

MEN'S AND WOMEN'S LEAGUES GENERAL RULES

Basketball is a non-contact sport, but contact is inevitable and injuries are possible. The Campus Recreation Department and Intramural Sports assumes no responsibility for injuries.

RULE 0. SFASU RULES AND EXCEPTIONS

SECTION 1. STARTING THE GAME

Article 1. Eligibility

Every player must meet the eligibility requirements set forth in the Intramural Sports Policies and Procedures manual. Any individual that participated with varsity basketball is not eligible to participate. **Any participants who are or have played for professional or semi-professional teams in basketball are not eligible to participate, no matter how long they have been removed.**

Article 2. Player Equipment

- **Jerseys** with an opening more than 4" below the armpit may not be worn during play. Shirts that have been ripped and tied together creating a large hole on the sides are **ILLEGAL**.
- **Jewelry**: Teams should check each other to make sure no one is wearing jewelry or hard/unyielding material on their bodies. Hats, do-rags, and sunglasses made of metal are not allowed.

Article 3. Court Rules

- **Teams**: Only officials, players, and one coach are permitted on the bench. All spectators are to remain on the opposite sideline.
- **Teams** are allowed one (1) non-playing coach in the designated team area.
- Use of electronic devices for coaching purposes is prohibited.
 - No use of cell phones to discuss game play with spectators across the field.
- **TOBACCO use is prohibited in the HPE Complex. Failure to comply with all intramural Rules and Regulations for the HPE Complex by any players or spectators will result in immediate expulsion of the individual(s) and possible forfeiture of the contest.**
- **No ALCOHOLIC BEVERAGES will be allowed inside the HPE Complex. Teams and fans are not allowed to bring glass or metal containers onto the fields. Violators will be removed and SFASU Police will be notified about such violations.**

Article 4. Blood Rule

If and when an official observes that a player is bleeding, has an open wound, or has excess blood on his/her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody clothing has been removed. The player must be removed from play and a substitute must enter the game. The clock will run as normal once the player is removed.

RULE 1. THE GAME, PLAYERS AND EQUIPMENT

SECTION 1. GENERAL PROVISIONS

Article 1. The Game – Men and Women

The game shall be played between two (2) teams of five (5) players each. Four (4) players are required to start the game and avoid a forfeit.

Article 2. Roster Limits

Basketball roster limits each team to no more than twelve (12) players. A coach can be used, but that coach takes a roster spot and the coach is required to sign in on the score sheet and is considered a non-playing member of the team. This coach status does not count towards your participation on another team.

SECTION 2. POLICIES

Article 1. IMS Sports Equipment

Equipment provided by Intramural Sports is very expensive; therefore, any unnecessary abuse will result in the person/team captain being charged replacement costs for new equipment and must be paid before the team may continue to play.

- **Jerseys** – teams will have jerseys provided at the court. Each jersey is numbered. When the game is over, all jerseys must be returned to the Game Supervisor. Any missing jerseys will result in the team being suspended until the jersey is returned or paid for.

Article 2. HPE ID Policy

All students entering the HPE must present a valid SFA ID to enter the building. The HPE staff will not let anyone enter without a valid ID.

Article 3. ID Policy

Each participant in the HPE Complex must present a validated ID at the equipment desk. If you are participating in an Intramural Sport activity you will show the Game Supervisor your ID to play in the game. All players must be on the IMLeagues roster by 3pm the day of the game. *Write-ins will only be allowed during the first week.

Article 4. Floor Rules

Only officials, players (including substitutes) and one coach per team wearing proper shoes are permitted on the main floor. TOBACCO USE IN the HPE Complex is PROHIBITED. Spitting on the floor will result in your removal from the gym. Food or drinks of any kind are NOT allowed in the HPE complex. Substitutes must be seated in their designated team areas and only one coach or player/coach may be standing in the team area. Substitutes must check in at the scorer's table prior to entering the game and may do so only when officials have beckoned them onto the court.

