5 on 5 Basketball Rules

Play is governed by 2010-2011 NFHS Basketball rules with the following modifications:

**GENERAL INFORMATION**

1. All Intramural Sports participants are required to carry his/her UCR ID at all times and must bring the card to all games. Intramural Sports Staff will check all participant IDs with the printed team roster before any player will be allowed to participate.

2. Games rosters will be based on the Team Roster Form submitted to the IM Office before the start of play. Roster additions may occur up to the fourth week of play, but may not occur at game time.

3. The Intramural Department does not take responsibility for injuries that are related to Intramural activities. It is suggested that all participants and spectators acquire health insurance before participating or observing.

4. Team captains are responsible for their team members and fans. Obscene and/or abusive language will not be tolerated. Participants or spectators using obnoxious or foul language will be penalized or result in a team penalty, respectfully.

5. Please refer to the Intramural Sports Policy Book for complete Intramural Sports requirements and policies.

**EQUIPMENT**

6. Players must wear basketball/athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play, and shorts may not be worn inside out.

7. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal, or plastic braces, hats and jewelry of any type are examples of illegal equipment. ALL visible body piercing must be removed or covered.

8. Jerseys/Shirts

   - If any of the following Jersey/Shirt rules will result in a team Sportsmanship grade deduction.

   - In order to play teams MUST wear shirts of the SAME color.

   - All shirts/jerseys must have legible numbers on at least one side (back or front of shirt) and must be legible from a distance of 6 feet. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. Taped on numbers are not allowed.
• Team shirts/jerseys may not be white in color without approval from the Intramural Sports Director.
• No two teammates may have the same shirt/jersey number.
• If a player is #0 then that number must appear on the jersey.
• In the event two teams arrive wearing the same color and are unable to switch to a different color, pinnies will be made available.
• There are no shirts/jerseys available for check out.

9. Only non-marking athletic shoes are permitted on the gym floor. Black soled and any other shoes that leave markings will not be allowed.

DELAY TIME & FORFEITS:

10. Teams must start and end the game with at least four (4) players. A team with four players or more must play or the forfeit procedure will go into effect. During the course of the game, if a team drops below 4 players that team will receive the loss according to team misconduct scoring rules (exception: if an injury results in a team dropping below 4 players, a standard loss will be recorded).

11. If a team does not have four players signed in at game time, that team will be given 10 minutes to have four players sign in before the game is declared a forfeit. If neither team has four players signed in, both teams shall have 10 minutes to have four players sign in before the game is declared a double forfeit. This time will run off the game clock and delaying teams will receive a “F” Sportsmanship. Once all teams are ready a jump ball will be performed for possession, regardless of score or time remaining in the half.

12. If one team is signed in and ready to play with at least four players, that team will be awarded 2 points for every minute (rounded up) that the game is delayed up to the 10 minute mark. Examples:

• One team ready to play: Team A has enough players at game time and Team B’s fourth player signs in 6:42 into delay time. Team A will start the game with a 14-0 lead and 13:18 remaining in the first half.

• Neither team ready to play: Team A’s 4th player signs in 2:18 into delay time and Team B’s 4th signs in 8:52 into delay time. Team A will start the game 12-0 with 11:08 remaining in the first half. 2:18 from 8:52 is 6:16 where Team A was ready to play and Team B was not.

13. A forfeit will be recorded as a win for the team ready to play and any points accumulated will
be the final score. Points will be scored to the team captain.

14. Any game forfeit for team misconduct will be scored as the current point total or 20 points, which ever is greater, for the winning team and zero points for the losing team. The Captain in these situations will also be suspended.

15. Teams receiving 3 technical fouls will forfeit the game under the team misconduct rules.

GAME INFORMATION

16. GAME TIMING:
   • Two twenty-minute halves running continuously.
   • There will be a five-minute halftime.
   • The last two minutes of the second half will continue under a stopped- 3 clock for all dead-ball situations.
   • Overtime:
     i. Regular season games will not have an overtime period. Games finishing in a tie will remain a tie.
     ii. Overtime periods in tournament games will be 3 minutes.
     iii. Each team will receive one time out per overtime.

17. A jump ball will be used at the beginning of the game and at the start of each overtime period. All other jump ball situations will be alternating possessions. This will be kept at the scoring table.

18. TIME OUTS:
   • Each team has two time-outs per half. All time-outs are 30 seconds.
   • Time-outs don’t carry over to overtime periods.
   • Only players on the floor may call a timeout.

19. If a team has a 15-point lead at any time, the game clock will only stop for half time and timeouts. The clock will continue to run for all other reasons.

20. All substitutes must report to the scorer’s table before entering the game. Each violation will be a technical foul.

21. FREE THROWS will be administered by NFHS rules with the following modifications:
   • The first defender position must be occupied; all others are optional.
   • Defenders in the first position may stand on the block if so desired. All other players
must not stand on any other line around the lane. The first initial space must be free.
• Players may enter the lane after the ball leaves the shooter’s hand and hit the rim.

22. FOULS:
• Foul Definitions:
  • Personal Foul: This is any common foul. A player will be disqualified after their fifth foul. This is to include common and technical fouls.
  • Team Foul: Any personal foul or technical foul.
  • Intentional Foul: A foul with excessive contact on or away from the ball or a foul intended to stop play. This is a personal and team foul.
  • Technical Foul: Any foul that does not support or promote fair play. This is a personal foul if committed by a singular player in the court of play. This is also a team foul. A player receiving two technical fouls will be disqualified from the game and ejected from the court.
  • Flagrant Foul: Any foul resulting in violent contact or conduct. This is a team and personal foul. Any player receiving a flagrant foul will be disqualified immediately and ejected from the court (Official’s discretion).
• Any player ejected will receive a minimum one game suspension.
• Anyone entering a game before signing in will receive a technical foul. He/she may still enter the game.

23. PROTESTS:
• Referees’ judgment calls may not be protested.
• The officials and supervisors for that day shall make decisions on any points not covered in these rules or the rules in the NFHS rulebook.
• The supervisor can only be used for rule clarification and will not overturn calls made by the officials during or after the game.
• The team’s captain must make any protests regarding rule interpretation immediately. Once the ball has become live again, a protest may not be made.

CO-REC MODIFICATIONS
24. Co-Rec teams must play with 3 females and 2 males. Players may play on one Co-Rec team and one Women’s or one Men’s team.

25. Teams must start and end each game with at least 4 eligible players. (2 women/2 men)
26. Scoring:

- Standard scoring applies to all male players.
- Scoring for women will be one plus the standard point value (3 point shot = 4 points)
- All free throws are scored as one point for each successful attempt.