

## Whitworth Intramurals: Basketball Rules

### Basketball Rules (5v5)

**Teams:** Players must sign up through Fusion IM and be registered and paid to be eligible to participate. No exceptions.

**Game Time:** Both teams must have a minimum of one representative on the court/field at game time. Teams must meet the minimum roster requirements by 5 minutes after the scheduled game time.

**Minimum Roster Requirement:** 4 players

**Maximum Roster Requirement:** 12 players

#### **Game Structure:**

Two 20-minute halves with a 5-minute halftime. During the last 2 minutes of both halves, the clock will stop for fouls, violations, timeouts and made baskets.

#### **Equipment:**

Wilson Evolution basketballs are to be used as game balls. Balls will be provided by the intramural referees.

#### **Scheduling:**

All games will be scheduled on Fusion IM for Court 1 in the U-Rec at a specific time. Please see "Section 7" of the IM policy regarding rescheduling, defaults, forfeits and no-shows. Be sure to update your team time preferences prior to the start of the season.

\*Court 1 may not always be available, so be prepared to adapt.

#### **Jersey Requirements:**

All players must wear a jersey with a legible number on the back. Players may use tape to add numbers to regular clothing, but the U-Rec/Intramurals will not supply any tape to participants. Numbered pennies can also be checked out at the front desk, but must be returned at the completion of the game.\*

\*Jerseys are not guaranteed as there is a limited supply of jerseys available.

#### **Game Play:**

*All rules are governed by National Federation of State High School Association rules. Intramural policies, procedures, eligibility requirements and specific rule modifications will take precedent. IM coordinators and officials have the authority to make decisions on any matters not covered in the rules. For a more detailed look at rules and regulations, ask an IM coordinator for an official rulebook.*

#### **General:**

1. Games can start with a minimum of 4 players.
  - a) Teams can play with as few as 2 players only in the event of injury.
  - b) A team may play with as few as 3 players due to a player fouling out
  - c) A team reduced to 3 players due to ejection will automatically forfeit the game.
2. All players must check in with the scorekeeper before playing (pre-game). Players who fail to be checked in through the scorekeepers will not be permitted to play.
  - a) This includes players who arrive late
3. All players must wear non-marking rubber-soled athletic shoes. Open toed shoes, sandals, barefoot, boots or dress shoes are prohibited.
4. All jewelry deemed potentially harmful by the referees must be removed. Failure to do so will result in a technical foul.
  - a) This includes but is not limited to: necklaces, body piercings, bracelets, braces, guards, casts, watches, hair accessories, etc.

5. Alternating possession rule will be in effect. Jump balls will be tossed at the beginning of the game and overtime periods only.
6. Dunking is legal, however hanging on the rim ***IS ILLEGAL***.
  - a) Excessive hanging on the rim will result in a technical foul.
7. Airborne shooter
  - a) An airborne shooter is a player who has released the ball on a try for a goal or has tapped the ball and has not returned to the floor
  - b) An airborne shooter is considered to be in the act of shooting

#### **Substitutions:**

1. Players are only eligible to substitute on dead balls
2. Players are required to check in at the scorer's table and will only be allowed into the game when a referee waves them into the game
  - a. **Penalty:** 1<sup>st</sup> time = warning; repeated offense = technical foul
3. Substitutions due to player injury will occur during the immediate dead ball.
4. During multiple free throws resulting from personal fouls, substitutions may be made only before the final attempt in the sequence.
  - a. Players substituting for the shooting player may substitute immediately after a successful attempt, but if the attempt is missed, the substitution will occur on the next dead ball.

#### **Violations:**

1. 10-second backcourt violation:
  - a. A player must have both feet and the ball completely across the midcourt 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.
    - i. A deflection does not stop the count.
    - ii. If the ball goes out-of-bounds, a new 10-second count will begin.
2. Over and Back:
  - a. A player must have both feet and the ball completely across the midcourt line to be considered established in the frontcourt. Any offensive player that touches the ball in the backcourt without the ball previously being touched or batted by a defensive player is considered to be in violation.
    - i. A player may straddle the midcourt line and pivot with one foot being in the backcourt to frontcourt without a violation being assessed.
    - ii. A player that is established with the ball in the frontcourt cannot pass the ball to a player that starts in the backcourt and catches the ball in the frontcourt. A player must be completely established in the frontcourt in order to receive the ball.
    - iii. Any pass thrown in from out-of-bounds can cross into the backcourt and be received by the offense as long as no possession was established in the frontcourt.
      1. If the offensive player fumbles the in-bounds pass and the ball goes into the backcourt, the offense can retrieve the ball with no violation.
3. 5-second frontcourt/closely guarded violation:
  - a. 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 loses control of the ball, or if the defender concedes their guarding position.
4. 3-second lane violation:
  - a. Applies to offensive players who have any part of their foot in the lane when the ball is in the frontcourt. The count stops on loss of team control of the basketball, and on any shot. A player in the lane may receive a pass prior to 3-seconds and still be permitted to make an offensive move to the basket.
5. Kicking:
  - a. 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. It is not a violation if the player's leg or foot is on the floor and stationary and the ball is thrown off of them or deflected.
6. Elbowing:

