

University of Colorado, Colorado Springs Intramural Sports

## 5-on-5 Basketball Rules

**Intramural basketball will be played according to the National Federation of High School (NFHS) basketball rules. Exceptions are listed below.**

*\*Updates have been written in red*

### General:

1. **Each player must have a current and valid UCCS ID or replacement UCCS ID with another picture ID at every game! Without a valid ID, you will not play. NO EXCEPTIONS!** Each player must sign his/her own name to the game sheet.
2. Each team **MUST** provide one person to act as a scorekeeper. The scorekeeper can be a spectator or friend. A technical foul and penalization of one (1) point will be assessed at the beginning of each half to the team without a scorekeeper. If there is no extra player, there will be no other penalization until the start of the second half, in which this process will be repeated. Players may act as scorekeepers, but will still be penalized 1 point each half. **Teams may only change scorekeepers during timeouts and halftime.** Teams must notify the official when changing scorekeepers.
3. Each team member must provide his/her own NUMBERED jerseys that are identical in color. **TAPED NUMBERS ARE NOT PERMITTED!** Numbers are to be written in pen, marker, or stenciled on the back of the jersey only! Numbers on sleeves will not be permitted. Numbers cannot be written on hands, arms, etc. The number must be at least two (2) inches in height. Only one (1) zero number may be used per team. This means either double zero or zero, not both! All other numbers are eligible. If you do not have a number, you cannot play. Any team who does not have numbered matching jerseys or matching jersey colors will be assessed a technical team foul, losing five (5) sportsmanship points. **No hats** are allowed to be worn during play. *Athletic apparel must be worn. NO JEANS OR CARGO PANTS/SHORTS WILL BE ALLOWED.*
4. Jewelry: The only jewelry allowed in Intramural Sports is medical bracelets and stud earrings! If play is stopped because of a player wearing jewelry, a time-out will be charged to that team. The Intramural Department does not provide covering material (tape) for earrings! Earrings larger than a stud will need to be taken out for safety reasons.
5. The Intramural Department does not take responsibility for injuries that are related to Intramural activities. It is suggested that all participants and spectators acquire student health insurance or other comparable insurance.
6. Refer to the Intramural Department Policies and Procedures Handbook for protest information, team and player eligibility rules, and sportsmanship point's information.

### Game:

**All rules, in accordance with the rules below, will be regulated through the National Federation of State High School Associations Rule handbook.**

1. Intramural basketball will consist of two 20-minute halves. There will be a running clock except for the final two minutes of the second half. Half time will be 5 minutes in length.
2. A jump ball will be used to start of the game. An alternating possession arrow afterward will determine each possession change.
3. The home team is responsible to provide the game ball as long as both teams and the officials approve it. **Bring your own ball.** Basketball can be checked out through the rec center with your UCCS ID.
4. The game will begin with a jump ball in the center of the court. One member from each team will participate in the jump ball. The two may not obtain possession on the jump ball.
5. There will be two or three officials assigned to each game. The officials and supervisors for that day shall make decisions on any points not covered in these rules or the rules in the NFHS rulebook. The supervisor

can only be used for rule clarification and will not overturn judgment calls made by the officials during or after the game.

6. The team captain will be the only person allowed to discuss an official's ruling. This does not mean the captain can complain about a judgment call or no call.
7. A player can substitute only during dead ball situations and he/she has checked in with the official while the official has control of the ball and acknowledges the substitute. If the player does not check in with the official, a technical foul will be assessed to the player who illegally substituted into the game.
8. A delaying or spread offense with the intention to run time off the clock is not allowed. There is no official shot clock and this is a judgment call on the part of the officials. There will be an initial warning, and then possession of the ball will go to the other team.
9. Each team will be allowed two 30-second time-outs per half. The clock will stop during time-outs.
10. There will be no overtime periods during regular season play. A tied score at the end of play during the regular season will remain a tie. If the score is tied at the end of a playoff game, the game will go to an overtime period of five (5) minutes with a jump ball to determine possession.

