

Truman State University

Intramural Recreational Sports Basketball (5v5) Rules



Truman State University Intramural 5v5 Basketball will follow National Federation High School Basketball Rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete National Federation High School Basketball rulebook is available for viewing online at NFHS.org. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.

SECTION 1: GENERAL RULES & REGULATIONS

TEAM REQUIREMENTS

1. A team consists of five (5) players, but a game may start with four (4) players. A team must have four (4) players on the court at all times.
2. If a team has forfeited, the opposing team must have at least four (4) players checked in with the Intramural Supervisor to be credited with the win.
3. Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official acknowledges them.
 - a. Penalty: Technical foul.
4. All games shall be played on the date and hour scheduled. **GAME TIME IS FORFEIT TIME**

EQUIPMENT & FACILITIES

1. The playing area consists of the basketball courts in the Main Gym of the Student Recreation Center, unless otherwise adjusted.
2. Teams must wear shirts with the same shade of color, and each shirt must have a different number
 - a. Numbers greater than two (2) digits are not allowed.
 - b. Numbers must be written or painted on the jerseys/shirts. Numbers **MAY NOT** be taped onto the shirt.
 - c. The Intramural Office will provide a total of eight (8) reversible jerseys per team. An ID will be collected from the **ALL PARTICIPANTS** who check out a jersey. If a participant wears an intramural jersey, a T-shirt with sleeves must be worn under the reversible jersey. The student's ID will be returned when they have returned the jersey after completion of the game before leaving the facility. Any jersey not returned will cost the representing team a forfeiture of game, forfeit fee, and replacement cost of the jersey.
 - i. Each jersey costs \$20.00.
3. Players must wear a clean pair (not your street shoes) of non-marking athletic shoes. Participants must show that their shoes are free of snow, rain, mud, etc. Players are prohibited to play in sandals, flip flops, socks, or bare feet.
4. Players must remove all exposed jewelry. This includes fitness bands, watches, rings, etc. Participants that are unsure if an item constitutes jewelry should consult the Intramural Supervisor for clarification. Failure to remove jewelry could result in being removed from the game.
 - a. Penalty: Personal foul; Refusal to remove: Ejection from game/facility.
5. Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor or official may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides, with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber, or similar material, will be allowed.

6. Spectators, "coaches", injured, or inactive players are not permitted in a team's bench area. Participants who are playing are the only members allowed in the bench area.
 - a. Penalty: Reduction of Sportsmanship points; potential ejection from game/facility.
7. Games will be hosted at the Truman Student Recreation Center unless otherwise noted. Basketballs will be provided for participants to use.
 - a. Teams who wish to use their own ball for a game must have the opposing team agree to use the equipment provided.

SECTION 2: GAMEPLAY & RULES

LENGTH OF GAME & TIMING

1. There will be two sixteen (16) minute halves of continuous running time. Clock stops for time outs or official time outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations.
 - a. Exception: During the last minute of first half and last two minutes of the second half, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time outs, fouls, etc.).
2. When a team is shooting free throws and a time out is called, the clock will start when the ball is touched after a throw-in on a made basket or when the ball is touched in bounds on a missed basket. The clock continues to run on technical fouls unless a time out has been called.
3. There will be a two-minute intermission between halves.
4. Overtime: Playoffs only. There will be no regular season overtime. In the playoffs, there will be a two minute overtime period. Clock stops on all dead ball situations. Overtime will start with a jump ball.
 - a. If multiple overtime periods are necessary, there will be a one-minute break between overtime periods. Overtime will be repeated until a winner is declared. All fouls carry over, but time outs do not. Teams will receive one time out per overtime period.
5. Mercy Rule: At any point in the 2nd half when a team is ahead by 30 points, the game will be stopped. If a team is leading by 20 points at two minutes within the game, the clock will be continuous.
6. Time Outs
 - a. Each team will have two (2) time outs per game (no limit per half). Time outs are one (1) minute long each. After each time out, the official should record the number of the player who called the time-out and the time it was called.
 - b. Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Participants on the bench may not call time-out. After a time-out the ball will be in-bounded closest to the spot where the ball was when the timeout was called.
 - c. One time-out per overtime period is allowed. Time outs from regulation play do not carry over into the overtime.