Article 5. Spectators

Spectators will be allowed to view games from designated spectator areas only. Any violation of those areas will result in removal from the venue. Spectators may be inside the boundary lines on courts 2 and 4 for their respective courts. IMS staff will work with spectators to keep them back from the sidelines, but continued/repeated violations will result in removal from the venue. If spectators create a hostile environment by harassing players, opponents, spectators or staff, all spectators will be removed from the venue and teams will be responsible for those actions and will face sanctions.

Article 6. Between Games

Teams completing a game will be given a reasonable amount of time to clear out for the next game. We ask that teams leave the sideline area as quickly and clean as possible out of respect for the next teams playing. Teams loitering in the area after the completion of their game will be asked to leave. Continued problems with teams loitering will result in the lowering of that team's sportsmanship grade.

SECTION 3. GAME EQUIPMENT

Article 1. The Ball

Game balls will be provided by the Intramural Sports Program. Teams can provide their own game ball but officials, captains, and both teams must agree to play with that ball instead of the IMS one.

SECTION 4. PLAYER EQUIPMENT – REQUIRED

Article 1. Jersey

The visiting team is responsible for the avoidance of similarity of colors, but if there is any doubt, the Official may request the home team to change. Jerseys must be:

- Long enough to be tucked in the pants/shorts during the entire game.
- Jerseys with an opening more than 4" below the armpit may not be worn during play.
- Jerseys will be available from the scorekeeper. They should be worn just like shirts and they must be tucked into the shorts.
- **Shirts must be worn underneath jerseys provided by IMS Staff.**
- Players must have jersey numbers either on personal shirts or on jerseys

Article 2. Shoes

Non-marking, closed toed shoes are required.

Article 3. Shorts

Each player must wear pants or shorts. Pants or shorts with pockets are legal.

SECTION 5. PLAYER EQUIPMENT – OPTIONAL

Article 1. Head wear

- Players may wear a headband no wider than 2” thick. The headband must be worn around the head only.
- Players may wear religious caps.

SECTION 6. PLAYER EQUIPMENT – ILLEGAL

Article 1. Illegal Equipment

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the Official is dangerous or confusing. Types of equipment or substances, which shall always be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats or items containing knots.
- Jewelry of any kind (exception for medical alert bracelets).
- Shirts or jerseys, which do not remain tucked in.
- Tear-away pants.
- Barrettes and ribbons
- Leg braces made of hard unyielding material unless covered by at least ½ inch of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Towels attached at the players waist.

RULE 2. PLAYING TERMS

SECTION 1. GAME TIME

Article 1. Game Format

The game will be played in two (2) halves of twenty (20) minutes each. The time is running time, i.e. the clock runs during free throws, ball out-of-bounds, etc. **Exception** - the clock will be stopped and started according to National Federation timing rules following a time-out, time-outs for injuries and during the **last minute of each half**.

Article 2. Grace Period

As long as a team has a single representative present at game time, a ten (10) minute grace period will be implemented for all regular season games. For every minute a team is not fully present and ready to play, the team that is waiting will be awarded one (1) point. It is advised that the team show up 15 minutes prior to the scheduled time. **Official game time is used for the grace period.**

Article 3. Forfeit

If one team fails to show up, or does not have enough players after the 10-minute grace period, it will result in a forfeit and a final score of 10-0. The team that forfeits will have to pay a \$10 forfeit fee before participating in another game.

Article 4. Scoring

An intramural sports staff member will keep official score and game time on each court. Men’s and women’s division will be awarded (3) points for a shot made behind the 3-point arc, (2) points for a shot made inside the 3-point arc, and (1) point for each free-throw made. For CoRec, the men’s points will remain the same as the men’s division scoring but if a female scores an additional point will be added except for free-throws. i.e. (4) points for a shot made behind the 3-point line by a female in a CoRec game, (3) points within the 3-point line, and still (1) point for each free-throw made.

Article 5. Time Outs

A team will be granted two (2) time outs per half. Time outs will be sixty (60) seconds; teams must be ready to play when the horn sounds. The game clock will stop for charged time outs. If free throws are to be attempted immediately following a time out, the clock will not run during the free throws. Time outs that are not used will not carry over into the second half or overtime periods (playoffs only).

