

# Truman State University

## Intramural Recreational Sports Indoor Basketball (3v3) Rules



*Truman State University Intramural Indoor 3v3 Basketball will follow National Federation High School (NFHS) Basketball Rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete NFHS rulebook is available for viewing in the Intramural Recreational Sports Office.*

### **SECTION 1: GENERAL RULES & REGULATIONS**

#### **TEAM REQUIREMENTS**

1. A team consists of three (3) players, but a game may start with two (2) players. A team must have two (2) players on the court at all times.
2. If a team has forfeited, the opposing team must have at least two (2) players checked in with the Intramural employee 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 half the basketball court 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. (e.g. 100+)
  - b. Numbers must be written or painted (dry) on the jerseys/shirts. Numbers may not be taped onto the shirt.
  - c. The Intramural Office will provide reversible jerseys to teams. 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 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 Intramural employee 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 external ball

## **SECTION 2: GAMEPLAY & RULES**

### **LENGTH OF GAME & TIMING**

1. There will be two ten (10) minute halves with a running clock. Clock stops for time outs or official time outs. Clock is not stopped for violations.
  - a. Exception: The clock will stop in the last minute of the second half for all dead ball situations.
2. Each team will have (2) team time outs per game (no limit per half). Officials will also stop the clock in case of injury or other special circumstances.
  - a. 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 game may call a time out. Participants on the bench may not call time out.
3. Halftime shall be one (1) minute in length.
4. Overtime Rules
  - a. Overtime is in Playoffs ONLY
  - b. A tie score at the end of regulation time shall result in a 2 minute running clock overtime period, with ball possession determined by a coin toss. The overtime process will be repeated until a winner is determined.
    - i. The clock will stop for each dead ball in the final one (1) minute of overtime.
  - c. Teams will get one (1) timeout per overtime, with no carry over of timeouts from regulation.

### **GENERAL GAMEPLAY**

1. Rock-Paper-Scissors (RPS) or a coin toss will determine possession. The winner may choose if he/she wants the ball to begin the first half or second half.
2. Substitutions may be made after any stoppage of play. Substitutes must check in at the scorer's table before going in.
  - a. Penalty: Technical Foul
3. Mercy Rule: At any point in the 2<sup>nd</sup> half when a team is ahead by 20 points, the game will be stopped.
4. A tie score at the end of regulation for a preseason game will result in a tie game. No overtime will be played.
5. Ball possession changes hands after each basket, unless a foul is awarded.
6. After each change of possession, the ball must be taken back across the check line. The check line is the free throw line extended and above the three-point arc.
7. After any dead ball situation (foul, violation, made basket, etc.), the ball must be passed into play from the check line.
8. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. If a team is warned for stalling, the official will administer a 10 second count during which a shot must be attempted. If a shot is not attempted, ball possession is lost.

### **SHOT POINT VALUES**

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

## **SECTION 3: FOULS & VIOLATIONS**

### **VIOLATIONS**

1. 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.
2. 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.
3. 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.
4. Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot, regardless of if another player is nearby
  - a. Penalty: Turnover (no contact with opponent)
  - b. Penalty: Foul (contact with opponent)
5. Travelling: Occurs when a player holding the ball moves one or both of his feet illegally.
  - a. Penalty: Turnover
6. 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
7. Jump Ball: When players on both teams have possession of the ball; if players from both teams have their hands on the ball simultaneously.
  - a. Possession arrow determines possession
8. 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.
9. 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.
    - i. Players are not allowed to leave the marked area until the ball has contacted the rim or backboard.
  - 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 contacted the rim or backboard.
  - 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. All common, personal and technical fouls shall be counted against a team total. In each half, a bonus will be awarded on and after the fifth team foul. An individual player cannot foul out of a game, but may be ejected by the official for cause.
2. Prior to the fifth team foul:
  - a. Any common foul shall result in loss of possession for the offending team
  - b. Any offensive foul shall result in disallowing a converted basket and loss of possession
  - c. Any shooting foul with a missed basket shall result in one foul shot
  - d. Any shooting foul with a converted basket shall result in the basket being awarded, along with one foul shot
3. Following the fifth team foul:

- a. Any common foul shall result in a foul shot awarded to the offended team
  - b. Any shooting foul with a missed basket shall result in a foul shot taken in the manner of single technical foul with only one shot allowed to the offended player
  - c. Any shooting foul with a converted basket shall result in the basket being awarded, a foul shot taken in the manner of single technical foul with only one shot allowed to the offended player
4. Common Fouls:
- a. Illegal Contact
  - b. Charge
  - c. Block
  - d. Illegal Screen
  - e. Push
  - f. Hold
  - g. Illegal use of Hands
  - h. For additional fouls and descriptions, please consult the NFHS rulebook.

## **DEFINITIONS**

1. 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.
2. 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.
3. 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.
  - a. Results in team who did not foul receives possession of the ball and 1 point
4. 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 1 point
5. When a player control (charging) foul is committed, no points can be scored.
6. 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 will result in immediate ejection of that person from the game.
  - b. Four 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.
7. 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.
  - a. This will also result in an automatic deduction of sportsmanship points for your team, which could result in ineligibility for the playoffs.
8. 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.
  - a. Results in team who did not foul receives possession of the ball and 1 point

## **SECTION 4: 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 play.
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://recreation.truman.edu/recreation/campus-intramurals/>