



INTRAMURAL SPORTS **Basketball Rules**

1. Players & Equipment

- 1.1. Each Men's, Women's, and Co-Rec team will consist of five players. A minimum of four players must be present at game time to begin. Co-Rec teams must always have a minimum of two players of each gender on the court throughout the game.
- 1.2. Each team is advised to bring their own basketball; however, some basketballs will be available for checkout. Men's teams will use men's regulation-sized (29.5") basketballs, while Women's and Co-Rec teams will use women's- sized (28.5") basketballs.
- 1.3. Teams are recommended to wear matching-colored shirts that include individual numbers on the back.
- 1.4. All players must wear shoes. Tennis, running, soft-soled and basketball shoes are permitted.
- 1.5. Participants must wear shorts or pants without pockets or belt loops. Pockets may not be turned inside out or taped down. Cleats with metal exposure are prohibited.
- 1.6. No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow recovery padding.
- 1.7. Players may NOT wear baseball-style caps. Knit and stocking caps are permitted. Players may wear a headband made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas and other headgear with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
- 1.8. No jewelry or any other item deemed dangerous by UTC Intramurals staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.

2. Game Factors & Timing

- 2.1. Each game will consist of two 20-minute halves with a running clock. The clock will stop during the last two minutes of the second period. In the last two minutes of the second period, the clock will stop on every violation, foul, and free throw and will not start again until the ball is touched inbounds following a throw-in or missed free throw.
- 2.2. Each team will be permitted two timeouts per half. Unused timeouts will not carry over between periods. No timeout will exceed one minute in length.
- 2.3. Mercy Rule: If a team is ahead by 15 or more points with two minutes or less remaining in the game or by 30 points with ten minutes or less remaining in the game, officials may end the game. Officials may end the game if teams are avoiding the mercy rule.
- 2.4. Overtime: If the score remains tied at the end of regulation play, an overtime period will be played. An overtime period consists of one three-minute period that will begin with a jump ball at center court. If the score remains tied after one overtime period, then a second three-minute overtime period will be played. If the score remains tied after a second overtime, a sudden death overtime period will be played, with the first team to score declared as the winner:
 - 2.4.1. Teams will receive one timeout per overtime period. Unused timeouts do not carry over between overtime periods.

- 2.4.2. On the last minute of each overtime period, the clock will stop on every violation, foul or free throw and will not start again until the ball is touched inbounds following a throw-in or missed free throw.
- 2.4.3. Team and personal fouls will carry over from the two regulation periods.
- 2.5. Substitution: A substitute must report to the scorekeeper and be recognized by a game official before he or she may enter the game. A substitute can only enter the game during a dead-ball situation. In a multiple free throw situation, a substitute may only enter immediately before or after the last free throw attempt. Failure to properly report will result in a technical foul assessed to that player.

3. Scoring

- 3.1. A goal is scored when a live ball enters the basket from above and either remains there or passes through.
- 3.2. A made field goal that is shot from within, or on, the three- point arc will be worth two points.
- 3.3. A made field goal from outside of the three-point arc will be worth three points.
- 3.4. A goal cannot be scored directly from a throw-in.
- 3.5. Dunking will only be permitted during the game. Hanging on the rim will result in a technical foul. No dunking will be allowed before, after the game, or during halftime. Any violation of this rule will result in a technical foul charged to the head coach, captain, or player.

4. Fouls, Violations, and Penalties

- 4.1. A foul is an infraction of the rules charged to a team member or coach and is penalized in various ways. The following are the types of fouls:
 - 4.1.1. 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. A personal foul also includes contact by or on an airborne shooter when the ball is dead. A personal foul can result in either a throw-in for the fouled team or free throws for the fouled shooter.
 - 4.1.2. A common foul is a personal foul that is neither flagrant nor intentional, not committed against a player trying or tipping for a field goal, and not part of a double, simultaneous or multiple fouls.
 - 4.1.3. An intentional foul is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obviously advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act. A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent. Examples may include:
 - 4.1.3.1. fouling a player away from the ball;
 - 4.1.3.2. contacting a player making a throw-in;
 - 4.1.3.3. holding or pushing an opponent in order to stop the game clock;
 - 4.1.3.4. pushing a player from behind to prevent a score; or
 - 4.1.3.5. causing excessive contact with an opponent while playing the ball
 - 4.1.4. 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. It may or may not be intentional. If personal, it involves but is not limited to violent contact such as: striking, kicking, and kneeling. If technical, it involves dead-ball contact or non-contact at any time that is extreme or persistent, vulgar, or abusive conduct. Fighting is a flagrant act. Leaving the bench during a fight or when a fight may break out is also a flagrant act.
 - 4.1.4.1. On all flagrant fouls, the offended team will be awarded two points and

possession of the ball. The offending player(s) will be objected from the game.

