

Christopher Newport University

Intramural Sports

Basketball (5v5)

Rules of the Game

Each player must present a valid CNU ID card before each game. The CNU ID card is the ONLY VALID FORM OF IDENTIFICATION ACCEPTED BY INTRAMURAL SPORTS! NO EXCEPTIONS!

All intramural participants are responsible for their own medical expenses. Any participant unsure of his or her physical condition should check with their family physician before participating in Intramurals.

Game time is forfeit time.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

Any rule not mentioned in the following will be governed by National Federation of State High School Association rules.

1. Players and Substitutes

1.1 A team consists of five players, but may start with four players. A team must have four players on the court at all times. Exception: Three players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game.

1.2 When a team has forfeited, the opposing team must have at least four players checked in with the supervisor to receive a win.

1.3 Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official acknowledges them. Penalty: Technical foul.

1.4 Teams must wear shirts with the same shade of color, and each shirt must have a different number (numbers greater than 2-digits are not allowed). The size of each number must be at least three inches. Numbers must be written or painted. Numbers MAY NOT be taped onto the shirt.

1.5 All players must wear non-marking rubber-soled athletic shoes.

1.6 Jewelry of any kind (friendship bracelets, chains, rubber bands, rings or earrings) may not be worn on any part of the body. Penalty: Technical foul.

1.7 Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

1.8 Spectators, "coaches", injured or inactive players are not permitted in a team's bench area.

2. Length of Game and Timing

2.1 There will be two twenty-minute halves of continuous running time. Clock stops for time outs or official time outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations. Exception: During the last two minutes of the second half, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time outs, fouls, etc.).

2.2 When a team is shooting free throws and a time out is called, the clock will start when the ball is touched after a throw-in on a made basket or when the ball is touched in bounds on a missed basket. The clock continues to run on technical fouls unless a time out has been called.

2.3 There will be a three-minute intermission between halves.

2.4 Overtime: If necessary, a 2-minute period shall be played to determine a winner. Clock stops on all dead ball situations. During the regular season only one-overtime period will be played. In the playoffs, there will be a one-minute break between overtime periods. The overtime period will be repeated until a winner is declared.

2.5 If a team is leading by 20 points or more in the final two minutes of the game, the mercy rule will be put into effect and the game will be over. **Also, if a team is leading by 50 at halftime or any point thereafter the game will be ended by the mercy rule.**

3. Time-outs

3.1 Each team will have three (one-minute) time outs per game (no limit per half). After each time out, the official should record the number of the player who called the time-out and the time it was called.

3.2 Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Bench personnel and coaches may not call time-out. After a time-out the ball will be in-bounded closest to the spot where the ball was when the timeout was called.

3.3 Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.

3.4 One (40-second) time-out per overtime period is allowed. Time outs from regulation play do not carry over into the overtime.

4. Violations

4.1 Back-court: Teams may not be in continuous control of a ball in their backcourt for 10 seconds. Once the ball has been established across the half-court line (both feet and the ball), it is a violation to cross back over into the back-court. Penalty: Turnover.

4.2 Three Seconds: An offensive player cannot be inside of or in contact with the free throw lane (known as the key) for more than three seconds while the ball is in his/her team's front-court. Penalty: Turnover.

4.3 Five Seconds: If a player is closely guarded (within six feet) in the front-court and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called. Penalty: Turnover.

4.4 Kicking: 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.

4.5 Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot will result in a turnover.

5. Throw-In Violations

5.1 The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.

5.2 The thrower must pass the ball into the court within five seconds of the start of a throw-in. Penalty: Turnover.

5.3 The thrower may step on but not over the sideline.

5.4 The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional foul.

5.5 The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball Penalty: Technical foul.

5.6 The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense.

6. Fouls

6.1 A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. 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.

6.2 A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and possession is awarded based on the alternating possession arrow.

6.3 An intentional foul is 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.

6.4 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. If a flagrant foul occurs the player is ejected from the game.

6.5 When a player control (charging) foul is committed, no points can be scored.

6.6 A technical foul is a foul by a non-player, a non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead.

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

b. Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury.

c. Dunking is legal during the championship game only. Dunking is not allowed during the regular season. Dunking during warm-ups or in a dead ball situation will result in a technical foul.

d. A technical foul on a spectator or coach is charged to the team captain. Any two players and/or coaches and/or spectators ejected from a game will result in an automatic forfeiture of the game by the offending team. A technical foul will also be recorded as a personal foul of the offender; also included in the total team fouls.

e. A team leading by 20 points or more during the second half may not use full court pressure. Penalty - Team captain will be given a warning on the first offense and a technical foul on the second offense.

7. Free Throws

7.1 A player will receive the one-and-one bonus after the offending team has accumulated 7 fouls each half. This rule applies to all fouls except shooting, player control, technical, intentional or flagrant. On the tenth foul and thereafter the opposing team will shoot two free throws for all fouls except player control.

7.2 When a player control foul is committed, the basket will not be allowed and free throws will not be awarded.

7.3 Players will be allowed two free throws and possession of the ball for all technical, intentional or flagrant fouls.

7.4 Players will be allowed two free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.

7.5 Any shooting foul committed behind the three-point line, on a missed shot, will merit three free throws. If a player is fouled, in the act of shooting, behind the three-point line, and makes the shot, one shot will be awarded.

7.6 The first marked lane spaces (ones adjacent to the end line) shall be occupied by opponents of the free-throw shooter, unless the resuming of play procedure is in effect. The second marked lane spaces on each side may be occupied by teammates of the free-throw shooter, and the third marked lane spaces may be occupied by opponents of the shooter. The total number of players permitted on marked lane spaces is six (not including the shooter) four defensive and two offensive. The offense may have no more than two players and the defense can have as little as two and as many as four. The lane spaces closest to the free-throw line (and the shooter) must remain vacant.

7.7 During free-throw attempts all players may attempt a rebounds when the ball makes contact with the rim.

8. Free Throw Violations

8.1 Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces if their opponents wish to occupy the space nearest them. These individuals may enter the lane when the ball hits the rim.

8.2 Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter this area until the ball has touched the rim.

8.3 The free thrower must not touch the free throw line. He or she cannot fake a try, and must release the ball within ten seconds.

a. In a one and one situation this will result in a turnover.

b. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

c. If this occurs on the second attempt of a two shot foul, it will result in a turnover.

8.4 Failure to cause the ball to touch the rim will result in a dead ball.

a. In a one and one situation this will result in a turnover.

b. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

c. If this occurs on the second attempt of a two shot foul, it will result in a turnover.

9. Co-ed Basketball

9.1 Each team shall consist of five players, 3 females and 2 males or 2 females and 3 males. A minimum of 2 females and 2 males can be used to start a game and continue play throughout the course of the game.

Exception: Three players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game. However, the gender difference can be no more than one at all times on the court.

9.2 Scoring will be kept as follows: Three points will be awarded when a female makes a shot inside the three-point line. Two points will be awarded when a male makes a shot inside the three-point line. Four points will be awarded when a female makes a shot from behind the three-point line. Three points will be awarded when a male makes a shot from behind the three-point line.

9.3 All free throws will be equal to one point, regardless of gender.

9.4 Men ARE permitted to enter the lane(s) at each end of the court at any time.

9.5 It is a violation for a male player to block a shot attempted by a female. Blocking of a female's shot by a male will result in a goaltending violation.

9.6 Equipment: A Men's ball will be used for all Co-ed games.