VIOLATIONS

1. Back-court: Teams may not be in continuous control of a ball in their backcourt for 10 seconds. Failure to advance the ball past half court in 10 seconds results in a violation. 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.
 - a. Penalty: Turnover of possession.
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 three seconds while the ball is in his/her team's front-court.
 - a. Penalty: Turnover of possession.
3. Five Seconds: If a player is closely guarded (within six feet) in the front-court and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called.
 - a. Penalty: Turnover.
4. Kicking: It is a violation to intentionally strike the ball with any part of the leg or foot
 - a. Penalty: If committed by possessing team, results in turnover of possession. If committed by defensive team, possessing team will in bounds ball from nearest sideline/endline.

- i. Accidentally striking the ball with the foot or leg is not a violation. This is at the discretion of the official.
5. Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot is a violation.
 - a. Penalty: Turnover of Possession and foul assessed.
6. Travelling: Occurs when a player holding the ball moves one or both of his feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking two or more steps without dribbling the ball.
 - a. Penalty: Turnover of possession.
7. Double Dribble: An illegal dribble that occurs when a player dribbles with both hands simultaneously or interrupts a dribble by holding the ball briefly in one or both hands.
 - a. Penalty: Turnover of possession.
8. Jump Ball: When players on both teams both have possession of the ball; if players from both teams have their hands on the ball simultaneously.
 - a. Possession arrow determines who has possession.
9. Out of Bounds: When the ball goes out of play, it is awarded to the team that did not touch it last; if a player steps out of bounds while possessing the ball, the opponent shall gain possession.
10. Common Fouls
 - a. Illegal contact
 - b. Charging
 - c. Blocking
 - d. Illegal Screen
 - e. Pushing
 - f. Holding
 - g. Illegal use of Hands
 - h. For additional fouls and descriptions, please consult the NFHS Rulebook.
11. Throw In Violations:
 - a. The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary.
 - i. Penalty: Turnover of possession.
 - b. The thrower must pass the ball into the court within five seconds of the start of a throw-in.
 - i. Penalty: Turnover of possession.
 - c. The thrower may step on but not over the sideline.
 - i. Penalty: Turnover of possession.
 - d. The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower.
 - i. Penalty: Intentional foul.
 - e. The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball.
 - i. Penalty: Technical foul.
 - f. The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. Each **TEAM** will be warned on the first infraction and penalized on each subsequent offense.
 - i. Penalty: Technical foul.
12. Free Throw Violations
 - a. 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.
 - b. 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 three-point line. These players may not enter this area until the ball has been released by the shooter.
 - c. The free thrower must not touch the free throw line. He or she cannot fake a try, and must release the ball within ten seconds of gaining possession.
 - i. In a one and one situation this will result in a turnover of possession.

- ii. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.
- iii. If this occurs on the second attempt of a two shot foul, it will result in a turnover of possession.
- d. Failure to cause the ball to touch the rim will result in a dead ball.
 - i. In a one and one situation this will result in a turnover of possession.
 - ii. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.
 - iii. If this occurs on the second attempt of a two shot foul, it will result in a turnover of possession.

FOULS

1. Players will be allowed two free throws when fouled in the act of shooting if the foul occurs beneath the three point arc and the shot is missed. If the basket is made, then it counts and the player is allowed one free throw.
2. Players will be allowed three free throws when fouled in the act of shooting if the foul occurs outside the three point arc and the shot is missed. If the basket is made, then it counts and the player is allowed one free throw.
3. If a player is fouled while not in the act of shooting, play will be stopped and played in by the team not committing the foul.
 - a. Exception: If a team is in bonus or double bonus.
4. The first marked lane spaces (ones adjacent to the end line) shall be occupied by opponents of the free-throw shooter, unless the resuming of play procedure is in effect. The second marked lane spaces on each side may be occupied by teammates of the free-throw shooter, and the third marked lane spaces may be occupied by opponents of the shooter. The total number of players permitted on marked lane spaces are 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. The lane spaces closest to the block must remain vacant.
5. Bonus
 - a. A player will receive the one-and-one 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 tenth foul and thereafter the opposing team will shoot two free throws (double bonus) for all fouls except player control.
6. A player shall be allowed five (5) personal fouls per game. On the fifth personal, that player shall be removed from the game.
 - a. 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.
7. A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.
 - a. In the case of a double foul, fouls are recorded, no free throws are awarded, and possession is awarded based on the alternating possession arrow.
8. 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, or any contact away from the ball/when not playing the ball.
 - a. Results in team who did not foul receives possession of the ball and 2 points
9. 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.
 - a. Results in team who did not foul receives possession of the ball and 2 points
10. When a player control (charging) foul is committed, no points can be scored.
11. 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.