- **Excessive Time Outs** – if a team calls a time out with none remaining, they will be assessed a technical foul, the opponent will be awarded two points and the ball, but the time out will be granted. This includes bench personnel trying to call a time out.

Article 6. Substitutes

Substitutes **must** report to the scorekeeper before entering and **must** be signaled onto the court by an official. Failure to comply will result in a technical foul.

Article 7. Half Time

Three (3) minutes will be allowed between halves. However, teams may agree to take less time.

Article 8. Teams

At no time shall a team have more than five (5) players on the court. A team may not start the game with less than four (4) players. However, they may finish a game with as few as one (1) player if the referee rules the team has a chance to win the game.

- **EXAMPLE** - Team A starts a game with three players. With 6:00 remaining in the game a player fouls out. **RULING:** Team A may continue playing with 2 players if they have a chance to win the game.

Article 9. Scorecards

All players must have their names on the scorecard for each game. An IMS staff member will check IDs at each court. Any member who has played without an ID will be immediately removed from the game and his/her team will be assessed a technical foul. Late arriving players must check in with a staff member before they may participate. Players are responsible for providing the score table with the jersey number they will be wearing for that game. Incorrect or missing number will warrant a technical foul.

Article 10. Mercy Rule

If a team is winning by 10 or more inside of one (1) minute remaining in the game, the clock will run continuously. If the lead drops below 10 points, the clock will stop according to IMS rules. If a team is winning by 40 or more points at any time in the second half, the game will be called. **NOTE:** if a team is winning by 40 or more points at half time, the game will be called at the end of the first half.

Article 11. Dead Ball Dunking

Dunking the ball or hanging on the rim during a dead ball will result in a technical foul charged to the player committing the act (this includes before the game and during half time). If the act occurs after the game, the penalty will still be enforced and will affect the team's sportsmanship grade for that game. Dunking during the game is permitted as governed by the National Federation of High School Associations Basketball Rules.

- **A player who obviously damages equipment as a result of hanging on the rim will be financially responsible for the repair or replacement of the damaged item.**

Article 12. Captain

Only the captain may speak with the officials and **only** if done so in a polite and professional manner. The captain will represent the team in all dealings with officials.

SECTION 2. GAME PLAY

Article 1. Fouls

Five (5) fouls (personal and technical combined) will result in disqualification from the game. On the seventh (7) team foul in each half, the bonus situation is in effect. On the tenth (10) team foul in each half, the "double bonus" situation is in effect. Prior to the bonus situation, non-shooting, "common fouls" will be taken out of bounds at the nearest spot to the foul.

Article 2. Jump Ball / Held Ball

The game is started with a jump ball; thereafter, any held ball situations and the start of the second half will use the alternating possession procedure.

Article 3. Free Throw

Other than the shooter, the number of players permitted in marked lane spaces will be four (4) defensive players and two (2) offensive players with the lane spaces below the block remaining vacant. Players not in marked spaces on the foul lane must be positioned behind the free throw line extended and the three-point arc. Players in MARKED lane spaces may enter the free throw lane as soon as the ball leaves the shooter's hand. The shooter and all players not in a marked lane space may NOT break the plane of the free throw line until the ball leaves the shooter's hand. If a free throw does not strike the rim, a violation has occurred on the shooter and the defense will take the ball out of bounds under the rim for a spot throw-in.

Article 4. Closely Guarded

The closely guarded five (5) second count is in effect. Closely guarded occurs when a defensive player is actively guarding an offensive player in control of the ball. For a closely guarded count to begin, the defensive player's front foot must be within 6' of the offensive player's front foot, and the defensive player must be in legal guarding position. An offensive player can technically hold the ball for almost 15 full seconds while closely guarded. If a player is holding the ball for 4.99 seconds and begins a dribble, a new five second count begins. Closely guarded ends when a player moves his/her shoulders past the defender. Closely guarded continues even if defensive players switch and maintain the requirements of closely guarded.

Article 5. Three Seconds In The Lane

Any offensive player is limited to three (3) seconds in the lane at any given time, while the ball is in the front court. If a shot is attempted by the offense, the 3 second count begins again once the ball is possessed off of the shot.

