guidelines for making correct, consistent call in low-post play:

- a. Observe the entire play, especially when responsible for off-ball coverage.
- b. Anticipate the play but not the call when post players are in fronting situations.
- c. When the defensive player pushes a leg or knee into the rear of the offensive player, it is a foul on the defender.
- d. When the offensive player dislodges a defensive player from an established position by pushing or backing in, it is a foul on the offensive player.
- e. If a player uses the swim stroke arm movement to lower the arm of an opponent, it is a foul.
- f. If either post player uses hands, forearms, or elbows to prevent an opponent from maintaining a legal position, it is a foul.

IMPEDING PROGRESS

To curtail this action, fouls must be called consistently throughout the game. These guidelines consist of:

- a. When a defensive player keeps a hand or forearm on an opponent, it is a foul.
- b. When a defensive player puts both hands on an opponent, it is a foul.
- c. When a player continually jabs by extending their arms placing a hand or forearm on the opponent, it is a foul.

SCREENING

Some guidelines used in detecting and penalizing illegal screens are as follows:

- a. When a player uses arms, hands, hips or shoulders to force through a screen, or to hold or push the screener, it is a foul.
- b. When contact results because a player sets a screen when moving, the screener commits a foul.
- c. When a screener takes a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction, it is a foul.

INTENTIONAL FOULING

Guidelines that might be helpful in calling the intentional foul are:

- a. Any foul that is not a legitimate attempt to directly play the ball or player, is intentional.
- b. Grabbing, holding, pushing the dribbler in the back and other undue acts of roughness will be ruled as intentional.