

# ***Lander University Intramurals***

## **5v5 BASKETBALL RULES**

National Federation of High School Basketball Rules will be used with Lander University modifications.

### **I. PLAYERS**

1. Players must be CURRENT Lander students, faculty or staff. Alumni, non-students and spouses are not permitted to play. Teams may have no more than one former collegiate basketball player. A collegiate basketball player is defined, but not limited to, as anyone who: played, appeared on a collegiate roster or was admitted as a walk-on. This definition is subject to interpretation by the Director of Campus Recreation. Any team found to be participating with an ineligible player will automatically forfeit the game.

2. Men's/Women's:

- a. The game shall be played between two teams of five players each.
- b. A team may begin a game with a minimum of four players. A game may be finished by less than four, but at least one. In the case of one player remaining it is up to the discretion of the Supervisor on duty and the referees to determine if the game may continue.
- c. Team representatives (persons affiliated with the team, i.e. coaches and fans) are subject to the rules of the game.

3. Co-Rec:

- a. The game shall be played between two teams of five players each. At no times shall men exceed the number of women on the court.
- b. A team may begin a game with a minimum of three players, but there may never be more men on the court than is stated in Rule B-2a.
- c. At no time shall a male player enter the 3-second area.

### **II. THE COURT AND GROUND RULES**

1. The playing area

- a. The playing area is 80 ft. in length and 50 ft. in width.

### III. EQUIPMENT

#### 1. The ball

- a. The official ball shall be a regulation leather ball for men.
- b. Women shall use a regulation women's size leather ball.
- c. Co-rec shall use a regulations leather ball unless both teams agree to use a regulation women's leather ball instead.

#### 2. Jerseys

- a. Each team **MUST** have matching, numbered jerseys for every player. A non numbered jersey will **NOT** be allowed as a "00" and that player will not be allowed to play until they have a legal numbered jersey.
- b. Legal numbers are expanded to include 0-99.
- c. Numbers should be on the back of the jersey before the game has begun.
- d. Players are **NOT** permitted to write a number on their arm or wrist and will not be allowed to play until they have a legally numbered jersey.
- e. Tape is **NOT** to be used to put numbers on a jersey.
- f. It is the responsibility of each team to have numbered jerseys prior to the start of play. The intramural program is not responsible for providing markers, numbers, etc.

#### 3. Players

- a. Athletic shoes must be worn by all players.
- b. Knee pads are the only acceptable form of protective pads that will be permitted.
- c. Other types of equipment or substances that will be declared illegal include: jewelry, rubber bands, ballerbands, headgear, any slippery, sticky foreign substance on any equipment or exposed part of the body, and any equipment, which includes computers, or any electronic or mechanical devices (i.e. bullhorns) for communication. If the equipment is not removed the player is not allowed to play.
- d. Leg and knee braces made of hard, unyielding material (unless covered on both sides and all edges overlapped with at least 1/2 inch of protective material) will be declared illegal.

e. Headgear: Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.

f. Athletic shorts of any sort cannot have loops in them.

g. **NO JEAN SHORTS.**

h. The player is required to have their shirt tucked in while participating.

#### **IV. SCORING, TIMING REGULATIONS, AND SUBSTITUTES**

1. A goal is made when a live ball enters the basket from above the rim and passes through. No goal is scored if an untouched throw-in goes through the basket.
2. If a player control foul occurs after a goal, the goal is cancelled.
3. If a goal is made from the field that team will be credited two points or three points if released from behind the three-point arch.
4. Co-Rec: A goal is awarded to the offensive team if a lane violation occurs by a man on the defensive team.
5. A successful free throw shall count for one point.

#### **V. TIMING REGULATIONS**

##### 1. Playing Time

###### a. Men's/Women's/Co-Rec Games

- i. There will be two halves of twenty minutes each with an intermission of three minutes between halves.

##### 2. The Clock

- a. The clock will run continuously with the exception of the last two minutes in each period & during time outs.
- b. Following a timeout, or the end of a period, the clock shall run continuously once the ball is touched by a player in bounds following a throw-in.