- a. Two technical fouls against a player or coach result in immediate ejection of that person from the game.
- b. Three technical fouls against a player for the season will result in that player being ineligible for that league.
- c. Slapping either backboard or grabbing the rim is a technical foul.
 - i. Exception: a player may grab the rim to prevent injury or if contact with the rim or backboard is a result of regular play.
- d. Dunking is illegal in the Student Recreation Center. Any act of dunking during warm-ups, in a dead ball situation, or any point in the game will result in a technical foul and an ejection from the facility.
- e. A technical foul on a spectator or coach is charged to the team captain. Any two 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.
- f. Results in team who did not foul will receive possession of the ball and 2 points.

SECTION 3: SCORING PLAY

SHOT POINT VALUES

1. Shots taken from beneath the three point arc will result in two (2) points for each basket made.
2. Shots taken from outside the three point arc will result in three (3) points for each basket made.
3. Free throw shots are worth one (1) point for each basket made.
4. It is possible to have a three (3) point play from beneath the arc.
 - a. If player is fouled in the act of shooting. Refer to 'Fouls' section for more information.
5. It is possible to have a four (4) point play from beyond the arc.
 - a. If player is fouled in the act of shooting. Refer to 'Fouls' section for more information.

SECTION 4: GAME VARIATIONS

CO-REC BASKETBALL

1. Each team shall consist of five 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.
2. Men ARE permitted to enter the lane(s) at each end of the court at any time.
3. Men ARE permitted to guard female.
4. Equipment: A Men's ball will be used for all Co-Rec games.
 - a. Exception: Unless both teams agree to use a Women's ball.

SECTION 5: PARTICIPANT BEHAVIOR

BEHAVIOR GUIDELINES

1. There are Foul limits for each player and each team as well as guidelines for ejection based on accrued fouls. Please see the 'Fouls' section for further information.
2. Participants and spectators should not protest a play that is considered a judgement call by an official/supervisor. These types of protests are not accepted and are grounds for ejection from the game.
3. Participants and spectators are expected to be in compliance with the Intramural Participant Handbook at all times.

SECTION 6: MISCELLANEOUS INFORMATION

PROTESTS

1. Protests shall not be received or considered if they are based solely on a decision involving the accuracy of a judgment call. Only rule interpretations may be protested.
2. A protest must be made with the Supervisor immediately following the call in question or before the next pitch.

3. Protests involving ineligible players may be made any time before the game or upon the participant entering the game. All eligibility protests will be marked by Supervisor as being played under protest, but will complete the game. A written protest must be submitted to the Director by noon the following day in order for the protest to be heard. Protests that do not follow these guidelines will not be heard.

PLAYER/PARTICIPANT CONDUCT

1. We will hold all participants and spectators to a high degree of sportsmanship. This includes respect to authority, other participants and other spectators. Intramural officials may cite any participant or spectator with acts of non-sportsman-like conduct, and we may link spectators to participants for the purposes of assessing penalties.
2. Intramural staff may eject participants and spectators from any contest and/or event facility for acts of non-sportsman-like conduct. Those ejected for any reason may not participate in any further intramural activities until arranging a meeting with the Director of Intramurals to discuss reinstatement.
3. The Intramural Department, in coordination with the Office of Citizenship and Community Standards, will potentially suspend any person ejected from competition two times during the academic year (in any sport or combination thereof) for the remainder of the academic year. If the ejection occurs in the last game of a school year, the penalty will carry over to the next school year, if warranted. These cases are reviewed before a suspension is assessed and handed down.
4. Fighting and malicious contact are strictly prohibited at intramural contests. Those who threaten or physically abuse intramural officials or other applicable authority will potentially be removed from Intramural participation permanently. These cases are reviewed on a situational basis in cooperation with the Office of Citizenship and Community Standards.
5. Participants are responsible for intentional or negligent damage to personal and public property, and the Intramural Department may penalize those involved in such acts as well.

ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.

<http://www.truman.edu/recreation/intramural-sports/>