

**Indiana University South Bend
Intramural Sports
5 on 5 Basketball Rules**

The National Federation of High School State Associations (NFHS) rules are used as a base with local modifications. NFHS rules are consulted concerning interpretations.

1 Court and Equipment

1.1 The ball furnished by the Office of Athletics and Recreation shall be used for all intramural games. The size of the ball shall be:

1.1.1 Men's: 29.5 to 30"

1.1.2 Women's: 28.5 to 29"

1.1.3 Co-Rec: 29.5 to 30"

2 Officials and Their Duties

2.1 The officials shall make decision for infractions of the rules committed with or outside the boundary lines.

2.2 The referee shall make decisions on any points not specifically covered in the rules.

2.3 Pregame Duties:

2.3.1 Inspect and approve all equipment, including court, baskets, ball, backboards, and timer's and scorer's signals.

2.3.2 Check players for equipment deemed dangerous in his/her opinion.

2.4 The officials shall conduct the game in accordance with the rules. This includes:

2.4.1 Notifying the captains when play is about to begin at the start of the game.

2.4.2 Putting the ball in play.

2.4.3 Determining when the ball becomes dead.

2.4.4 Prohibiting practice during a dead ball, except between halves.

2.4.5 Administering penalties.

2.4.6 Granting time-out.

2.4.7 Beckoning substitutes to enter the court.

2.4.8 Signaling a three-point goal by raising two arms extended overhead.\

2.4.9 Silently and visibly counting seconds to administer the throw-in, free-throw, backcourt, and closely-guarded rules.

2.4.10 Report a team warning for delay to the official scorer and then to the coach.

2.5 Officials shall:

2.5.1 Penalize unsporting conduct by any player, coach, substitute, team attendant or follower.

2.5.2 Penalize and disqualify the offender if flagrant misconduct occurs.

2.5.3 Remove a player from the game who commits his/her fifth foul.

2.6 When a foul occurs, an official shall designate the offender to the scorer and indicate with finger(s) the number of free throws.

2.7 Correctable errors

- 2.7.1 Officials may correct an error if a rule is inadvertently set aside and results in:
 - 2.7.1.1 Failure to award a merited free throw.
 - 2.7.1.2 Awarding an unmerited free throw.
 - 2.7.1.3 Permitting a wrong player to attempt a free throw.
 - 2.7.1.4 Attempting a free throw at the wrong basket.
 - 2.7.1.5 Erroneously counting or canceling a score.
- 2.7.2 In order to correct any of the officials' errors listed above, such error must be recognized by an official no later than during the first dead ball after the clock has properly started.
- 2.7.3 If in article 2.7.1.5 the error is made while the clock is running and the ball dead, it must be recognized by an official before the second live ball.
- 2.7.4 If the error is a free throw by the wrong player or at the wrong basket, or the awarding of an unmerited free throw, the free throw and the activity during it, other than unsporting, flagrant, intentional or technical fouls, shall be canceled.
- 2.7.5 Points scored, consumed time and additional activity, which may occur prior to the recognition of an error, shall not be nullified
- 2.7.6 If an error is corrected, play shall be resumed from the point of interruption to rectify the error, unless it involves awarding merited free throw(s) and there has been no change of team possession since the error was made, in which case play shall resume as after any free-throw attempt(s).

2.8 Scorer and Timers Duties

- 2.8.1 Each team must provide a scorer
- 2.8.2 The scorer shall keep track of:
 - 2.8.2.1 Made field goals
 - 2.8.2.2 Made and missed foul shots
 - 2.8.2.3 Running tally of scored points
 - 2.8.2.4 Personal and technical fouls
 - 2.8.2.5 Time-outs charged
- 2.8.3 Scorer shall notify officials when team reaches seventh team foul each half and when a player obtains their fifth personal foul.

3 Player, Substitutes and Equipment

- 3.1 Each team consists of five players, one of whom is the captain.
 - 3.1.1 Team must have 4 players to start a game
- 3.2 Substitution
 - 3.2.1 A substitute shall legally enter the game when the ball is dead and he/she is recognized and beckoned by the official.
 - 3.2.2 During multiple free throw attempts the substitute shall enter before the final free attempt
- 3.3 Uniforms
 - 3.3.1 Each team member shall have shirts of the same color.
 - 3.3.2 Shirts must have a permanent number between 0 and 99.

3.4 Player Equipment

- 3.4.1 Players must wear athletic shorts or sweatpants
- 3.4.2 All players must wear athletic sneakers.
- 3.4.3 Players may not wear jewelry of any kind.
 - 3.4.3.1 Exception: Medical alert bracelets or necklaces, and wedding bands (No stones may be in or on the band).
- 3.4.4 Casts made of hard unyielding material and deemed dangerous by the officials may not be worn.
- 3.4.5 Hats are not allowed.

4 Scoring and Timing Regulations

- 4.1 A goal is made when a live ball enters the basket from above and remains in or passes through.
 - 4.1.1 The value of the goal is 1 point for a free throw, three points for all shots taken behind the 19-foot 9 inch arc, and two points for all goals inside the arc.
- 4.2 The game will consist of two twenty minutes halves
 - 4.2.1 Clock will continuously except for time outs and the last two minutes of the second half.
 - 4.2.2 During final two minutes the clock will stop for all dead ball situations.
- 4.3 Each team will be granted two time outs per game. Time outs do not carry over to overtime.
 - 4.3.1 Each team gets one time out during overtime.
- 4.4 A three minute overtime shall be played if the score is tied at the end of regulation play.
 - 4.4.1 **NO OVERTIME WILL BE PLAYED DURING REGULAR SEASON**
 - 4.4.2 Clock will stop only during final minute of each overtime period.