- c. In the last two minutes of each period, the clock shall stop on every violation, foul, or free throw, and will not start again until the ball is touched in bounds following a throw- in or missed free throw.
  - d. There will be a 20 point mercy rule after the first 18 minutes in the second half (2 minutes left in the game).
3. Time-outs
- a. Each team is entitled to one time out per half.
  - b. Unused time-outs during regulation cannot be used during extra periods.
4. Overtime
- a. If the score is tied at the end of regulation the game will be extended to a 3 minute overtime period that will begin with a jump-ball at center court.
  - b. Teams will have zero (0) time outs remaining in overtime.
  - d. Team and personal fouls will carry over from the regulation period.
  - e. All other rules will apply as in regulation play.

## **VI. SUBSTITUTES**

1. A substitute who desires to enter the game shall report to the scorer's table, giving his or her number, and the number of the player who is being replaced.
2. Substitutes are not allowed to enter the area of play until an official on the court beckons them to the court. A substitution horn does not mean the substitute may enter the game.
3. Substitutions shall take place during a dead ball, between periods, and during a time-out.
4. A player who has been substituted for may not re-enter before the next opportunity to substitute after the clock has been properly started following his/her replacement
5. On free throws a substitute will enter the game after the first shot in a two shot situation; if it is a one-plus-one situation or a bonus shot on a made basket the substitute shall enter prior to the first shot.

## **VII. JUMP BALL**

1. All games will begin with a jump ball. One member of each team will line up in the center restraining-circle for the opening toss by the referee. Other team members must line up outside of the circle under the following provisions:

- a. Must step all the way up to the circle, or
- b. Must be at least six feet away from the circle. After the toss alternating possession goes to the possession arrow. If teams are, for whatever reason, required to play on an intramural court that does not have a center restraining-circle, then the officials will estimate the circle and throw the jump ball.
- c. The player designated for the jump ball for each team may not be the first player to gain possession of the jump. Violation: Opposing team gains possession out of bounds and the alternating possession is set so that the violating team gets the next possession.

## **VIII. JUMP BALL SITUATIONS**

1. In all jump ball situations, other than the start of an extra period, the teams will alternate taking the ball out of bounds for a throw-in.

2. A jump ball situation is when:

- a. A held ball occurs.
- b. The ball goes out of bounds when last touched simultaneously by two opponents, if the official is in doubt to who last touched the ball, or if the officials disagree.
- c. A double free throw violation occurs.
- d. A live ball lodges on a basket support.
- e. A double personal or double technical foul occurs.
- f. Opponents commit simultaneous goal tending or basket interference violations.

3. Immediately following an alternate possession throw-in, the possession arrow is reversed.

4. The alternate possession throw-in shall be taken from the out-of-bounds spot nearest to where the situation occurred.

## **IX. LIVE BALL**

1. The ball becomes alive when:

- a. On a throw-in, it is at the disposal of the thrower.
- b. On a free throw, it is at the disposal of the free thrower.

## **X. DEAD BALL**

1. The ball becomes dead, or remains dead, when:
  - a. A goal is made;
  - b. A held ball occurs;
  - c. A player control foul occurs;
  - d. An official's whistle is blown;
  - e. A foul occurs;
  - f. A violation occurs;
  - g. Time expires;
  - h. A technical foul occurs;
  - i. Basket interference or goal tending occurs;
  - j. It is apparent a free throw will not be successful on a free throw for a technical foul;
  - k. False double foul;
  - l. Free throw, which is to be followed by another free throw;
  - m. When the ball hits the support structure of the goal.

## **XI OUT-OF-BOUNDS**

1. A player is out-of-bounds when he or she touches the floor or any object, other than a player, on or outside a boundary line. The inside edge of a boundary line is the out-of-bounds line.
2. The ball is out-of-bounds when it touches:
  - a. A player who is out-of-bounds;

- b. Any person, the floor, or any object outside a boundary;
  - c. The ceiling, overhead equipment or supports;
  - d. The supports or back of the backboard or passes over the backboard.
3. The ball is awarded out-of-bounds after:
- a. A violation;
  - b. A free throw for a technical foul;
  - c. A field goal or a successful free throw for personal foul, or on an awarded goal;
  - d. A player control foul;
  - e. A common foul until bonus rule goes into effect.