### **Scoring:**

1. The three point shot will be used.
2. **During the running 20 minutes of the first half and the first 18 minutes of the second half:** These are all adjustments to keep the game moving because there is a running clock.
  - a. If a player is fouled during a shot and misses, he/she will receive credit for the basket and possession changes.
  - b. If a player is fouled during a shot and makes the shot, he/she will receive credit for the basket plus one (1) point for the foul and possession changes.
  - c. If a player is intentionally or flagrantly fouled or a technical foul is called, he/she will be awarded two (2) points and the ball out of bounds.
  - d. After the 6<sup>th</sup> team foul, if a player is fouled on a non-shot, his/her team will receive one (1) point and the ball out of bounds.
  - e. After the 9<sup>th</sup> team foul, if a player is fouled on a non-shot, his/her team will receive two (2) points and the ball out of bounds.
3. **During the last 2 minutes of the game:** The clock will stop for every foul. If a team is up by more than 15 points with 2 minutes to play, the clock will not stop.
  - a. If a player is fouled on the shot, which he/she missed, that player will receive free throws equal to the point worth of the shot.
  - b. If a player is fouled on the shot, which he/she made, that player will receive credit for the completed basket plus one (1) free throw for the foul.
  - c. If a player is intentionally or flagrantly fouled or **a technical foul is called, he/she will be awarded two (2) points and the ball out of bounds.**
  - d. After the 6<sup>th</sup> team foul, if a player is fouled on a non-shot, the player fouled will receive a one and one situation, where the fouled player will shoot one free throw and receive another if the first attempt is successful.
  - e. After the 9<sup>th</sup> team foul, if a player is fouled on a non-shot, the fouled player will receive two (2) free throws
  - f. **The following rules will apply for free throw lining-up:**
    - i. **The person lining up closest to the basket will be allowed to use the entire block.**
    - ii. **Players may move at the RELEASE of the ball**

- iii. **The ball must HIT THE RIM for it to be a live ball. If it does not hit the rim, it will be the opposing team's ball out of bounds.**

### **Fouls:**

1. Foul Definitions:
  - a. **Personal Foul:** Any common foul, also a team foul.
  - b. **Team Fouls:** Any personal foul or technical foul.
  - c. **Intentional Foul:** A foul with excessive contact on or away from the ball or a foul intended to stop play. This is a personal and team foul.
  - d. **Technical Foul:** Any foul that does not support or promote sportsmanship and fair play. This is a personal foul if committed by a singular player in the court of play and can also be assessed to spectators and players on the sidelines as well. This is also a team foul.
  - e. **Flagrant Foul:** Any foul resulting in violent contact or conduct. This is a team and personal foul with a technical foul possible dependent on the severity of the foul. This is a judgment decision by the official.
2. Every player will be allowed five (5) fouls, to include both personal and technical fouls, before being removed from the game. Disqualification will occur when the fifth foul is called.
3. While the ball is not in play, the official may assess a technical foul anytime he/she feels a team is purposely delaying the game.
4. In the event a ball strikes the side/top of the backboard the ball remains live if its rebound comes down in front of the backboard. The ball becomes dead if passes over the top the backboard regardless of the action which caused it to pass over. The ball also becomes dead when it strikes any supports connected to the backboard.

### **Ejection Rules:**

1. Receiving two technical fouls during a single game is automatic ejection from the game, a minimum penalty of suspension from the next game, and the player must meet with the IM Director. (Technical fouls assessed from score book errors do not apply).
2. The officials have full authority to eject any person from a game when they see fit to do so. This includes players, coaches, and fans. Ejection from the game will result in a minimum penalty of suspension from the next game. The ejected player must meet with the IM Director.
3. Fighting will result in an immediate ejection from the game and an automatic minimum suspension of two (2) games and the ejected player must meet with the IM Director.
4. Intentional undercutting of a player will result in automatic ejection and suspension of the next game. This is a judgment call at the discretion of the official.
5. **Alcohol is prohibited at all Intramural activities.** Violation of this rule will result in an ejection from the facility and/or forfeiture of the game! This includes players and spectators. Any player or participant ejected from a game for alcohol reasons may be referred to student life and must meet with the IM Director.

