

TRUMAN STATE UNIVERSITY INTRAMURAL RECREATIONAL SPORTS

5 on 5 BASKETBALL RULES

Truman State University Intramural 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 in the Intramural Recreational Sports Office. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.

1) Players and Substitutes

- a) A team consists of five players, but may start with four players. A team must have four players on the court at all times.
- b) When a team has forfeited, the opposing team must have at least four players checked in with the supervisor to receive a win.
- c) Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official acknowledges them. Penalty: Technical foul.
- d) Teams must wear shirts with the same shade of color, and each shirt must have a different number (numbers greater than 2-digits are not allowed). Numbers must be written or painted. Numbers MAY NOT be taped onto the shirt. It is **RECOMMENDED** that they have legal numbers. (Ex. A number larger than 5 and no combined numbers can exceed 55). The Intramural Office will provide a total of eight (8) reversible jerseys per team. An ID will be collected from the **TEAM CAPTIAN** (if a captain is not at that game, a team representative) to check out a jerseys and will be returned when the jerseys are returned. Any jersey not returned will be billed to the captain's or team representative student account the next day. ** Each jersey costs approximately \$15.00. If a participant wears an intramural jersey, a T-shirt with sleeves must be worn under the reversible jersey. **
- e) All players must wear non-marking rubber-soled athletic shoes and follow SRC Guidelines.
- f) Jewelry of any kind (friendship bracelets, chains, rubber bands, rings or earrings) may not be worn on any part of the body. Penalty: Personal foul.
- g) 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.
- h) Spectators, "coaches", injured or inactive players are not permitted in a team's bench area.

2) Length of Game and Timing

- a) There will be two eighteen 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.
Exception: During the 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.).
- b) 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.

- c) There will be a three-minute intermission between halves.
- d) 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. 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.
- e) Mercy Rule: At any point in the game when a team is ahead by 30 points, the game will be stopped.

3) Time-outs

- a) **Each team will have two (one-minute) time outs per game** (no limit per half). 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. Bench personnel and coaches 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 (40-second) time-out per overtime period is allowed. Time outs from regulation play do not carry over into the overtime.

4) Violations

- a) Back-court: Teams may not be in continuous control of a ball in their backcourt for 10 seconds. 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. Penalty: Turnover.
- b) 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. Penalty: Turnover.
- c) 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. Penalty: Turnover.
- d) Kicking: It is a violation to intentionally strike the ball with any part of the leg or foot; accidentally striking the ball with the foot or leg is not a violation.
- e) Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot will result in a turnover.

5) Throw-In Violations

- a) The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.
- b) The thrower must pass the ball into the court within five seconds of the start of a throw-in. Penalty: Turnover.
- c) The thrower may step on but not over the sideline.
- d) The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional foul.
- e) The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball Penalty: Technical foul.
- f) The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense.

6) Fouls

- a) A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. 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.

- b) A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. 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.
- c) 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, and contact away from the ball or when not playing the ball.
- d) 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.
- e) When a player control (charging) foul is committed, no points can be scored.
- f) 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.
 - i) Two technical fouls against a player or coach result in immediate ejection of that person from the game.
 - ii) Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury.
 - iii) 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.
 - iv) 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.

7) Free Throws

- 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 for all fouls except player control.
- b) When a player control foul is committed, the basket will not be allowed and free throws will not be awarded.
- c) Players will be allowed two free throws and possession of the ball for all technical, intentional or flagrant fouls.
- d) Players will be allowed two free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.
- e) Any shooting foul committed behind the three-point line, on a missed shot, will merit three free throws. If a player is fouled, in the act of shooting, behind the three-point line, and makes the shot, one shot will be awarded.
- f) 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 is 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 free-throw line (and the shooter) must remain vacant. **Exception: If the offensive team elects to vacate their lane spaces (second from**

the end line) the defensive team has the option of moving from the third space down to the second space.

- g) During free-throw attempts all players may attempt a rebound when the ball makes contact with the rim.

8) 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. These individuals may enter the lane when the ball is released from the shooters hand.
- 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.
 - i) In a one and one situation this will result in a turnover.
 - 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.
- 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.
 - 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.

9) Co-Rec Basketball

- a) **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.**
- b) Men ARE permitted to enter the lane(s) at each end of the court at any time.
- c) Men ARE permitted to guard female.
- d) **Equipment: A Men's ball will be used for all Co-Rec games.**

10) Forfeits

- a) GAME TIME IS FORFEIT TIME, THERE WILL BE NO GRACE PERIOD
- b) If a team is scheduled to play at 7pm, they must be signed in, and ready to BEGIN playing at 7pm or a forfeit will be declared. It is recommended that teams arrive at least fifteen (15)-minutes prior to the start time to ensure they are ready to play on time.
- c) In team sports, a Forfeit Fee of \$20.00 will be charged for any forfeited contest.

11) Protest

- a) The team captain must file all protests with the IM sports Supervisor/official at the time a question occurs.
- b) Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- c) Rule interpretation protests:
 - i) **PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.**
- d) Player eligibility protests

- i) Eligibility protests will be decided at the time the question is raised whenever possible.
- ii) Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.