Article 6. Overtime Procedure

THIS IS PLAYOFF SPECIFIC RULE ONLY. ALL REGULAR SEASON GAMES WILL END IN A TIE. A tie game will be played as follows:

- A single two (2) minute overtime period.
- Running clock until the last minute.
- **Teams are allowed one (1), 30 second time-out in each overtime period. Unused timeouts from the second half will not carry over into overtime.**
- All personal and team fouls carry over as well as shooting bonuses.
- A jump ball will start all OT periods.
- Teams will continue to shoot at the same basket as the 2nd half for all OT periods.
- If the game is still tied after the 1st OT period, a 2nd OT period will begin with all the same rules as the 1st OT.
- If the game ends with a tie in the 2nd OT period, a 3rd OT period will begin with all the same rules except we will use SUDDEN DEATH – first point scored in the 3rd OT will end the game.

SECTION 3. SPORTSMANSHIP

Article 1. Technical/Flagrant/Intentional Free Throws

Technical/ Flagrant/ Intentional free throws will not be shot and the offended team will also receive the ball. Two points will be automatically awarded to the offended team. Technical fouls will be put back into play from half court opposite the table. Intentional and flagrant fouls will be put back into play nearest the spot of the ball at the point of interruption.

Flagrant Fouls – any player committing a flagrant foul will be automatically ejected from the game and face disciplinary sanctions. Technical fouls may be administered before or after a game.

Article 2. Unsportsmanlike Conduct

Players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to: arguments with officials (the captain is the only player permitted to talk with the officials) by any coach or manager, flagrant fouling, fighting, etc. Unsportsmanlike acts will result in expulsion of that individual and/or team from further participation in that scheduled game. **A PLAYER EJECTED FROM THE GAME FOR UNSPORTSMANLIKE CONDUCT MUST LEAVE THE HPE COMPLEX IMMEDIATELY AND WILL FACE DISCIPLINARY SANCTIONS.**

Article 3. Team Technical Fouls

In addition, any team, which receives four (4) technical/intentional fouls as a result of unsportsmanlike action will immediately forfeit the game.

Article 4. Fighting

An attempt to strike, punch, or kick another player is considered fighting and will result in the ejection of the player even if the attempt is not successful. Players “bowing” up to each other will result in both players being ejected. Bench personnel who leave the bench area during an altercation will be ejected from the contest. **Any individual ejected because of fighting will face the Intramural Sports “death penalty” which is a lifetime ban from participation in Intramural Sports.**

Article 5. Protest

Any team wishing to protest must do so before the 2nd live ball period. A captain who feels that the officials have made an error in interpretation or application of the rule may call for a time out and may protest the decision. **YOU CANNOT PROTEST JUDGEMENT CALLS.** The captain will explain the protest to the officials who will then bring in the Game Supervisor and Site Manager. The officials and IMS Staff will make a decision based upon the situation. That decision is final. If a captain is still unsatisfied with the decision, a formal protest can be filed immediately following the game (see Policies and procedures Manual for more information). If a team loses their protest, they lose the time out. If a team does not have a time out, they can still protest but will be assessed a technical foul if the protest is not upheld. If the decision is reversed, then the time is given back to the team and the correction is made.

Article 6. Drug & Alcohol Policy

Teams coming to games under the influence of alcohol and/or drugs will forfeit their game and be removed from Intramural Sports for one academic year.

RULE 3. CO-REC MODIFICATIONS

Co-Rec basketball will be played using the same rules listed above, with the following modifications.

Article 1. Game Ball

Campus Recreation will provide the game ball for all contest. The team captains can agree on a men's or women's size ball. If the captains do not agree, a women's ball will be used throughout the entire game.

Article 2. Ratio

Ratio of males to females must always be 2:3 or 3:2. Teams may never play with more than a +1 advantage of either gender.

Article 3. Scoring

Points by female will count 3 and 4 points. (Free throws are still worth one)

- If a female player is fouled inside the three-point arc, in the act of shooting she will receive three free-throw attempts. If she is outside the arc, she will receive four free-throw attempts.