- a. Swinging of the elbows while in possession of the ball with or without pivoting either foot will result in a turnover. A technical foul will be assessed to any player who swings his/her arm(s) or elbow(s) even though there is or is not contact with the opponent. If the official deems the act to be excessive, unwarranted and with intent to harm, a flagrant foul will be assessed, resulting in immediate ejection and removal from the premises.
    - i. A player may extend his/her arm(s) or elbow(s) to hold the ball under the chin or against the body to protect the ball without swinging his/her elbows.
7. Jump ball
- c) The two jumpers shall not break the plane of the midcourt 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 closer than 6 feet from either jumper and may not move until a jumper touches the ball.
8. Goaltending/Basket interference:
- a) 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/or 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.
9. Throw-in:
- a) After a made basket, the thrower may run the baseline.
  - b) 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.
  - c) On all throw-ins, the player has five seconds to release the ball. The defense guarding defensive player must allow 3-feet of space and may not break the plane of the line, if so they will receive a warning and then a technical foul on all subsequent violations.
    - i. If the defense breaks the play and touches the ball before it is released it is a technical foul.
    - ii. If the defense breaks the plane and touches the player before the ball is released it is an intentional foul.
10. Free Throw:
- a) The free throw rules will be as follows:
    - i. Only 6 players may occupy marked lane spaces for rebounding purposes. Defensive players must fill the bottom two spaces and they may take the third lane space. The offensive players may fill the second lane spaces on both sides. The offense may not have more than two players rebounding.
      - Players may move down the lane toward the basket if the spaces are not filled.
    - ii. The other three players must remain behind the 3-point line above the free-throw line extended.
    - iii. All players may move once the ball has touched the rim.
11. Illegal Dribble
- a) A player cannot dribble a second time after his/her first dribble has ended, unless it is after he/she has lost control of the ball because of:
    - i. An attempted shot
    - ii. Tipped by an opposing player
    - iii. A pass or fumble which has been touched by another player

## Fouls:

### 1. Shooting Foul

- a. 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. (Any physical contact initiated by a defender to the body of the shooter that impedes his/her shot.)

### 2. Non-Shooting Fouls

- a. A player who is fouled while not in the act of shooting will be rewarded with a team foul.

- i. The foul will normally be assessed as a throw-in on the sideline, unless 7 or more team fouls have been assessed
    - ii. With more than 7 team fouls, the fouled player will shoot 1-and-1 on the 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> team fouls and 2 shots on every foul thereafter in each half.
  - b. Non-shooting fouls include hold, push, block, hand-check, illegal screen, etc.
- 3. Blocking and Charging
  - a. Blocking: Illegal personal contact which impedes the progress of an opponent with or without the ball
    - i. A defensive player is required to obtain proper blocking position (generally: feet planted and shoulders square)
    - ii. If contact is made and the defensive player is not in the proper blocking position, any contact is considered to be made by the defensive player
  - b. Charging: illegal personal contact caused by pushing or moving into an opponent's torso
    - i. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path
    - ii. If contact is made and the defensive player has proper positioning, any contact is considered to be made by the offensive player
- 4. Team Control Fouls
  - a. When a team who is in control of the ball, dribbling, holding or shooting commits a foul it is a team control foul.
    - i. Never shoot free throws.
  - b. Team control fouls include charging, lowering the shoulder, pushing off, illegal screens, and swinging elbows.
    - i. Remember, there is no team control during a throw-in, jump ball, when the ball is in flight during a try or tap for goal or during a rebound.
- 5. Flagrant Fouls
  - b) Dangerous or malicious fouls with no attempt to play the ball or with excessive contact, the player should be ejected immediately.
  - c) Can be applied to any fouls or violations

**Timeouts:**

- 1. Each team gets two 60-second timeouts per half. These timeouts do not roll over to the next half.

**Overtime:**

- 1. 5-minute period, clock will do normal stops after 2 minutes.
- 2. Each team is given one 60-second timeout per overtime period played.
- 3. Games will continue to add overtime periods until the 3<sup>rd</sup> overtime period is reached, at which point the game will end in a tie.
  - a. The exception is overtime in playoff games, where overtimes will continue until a winning team is determined.

**Blood Rule:**

Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member has the authority to remove the player. If by removing the player who is bleeding the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and five (5) minutes will be allowed for the player to stop the bleeding. Any blood on the court must be removed using proper methods, and bloodied clothing must be changed. AN INTRAMURAL STAFF MEMBER MUST APPROVE THE PLAYER TO REENTER, AND HAS THE AUTHORITY TO PREVENT REENTRY. Players who refuse to leave the game due to bleeding could potentially face suspension.

**Protest Policy:**

Teams have the option of protesting any application or misinterpretation of a rule. No protest of a judgment call will be considered. When a team requests a protest, they must call a timeout and the game must be stopped and no further game action should continue. The concern must be brought to the attention of the referees, who will check the ruling, have deliberation and then make a decision. If the call is overturned, the team is not charged with a timeout. If the initial

official's ruling is upheld, the team is charged with a timeout. Game play will then continue as normal. If the team determines to continue challenging the call, a formal request can be made by filling out the Protest Form and submitting to the IM coordinator *within 24 hours of the game*. See the Participant Manual posted on the Whitworth Intramurals website or by speaking to an IM staff member.



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