5 Live Ball and Dead Ball

- 5.1 The game shall be started with a jump ball.
- 5.2 In all jump ball situations after the opening tip off, the teams will alternate possession and throw-in the ball from out of bounds.
 - 5.2.1 Exception: Each overtime period starts with a jump ball.
- 5.3 The ball is dead when the official's whistle is blown for any reason or when a goal is made.

6 Out of Bounds and the Throw-in

- 6.1 A player is out of bounds when h/she touches the floor, or any object other than a player/person, on or outside the boundary.
- 6.2 The ball is out of bounds when it is touched by:
 - 6.2.1 A player who is out of bounds.
 - 6.2.2 Any other person, the floor, or any object on or outside the boundary.
 - 6.2.3 The supports or back of the backboard.
 - 6.2.4 The ceiling, overhead equipment or supports.
- 6.3 The ball is out of bounds when it passes over a rectangular backboard.
- 6.4 The Throw-in
 - 6.4.1 On a throw-in a player has five seconds to release the ball on a pass directly into the court within five seconds of being handed the ball.

- 6.4.2 Player may not move from designated throw in spot until ball is in play.
 - 6.4.2.1 Exception: After a made basket, the player may move anywhere along the end line.
- 6.4.3 The defense may not cross over the boundary line until the ball is released.
 - 6.4.3.1 If defense touches the ball in the throwers hand it will result in a technical foul

7 Free Throw

7.1 Players will be allowed:

- 7.1.1 A one and one bonus after the offending team accumulates 7 team fouls each half. This rule applies to all fouls except shooting, player control, technical, intentional or flagrant.
- 7.1.2 Two foul shots on the tenth team foul and thereafter of each half.
- 7.1.3 Two foul shots when the player is fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.
- 7.1.4 Two free throw and possession of the ball for all technical, intentional, or flagrant fouls.

7.2 Lane spaces may be occupied as follows:

- 7.2.1 Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
- 7.2.2 The first space above the box on each side of the lane must be occupied by opponents of the free thrower.
- 7.2.3 The second lane spaces on each side may be occupied by teammates of the free thrower.
- 7.2.4 The third marked lane spaces on each side, nearest the free thrower, may be occupied by the opponents of the free thrower.
- 7.2.5 All players, not in a lane space, besides the free thrower, must be behind the free-throw line extended and behind the three point line.

7.3 Players may not enter the lane until the ball hits the rim.

7.4 During technical, flagrant, and intentional foul shots, no players shall be in the lane. All non-shooting players must be at mid-court.

7.5 The shooter has 10 seconds to shoot the ball from the time he/she receives it from the official.

8 Violations and Penalties

8.1 A player shall not travel with the ball, intentionally kick it, strike it with a fist, or cause it to enter and pass through the basket from below.

8.2 A player shall not dribble a second time after his/her first dribble has ended.

8.3 3 Seconds Violation

- 8.3.1 A player shall not remain for three seconds in that part of his/her free-throw lane while the ball is in control of his/her team in his/her front court.
- 8.3.2 The three-second restriction applies to a player who has only one foot touching the lane boundary.

8.3.3 Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for a goal.

8.4 A player shall not be, nor may his/her team be, in continuous control of a ball which is in his/her backcourt for 10 seconds.

8.5 Backcourt Violation

8.5.1 A player shall not be the first to touch a ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt.

8.6 Closely Guarded

8.6.1 A player shall not while closely guarded (6 feet):

8.6.1.1 In his/her front court, hold the ball for five seconds or dribble the ball for five seconds.

8.6.1.2 In his/her frontcourt, control the ball for five seconds in an area enclosed by screening teammates.

8.6.2 A closely guarded count shall not be started during an interrupted dribble.

8.6.3 A closely guarded count shall be terminated during an interrupted dribble.

8.7 A player shall not excessively swing his/her arm(s) or elbow(s), even without contacting an opponent.

9 Fouls and Penalties

9.1 Each player shall be allowed 5 personal fouls per game. On the fifth personal, the player shall be removed from the game.

9.2 Technical Fouls

9.2.1 Two technical fouls against a player or coach result in immediate ejection of that person from the game

9.2.2 A player shall not grasp either basket during, dunk or stuff, or attempt to dunk or stuff a dead ball prior to the game.

9.2.3 Committing an Unsportsmanlike foul

9.3 Intentional Fouls

9.3.1 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.

9.4 Flagrant Foul

9.4.1 A personal or technical foul of violent or savage nature or a technical non-contact foul, which displays unacceptable conduct.

9.4.2 A player receiving a flagrant foul is immediately ejected from the game.

9.5 Contact

9.5.1 A player shall not hold, push, charge, trip or impede the progress of an opponent by extending arm(s), shoulder(s), hip(s), or knee(s), or by bending his/her body into other than a normal position; nor use any rough tactics.

9.5.2 A player shall not contact an opponent with his/her hand.

- 9.5.3 A dribbler shall neither charge into nor contact an opponent in his/her path nor attempt to dribble between two opponents or between an opponent and boundary, unless the space is such to provide a reasonable chance for him/her to go through without contact.

10 Co-Rec Modifications

10.1 Players

- 10.1.1 Each team consists of at least two males and two females
- 10.1.2 The fifth player may be male or female

10.2 Scoring

- 10.2.1 All female goals are worth 3 points
- 10.2.2 Female goals made from behind the 3-point arc are worth 4 points

10.3 Female Free Throws

- 10.3.1 Females are allowed three free throws when fouled in the act of shooting, and the basket is no good. If shot is taken from behind three point arc, female is allowed 4 free throws.
- 10.3.2 During bonus situation under 10 team fouls, a female will shoot a one-and-one-and-one.