### **Ejected Players and Spectators:**

1. Anyone ejected from an Intramural event will be reprimanded with an automatic minimum suspension of one game. Any team using a suspended player will forfeit that game.
2. **Any** ejected person is required to meet with the Intramural supervisor. The Supervisor will decide whether that player will be allowed to remain at the site, or if that player will be ejected from the facility. If the ejected person refuses to leave, the official will issue a two (2) minute warning where game play will be stopped regardless of possession. If after this warning period has expired and the ejected person has not left the facility, the game will be forfeited to that person's team's opponent.

3. All ejected persons, players and non-players, must make an appointment to meet with the Intramural Director before being allowed to participate in Intramural events again.
4. Spectators/Fans can be removed from the facility, if officials deem necessary. Teams must control spectator/fan behavior, which can result in a team technical foul. Out of control fans may be referred to Student Life.

### **Forfeitures:**

1. Forfeit time is five (5) minutes after the scheduled game time, unless games are delayed due to factors beyond our control. The game time can be modified when both teams and IM Supervisor agree to the adjusted game time; point being to avoid a forfeit.
2. The minimum number of players required to start and finish a game is three (3) in men's and women's. **Less than three players constitute a forfeit!**
3. The official can forfeit the game at his/her discretion for continued flagrant disregard for the rules or for unsportsmanlike conduct (this includes both players and fans).
4. Continued flagrant disregard, physical or verbal abuse toward, or intimidation of the officials will, at the decision of the Intramural Director, be cause for expulsion of the offending team or player for the remainder of the season and/or semester.
5. Any team receiving three (3) technical fouls in one game will automatically default the game, regardless of the score. Any technical fouls assessed as a result of score book errors will not apply.

### **SPORTSMANSHIP**

#### **POINT DEDCTION BREAKDOWN**

- **Loss of Five (5) Points:**
  - No jerseys, mismatching jerseys, or no numbered jerseys
  - Unsportsmanlike penalties, technical fouls, verbal comments or gestures at official, supervisor, or opponent
  - Disrespect use or abandonment of facility.
- **Loss of Ten (10) Points:**
  - Persistently argues the official's judgments during or after the game.
  - Use of illegal player.
- **Loss of Fifteen (15) Points:**
  - Player ejection
  - 1<sup>st</sup> forfeit
- **Loss of Twenty (20) Points:**
  - Physical contact with any staff member.
  - Threat of harm or violence
  - Any form of racial, sexual, or ethnic slurs.
  - Persistent rough play.
  - Fighting.
  - 2<sup>nd</sup> forfeit

#### **GUIDELINES FOR FANS**

Fans will not be allowed to stand on the baselines. Fans will be allowed to stand on the outer boundaries of the sidelines as long as:

1. No one is standing in the area of play.
2. Everyone is at least six (6) feet from the end lines and at least one (2) feet from the sidelines.
3. No one prevents the score keepers from seeing the officials.
4. Don't impede the official's movement on the court.

If a game is not being played on an adjacent court, fans may stand next to that sideline and in that court not being used as long as there is supervisor approval and those students in the unused area are in accordance to rule #3 above.

**\*\*\*All rules are subject to change at the discretion of the Intramural Coordinator and/or Supervisor.**

### **CO-REC MODIFICATIONS**

**\*Intramural Sports Basketball Rules apply except for these modifications\***

#### **The Players:**

The game is played between two teams of 5 players each. Two females, two males, and a fifth player of either gender. Teams may play with two males and two females. Teams must start and end the game with at least 4 eligible players on the court (2 males / 2 females).

#### **Scoring:**

1. Female players making successful field goal attempts inside the three-point area are worth three points.
2. Female players making successful field goal attempts beyond the three-point area are worth four points.
3. Regular basketball scoring applies to all male players.
4. **A female must touch the ball in half court situations. Not including fast breaks.** When a team slows the ball down, sets a play, or passes the ball around, a female must be involved in the offensive play. **Penalty:** Turnover