4.1.5. A technical foul is any kind of unsportsmanlike conduct towards an opponent or official whether on the court or off. This can also be applied to a team's fans as well as the team.

4.1.5.1. On all technical fouls, two points will be awarded to the offended team as well as the ball at the division line for a throw-in.

4.1.5.2. No free throws will be attempted for a technical foul.

4.1.5.3. Dunking and grabbing/hanging from the basket/rim will result in a technical foul charged to the player (Maclellan Gym only). An exception may be made in the event a player grasps the rim to prevent injury. Note that this is the judgement of the game official. Any player damaging the rim and/or backboard may be held liable for the cost of replacing damaged equipment.

4.2. Each player will have a foul limit of five. Upon reaching a fifth foul, that player will be disqualified for the remainder of the game. Technical fouls are counted toward each player's disqualification total. Two technical fouls charged to an individual player will result in ejection from the game. Any team reaching three technical fouls at any point in the game will be ejected and they will forfeit the remainder of the game.

4.3. Each team will have a foul count for each half. Upon reaching the seventh foul in a half, a bonus free throw is awarded to the offended team, if the first free throw is successful. Upon reaching the tenth foul in a half, two free throws will be awarded to the offended team regardless of the first free throw's success.

5. Free Throws

5.1. When a free throw is awarded, the ball will be placed at the disposal of the free thrower (or bounced) by the administering official, and the free throw count shall begin. Either or both teams may be charged with a violation.

5.2. If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy any spaces along the free-throw lane.

5.3. During a free throw, lane spaces may be occupied, and the following rules will apply:

5.3.1. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.

5.3.2. The first marked lane space (adjacent to the end line) will be unoccupied. The second marked lane spaces will be occupied by opponents of the free thrower. No teammate of the free thrower may occupy either of these marked lane spaces.

5.3.3. The third marked lane spaces on each side may be occupied by teammates of the free thrower.

5.3.4. The fourth marked lane spaces may be occupied by opponents of the free thrower.

5.3.5. Not more than one player may occupy any part of a marked lane space.

5.3.6. Any player other than the free thrower who does not occupy a marked lane space must remain behind the free throw line extended and three-point line.

5.4. Players occupying lane spaces may enter the lane as soon as the ball is released by the free throw shooter. However, the shooter is still restricted to enter the lane only after the ball hits the rim.

6. Jump Balls

6.1. In all jump ball situations, other than the start of an overtime period, the teams will alternate taking the ball out of bounds for a throw-in. These situations include when:

6.1.1. A held ball occurs;

6.1.2. The ball goes out of bounds when last touched simultaneously by two opponents, if the official is in doubt of who last touched the ball or if the officials disagree;

- 6.1.3. A double free throw violation occurs;
 - 6.1.4. A live ball lodges on a basket support;
 - 6.1.5. A double-personal or double technical foul occurs; or
 - 6.1.6. Opponents commit simultaneous goaltending or basket interference violations.
- 6.2. The alternate possession throw-in shall be taken from the out-of-bounds spot nearest to where the situation occurred.

7. Conduct

- 7.1. No player or non-player will commit acts of unsportsmanlike conduct. Examples include but are not limited to:
- 7.1.1. Refusal to comply or abide by the request or decision of an official;
 - 7.1.2. Intentionally kicking at the ball;
 - 7.1.3. Participating while wearing illegal player equipment;
 - 7.1.4. Excessive celebrations and taunting behavior;
 - 7.1.5. Disrespectfully addressing an official;
 - 7.1.6. Intentionally contacting a game official (DQ); or
 - 7.1.7. Bench players and/or coaches leaving the team area and entering the court (DQ).
- 7.2. Individual players accruing two technical fouls will be disqualified from play. Any team with three technical fouls will forfeit the game.
- 7.3. Food and beverages may not be brought into the gymnasium area.
- 7.4. Team spectators must watch the game from the upstairs area in Maclellan Gym.
- 7.5. The conduct of team spectators is the responsibility of the team captain before, during and after the game.