## **XII. THROW-IN**

1. The throw-in starts when the ball is at the disposal of a player or team entitled to the throw-in. The thrower shall release the ball on a pass directly into the court, within 5 seconds after the throw-in starts.
2. An opponent may not reach over the boundary line in order to defend the throw-in. If the defender touches the ball while it is at the disposal of an opponent a technical shall be called, if the defender touches their opponent then and intentional foul shall be called.

## **XIII. FREE THROW ADMINISTRATION**

1. When a free throw is awarded, the administering official shall take the ball to the free throw line and place it at the disposal of the free thrower.
2. After the ball has been administered to the free thrower, he or she has ten seconds to shoot the free throw.
3. If a free thrower delays in coming to the free throw line, the official shall place the ball on the floor at the free throw line and begin the ten second count.
4. During a free throw, only the marked lane spaces may be occupied;
  - a. Each of the spaces adjacent to the end line **MUST** be occupied by one opponent of the free thrower.
  - b. The teammate of the free thrower is entitled to the next adjacent lane space on each side, and to each other alternating position along each lane line. The lane spaces immediately adjacent to the free thrower **MUST** remain empty.

- c. If a player who is fouled is injured, which prevents him/her from shooting a free throw, his or her substitute shall attempt the free throws. If there is no substitute available, any teammate may attempt the free throw.
5. During a free throw awarded because of a flagrant foul or technical foul, no lane space shall be occupied.
6. Following the successful completion of all free throws, the ball shall be thrown-in.
7. Players in marked lane spaces may not leave the space until the free throw attempt has touched the ring or backboard or until the free throw attempt has ended.

#### **XIV. VIOLATION TYPES**

1. Double Dribble. A player, who after his or her first dribble stops, begins their dribble again. A second dribble can only begin after loss of control due to:
  - a. Try for field goal;
  - b. A batted ball by an opponent.
2. Three Second Rule. A player shall not remain for more than three seconds in the free throw lane while the ball is in control of his or her team and in the front court. **NOTE:** A field goal attempt stops any three-second count, and a new count will begin if the team regains possession.
3. Throw-In. The thrower shall not:
  - a. Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court;
  - b. Touch the ball in the court before it touches another player;
  - c. Carry the ball onto the court;
  - d. Throw the ball so that it enters the basket before it touches another player;
  - e. Step on the boundary line as they release or prior to the release of the ball
4. A player shall not run (travel) with the ball, kick it, strike it with the fist, or cause it to enter and pass through the basket from below. **NOTE:** Kicking the ball is only a violation when it is an intentional act.
5. A player shall not excessively swing his or her arms or elbows even though there is no contact with an opponent.

6. Basket interference and goaltending. They occur when:

- a. A player touches the ball or basket when the ball is on or within either basket;
- b. A player touches the ball when it is touching the cylinder having the ring as its lower base;
- c. Touch the ball during the field goal try while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight.

7. A player shall not violate the free throw provisions by:

- a. Attempting a free throw from beyond the free throw semicircle or touch or cross the free throw line until the ball has touched the rim;
- b. An opponent shall not disconcert the free thrower;
- c. The free thrower shall not purposely fake a try.

8. Co-Rec Lane Violations. They occur when:

- a. A man enters the free throw lane at either end of the court;
- b. If the violation occurs at the offensive end, the ball is awarded out-of-bounds to the defensive team;
- c. If the violation occurs against the defensive team, two points will be awarded to the offensive team.

