



# UNIVERSITY

---

# RECREATION

## Intramural Sports

### Basketball Rules

University Recreation does not provide accident insurance coverage for injuries received by Intramural Sports participants. Each participant should make sure they have their own coverage prior to participating. Basketball is a contact sport and injuries are a possibility. UREC Intramural Sports assumes no responsibility for injuries. However, basic First Aid will be available.

The Intramural Sports program will be playing according to the **NFHS Rulebook**. Below is a brief overview and any exceptions to the **NFHS Rulebook**.

#### GENERAL INFORMATION

**ANY player that is ejected must meet with the GA before they are allowed to play ANY IM sport. If a player is ejected, he/she may NOT be replaced and the team will play short 1 player.**

1. All participants must have their current valid UWG ID card with them and a 971 number in order to participate. No player will be allowed to play without his or her own valid UWG ID and 971 number.
2. Jewelry, pockets are not allowed.
3. All participants must wear full t-shirt. No cut-offs
4. Teams are required to wear numbered jerseys/shirts. Numbers must be 0-99. Teams without their own jerseys will be required to check out jerseys from the I.M. checkout table. The captain's I.D. must be given to check out the bag of jerseys. Players must have a jersey before he/she can check in.
5. The captain must complete the scorecard prior to the game starting and all players must check in with his/her UWG ID.
6. A player may play for ONE men's or women's team, and ONE coed team.
7. A team is allowed no more than 2 club soccer players. Coed teams can have: 2 males, 1 male and 1 female, or 2 females.
8. The following equipment may NOT be worn: hard hats, billed hats or visors, metal spikes/ cleats, hooded sweatshirts, medical braces with exposed metal, any headgear with knots of any kind, sunglasses.

#### The Team & Players:

1. Teams will play with five players on the court at one time. A team must have four (4) players present at the start of the game to begin play.

2. Substitute players reporting into the game should move to the scorer's table and wait to be beckoned in by officials.
3. CoRec: Teams will consist of five players in the following way: 1st half – 2 women and 3 men, 2nd half – 3 women and 2 men. A team may play with 3 women the entire game.
  - a. A game can be played with a minimum of two males and two females.

### Equipment:

1. All teams must wear the same colored jersey.
2. There MUST be numbers on every jersey.
  - a. Numbers must be ironed or sewn on (tape or marker will NOT be permitted).
  - b. All numbers must be one or two digits, with numbers 0,1,2,3,4,5 only.
  - c. Teams may not have duplicate numbers (0 & 00 are considered the same number).
3. Each team is responsible for supplying their own ball for warm-up.

### The Game & Timing:

1. Games are divided into 2 halves of 20 minutes each.
  - a. The clock will run for the first 18 minutes of each half barring timeouts or injuries.
  - b. The clock continues to run on fouls, violations, and out-of-bounds situation for the first 18 minutes of each half.
  - c. Clock will be stop on all dead balls during the last 2 minutes of each half
  - d. The clock continues to run after a made basket.
  - e. Half time will be dependent on game schedule and will run no longer than five minutes.
  - f. After timeouts the clock will start when the ball is touched inbounds, or becomes live on a free throw attempt.
2. Each team receives 2 timeouts per half
  - a. Unused timeouts do NOT carry over.
3. Mercy Rule:
  - a. If a team is leading by 50 points at any time, the game will end
  - b. If a team attains a lead of 20 points or more during the final 2 minutes of the game, the game will end.
4. Dunking IS allowed during the game but is NOT permitted during warm ups. Dunking during a warm up time will be penalized by awarding a technical foul.
5. Grasping, hanging, or snapping the basket/rim is never allowed and will result in a technical foul.

### Fouls & Violations:

1. **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.
2. **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 losses control of the ball, or if the defender concedes their guarding position.

3. **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.
4. **Over-and-Back** – applies only to offensive players who have crossed half-court with both feet and ball. Once all three parts are established in the front court, if any one part crosses into the backcourt then over-and-back has occurred.
5. **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.
6. **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.
7. **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.
8. **Free Throw** –A maximum of 6 players (4 defensive, 2 offensive) may occupy marked lane spaces for rebounding purposes. Defensive players must fill the first space directly above the block and they may take the third lane space. The offensive players may fill the second lane spaces on both sides. 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:

1. A team will be in the “double bonus” on the opposing team’s 10<sup>th</sup> team foul in each half, resulting in 2 bonus free throws.
2. An intentional foul at any time during a game results in two points and possession of the ball out-of bounds at the spot nearest to where the foul occurred.
3. All unsporting and contact technical fouls count toward a player's five fouls for disqualification and toward team fouls in reaching bonus free-throw situations.
4. Fouls against the shooter will be shot throughout the game.

- a. An airborne shooter who is fouled by an opponent while in the air, but after the ball is released on a try, is considered to be in the act of shooting until both of the airborne shooter's feet return to the floor.
5. Any profanity or degrading of the officials will result in a technical foul.
6. Altercations involving two or more players will result in technical fouls.
  - a. The offending players will be ejected from the game.
  - b. They must meet with the Intramural Professional Staff before they may participate again.
  - c. Altercations can also be sent to the conduct office if deemed necessary.
7. **Team captains are responsible for the actions of their fans.** Fans must stay behind the team bench in the bleachers in the Campus Center Front Gym or on the second level of the Campus Center HPS Gym. No fans are permitted to stand in between courts with games in progress.
8. **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.
9. **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.
10. **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.
11. **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.
  - a. The 2nd technical foul charged to an offender will result in ejection from the game
12. **Intentional fouls** – No free throws will be attempted. On an unsuccessful shot attempt, intentional fouls will be awarded 2 points. On a successful shot attempt, intentional fouls will be awarded 4 points. In all intentional foul situations, the team will also retain possession and will have a throw-in at the out-of-bounds spot nearest the foul.
13. **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.

### Over-time:

1. Regular Season: Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner.
  - a. Clock will stop in the final 1 minute of overtime(s) using the same procedure.

- b. Overtime periods shall begin with a jump ball.
  - c. Teams will receive 1 time-out during the overtime period. Time-outs not used from the second half will not carry over to the overtime period.
- 2. If the game goes into a 2nd OT, the period will begin with a jump ball, and whichever team scores first is declared the winner.**

## Sportsmanship Rating:

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after an Intramural Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Intramural Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

**4 pts Good Conduct and Sportsmanship:** Players cooperate fully with the officials and Intramural Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Intramural Sports staff. \*Teams who default will receive a 4-sportsmanship rating

**3 pts Average Conduct and Sportsmanship:** Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

**2 pts Below Average Conduct and Sportsmanship:** Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.  
\*one unsportsmanlike infraction was given to a team

**1 pts Poor Conduct and Sportsmanship:** Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

\*two unsportsmanlike infractions given to a team.

**0 pts Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no Control over teammates and/or themselves. \*Teams who no show