



Intramural 5-on-5 Basketball Rules



Intramural Sports Handbook

- All participants are required to adhere to the policies of the Office of Recreation and Wellness. Our policies are located online at http://www.rec.nova.edu/intramurals/forms/sports_handbook.pdf.
- In the Intramural Sports Handbook, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Forfeit Procedure	• Participation
• Team Jerseys	• Valid ID's
• Tie Breaking Procedure	• Participant Conduct
• Sportsmanship Rating	• Safety
• Protest Procedure	• Alcohol and Drug Policy

Courts

- All games will be played in the University Center, on the second floor basketball courts.

Timing

- Games will consist of two 20-minute halves with running time. During the first 38 minutes of the game, the game clock will stop only for a team or official time out. The clock will stop on every whistle during the final two minutes of the game.
- Each team will be granted 3 time outs per game. One (1) additional time out will be granted for overtime games (playoffs only)
- Half time will be 3 minutes in duration.
- If a team is up by more than 15 points with two minutes left in the second half, the game clock will not stop for the remainder of the game.
- If at any point in the second half either team is leading by 40 points, the game will end.
- Ties will stand during the regular season. For the playoffs, a 3-minute overtime period will be played. Each team will be granted one 30-second timeout. The game clock will stop on every whistle.

Players

Five players per team are allowed on the court at a time. A minimum of four players is necessary to begin play.

Start of Play

A jump ball begins each game and overtime period (for the playoffs only). The possession arrow will be used to distinguish team possession when necessary.

Penalties and Fouls

- Players shall be disqualified when committing their 5th personal foul. A technical foul is registered as a personal foul.

- Free-throw shooting:
 - 7th team foul = one free throw (plus a bonus free throw if the first attempt is successful)
 - 10th team foul = two free throws
 - All shooting fouls with a missed basket will result in two free throws.
 - All shooting fouls with a made basket will result in two (or three) points and one bonus free throw.
 - Restrictions end on the release of ball.
- Flagrant, intentional, and technical fouls: All of these fouls will result in the offended team automatically being awarded corresponding foul shots plus the ball out of bounds.
- Player disqualification: Any player committing a **flagrant foul, two unsportsmanlike technical fouls, or two intentional fouls** will be disqualified from the game and must leave the playing area within five minutes. Additionally, s/he will be subjected to intramural disciplinary procedures.
- Any team committing three flagrant, intentional, or technical fouls in one game will forfeit that game.
- Team technical fouls:
 1. Illegal substitution
 2. Delay of game (team)
 3. Request an excess timeout
 4. More than five members of a team on the court during play
 5. Spectator's undesirable behavior. (Teams are responsible for their spectators.)
- Player technical fouls:
 1. Unsportsmanlike conduct
 2. Delay of game (player)
 3. Refusal to comply with officials requests
 4. Grasping either basket during the game
 5. Slap or strike either backboard or cause either ring to vibrate while the ball is in flight or in the cylinder above the basket

Sportsmanship Guidelines

- A:** Team members participate with excellent sportsmanship within the established rules.
- B:** Team members occasionally complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is acceptable, but could be better.
- C:** Team members consistently complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is below expectations. A team or team member receives a technical or intentional foul for unsportsmanlike conduct.
- D:** A team or team member receives two technical fouls or one flagrant foul for unsportsmanlike conduct.
- F:** Team members participate with unacceptable sportsmanship.

**Please see the Intramural Sports Handbook for detailed information regarding sportsmanship.*



*All rules not specifically covered in this document will be enforced as NFHS Basketball Rules.
All rules are subject to change by the Assistant Director for Recreation.*