## **XV. TECHNICAL FOULS**

1. A technical foul shall be called if there is:

- a. Unsportsmanlike conduct towards an opponent or official whether on the court or not, this can also be applied to a team's fans and be applied to the team;
- b. Illegal substitutions;
- c. Delay of game;
- d. Changing or supplying incorrect jersey numbers once the game starts without reporting the change to the scorekeeper;
- e. Request an excess time-out or taking excessive time during a timeout;

- f. Hanging on the rim or basket other than to prevent an injury;
  - g. Wearing jewelry after the start of the game;
  - h. Using a full court press while leading by 20 points or more. When a team is ahead by 20 points, the defense must wait at the half court line before applying a press.
2. The penalty for a technical foul against the offending team is to award their opponents two free throws with the captain designating the free thrower. Following the free throws, the team is awarded the ball out-of-bounds at half court opposite the scorer's table.
3. Two technical fouls against a player shall result in his or her disqualification and ejection from the game.

**4. THE REFEREE MAY FORFEIT A CONTEST IF ANY PLAYER, SQUAD MEMBER, FAN OR BENCH PERSONNEL FAILS TO COMPLY WITH ANY TECHNICAL FOUL PENALTY, OR REPEATEDLY COMMITS A TECHNICAL FOUL OR OTHER ACT WHICH MAKES A TRAVESTY OF THE GAME.**

**XVI PERSONAL FOULS**

1. A player shall not:
- a. Charge into or contact an opponent in his/her path;
  - b. Attempt to dribble between two opponents or between an opponent and a boundary unless the space is such as to provide a reasonable chance for him/her to go through without contact.
  - c. If a dribbler in their progress has established a straight path, they may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the dribbler must avoid contact by changing direction or end his/her dribble.
2. A player who screens shall not:
- a. Take a position closer than a normal step from him/her;
  - b. When he/she assumes a position at the side or in front of a stationary opponent make contact with him or her;
  - c. Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction.

d. After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.

## **XVII. PENALTIES**

1. One free throw is to be awarded for:

- a. A foul against a field goal thrower whose try is successful;
- b. Each foul which is part of a multiple foul.

2. Two free throws are to be awarded for:

- a. A foul against a field goal thrower whose try is unsuccessful;
- b. An intentional foul;
- c. Any single flagrant foul;
- d. A technical foul.

3. A bonus free throw is to be awarded for:

- a. Each common foul, except for player control fouls, beginning with a team's seventh foul during the half. If the first bonus free throw is made, a second shall be awarded.
- b. Two shots shall be awarded beginning with a team's tenth foul.
- c. Technical fouls are to count toward the individual and team's total fouls.

4. No free throws for:

- a. Each common foul before the bonus rule is in effect;
- b. A double foul;
- c. A player control foul.

5. A player acquiring five personal fouls, including technical fouls, is disqualified.

## **XVIII. DEFINITIONS OF FOULS**

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

2. Common foul is a personal foul which neither; flagrant nor intentional, nor committed against a player trying for a field goal, nor a part of a double or multiple fouls.
3. 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, contact away from the ball or when not playing the ball.
4. Flagrant foul may be a personal or technical foul of a violent nature, or a technical Non-contact foul, which displays unacceptable conduct. It may or may not be intentional.
5. Player control foul is a common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.
6. Double personal foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.
7. Double technical foul is a situation in which two opponents commit technical fouls against each other at approximately the same time.
8. Multiple foul is a situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time.
9. Technical foul is a foul that is unsportsmanlike and may include contact or non-contact or both. A technical foul may be committed by a player, non-player or both.

## **XIX. TIE GAME**

1. The same procedure used to start the beginning of the game will be used for each additional overtime period.
2. In the regular season over time will be played as a 3-minute additional period. Only one overtime will be played in the regular season.

## **XX. NON-APPEARANCE FORFEITS**

1. A team will be given a forfeit for non-appearance at a game at which a team does not have three players at the playing site at the game's scheduled starting time.

## **XXI. CO-REC RULES SUMMARY**

1. The game shall be played between two teams of five players each. At no times shall men exceed the number of women on the court.
2. A team may begin a game with a minimum of three players, but there may never be more men on the court than there are women.

3. There will be two halves of twenty minutes each with an intermission of three minutes between halves.

4. Each common foul, except for player control fouls, beginning with a team's seventh foul during the half. Two shots shall be awarded on the team's tenth foul.

5. **PLAYOFFS:** All overtime periods will be played with 2 men and 3 women.