



Bloomsburg University Intramural Sports Program

IM Sports - 5 on 5 BASKETBALL RULES

Current NFHS (National Federation of State High School Associations) shall govern all intramurals rules used for basketball unless modified by the Bloomsburg University Intramural department for program needs.

1. Players, Substitutes, and Roster Size

- A. Eligibility: MUST SHOW BU ID for every competition. Currently enrolled BU undergraduate students, graduate students, and BU Faculty/Staff personnel are eligible for intramural competition.
 - i. A player is ineligible for any further activity as of the date he or she withdraws from school.
 - ii. Players listed on the current year's varsity sport roster are ineligible to participate in the same/comparable intramural sport.
- B. There will be five weeks of regular season play and one week of playoffs.
- C. Roster
 - i. Each team shall have a minimum of 5 players on the roster.
 - ii. A team must have at least 4 players to start the game or it is a forfeit.
 - iii. New players may be added to a roster at any time during the "Regular Season". **Players must be added by 12 noon on game day AND be on the printed roster.** If a player's name is NOT on the roster they can NOT play.
 - iv. Players may only play for ONE TEAM within a sport. Playing in ONE game "declares player's team" for the remainder of that league.
 - 1. Players cannot switch teams after they have played in a game.
 - 2. Violation will result in suspension of the player and team captain along with forfeiture of the game/s in question.
 - v. All current Varsity Basketball players are ineligible to participate. *See Intramural General Rules*
 - vi. Former Varsity Basketball Members will be limited to two (2) players per roster. *See Intramural General Rules*
- D. Substitutions may take place only during a dead-ball situation. Player must report to the scorer's table & after being acknowledged & beckoned by the official that player may enter the court.
 - i. **Penalty:** Technical foul

2. Equipment and Uniform

- A. Clean, dry, non-marking court shoes are recommended to be worn.
- B. **All players are required to have numbered jerseys or shirts of the same color.**
 - i. Numbers taped on will NOT be allowed.
 - ii. Jerseys/shirts without a number can NOT use the number '0' or '00'
 - iii. Pinnies will be supplied for individuals without numbers or like colors otherwise, a team or player may not be allowed to play.
- C. The only headgear that is acceptable will be headbands and soft-knotted bandanas.
- D. **Basketballs are provided for games only.** If you wish to practice before the game, please bring your own ball or a second ID to check out a ball from the Front Desk.

3. Time Regulations and the Length of Game

- A. Games will consist of two (2) 20-minute running halves, with a 3-minute half time.
- B. The clock is stopped in the last 2 minute of 2nd half for all fouls, injuries, out-of-bounds, change of possession, jump balls, time outs, and other whistles (will NOT stop for made baskets)
- C. Each team is allotted three (3) 30 sec. timeouts per game and one (1) for an overtime period.
 - i. Only players in the game and on the team in possession of the ball may call timeouts - not coaches or substitutes on the sidelines.
 - ii. During a dead ball any offensive or defensive player in the game may call a timeout.
- D. **Overtime:** Overtime is only for playoffs. The ball will be put into play with a center jump, starting each overtime period.
 - i. Over time shall consist of a **3-minute overtime** period with the clock stopping in the last minute of the period for fouls, violations, free-throws, all personal & team fouls carry-over.
 - ii. Each team is allowed a 30-second time-out: Time-outs from regulation DO NOT carry over
 - iii. If a **third overtime** is necessary, the team **scoring first shall be declared the winner**
- E. Mercy Rule: A game will be ended if a team is leading by a total of 30 points within the 10 minute mark of the second half or at any time during the last 2 minutes of the second half, when one team has a lead of 20 points or more, the game will be ended.

4. Forfeits and Starting Games

- A. **GAME TIME is FORFEIT TIME!!!** If a team does not have the minimum number of players (4) at the scheduled game time, the game will be called and either a default or forfeit will be recorded.
- i. **Forfeits:** Teams that have FEWER THAN HALF THE MINIMUM PLAYER REQUIREMENT (less than 3 players) present on the field/court at game time will lose the game by forfeit. A deposit of up to \$20.00 will be assessed to the team captain prior to participation.
 1. **1st Violation=** Teams/individuals will lose forfeit deposit.
 2. **2nd Violation=** Teams that forfeit for the second time, without notification to the Intramural Sports Office, maybe dropped from the tournament.
 - ii. **Defaults:** Teams that have three (3) players, but not enough players to compete at game time will lose the game by default. Teams may also inform the Intramurals Office (389-5288) by 4:00 pm (after 4:00pm will be a forfeit) on game day to receive a loss by default.
 1. **1st Violation=** Grace, teams/individuals are not penalized.
 2. **2nd Violation=** 1 Forfeit. Team/individual will lose their Forfeit Fee and team captain must speak with the Intramural Director to discuss further league play.
 3. **3rd Violation=** 2 Forfeits. Team/individual will be dropped from the tournament.
 - iii. **Grace Period:** A team will forfeit a game when it is not ready by game time. The team ready to play will have the choice to grant their opponent a Grace Period, at which they will have 10 minutes to field the minimum number of players to play. Game clock will start. The following penalties will be enforced during the 10 minute grace period.
 1. 2 points will be awarded to the team ready to play for every minute that passes.
 2. 1 minute: Team ready for play will be awarded a 2 pts.
 3. 3 minutes: Team ready for play will be awarded 6pts.
 4. 8 minutes: Team ready for play will be awarded 16pts.
 5. 10 minutes: Team ready for play will be awarded 20 pts. And the game will be declared a forfeit with a final score of 20-0.
- B. Teams must be ready to play at their scheduled game time. Once team minimum is met, late arrivals can still play once they check in.
- C. Games and overtime will start with a jump

5. Playing Rules and Scoring

- A. The referee has authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.
- B. **Dunking:** Players are allowed to dunk during games ONLY! Players are NOT allowed to touch the rim at all before, or during halftime. Any player dunking by touching the rim NOT during the game will result in a technical foul given.
- C. Free Throws; No players are permitted on the marked lane spaces below the block.
 - i. Only 4 defensive & 2 offensive (not including the free throw shooter) shall occupy the marked lane spaces.
 - ii. Players in the lane spaces may not enter the free throw lane until the ball hits the rim.
- D. Closely guarded players (in the frontcourt, opponent within 6 feet) that hold or dribble the ball for 5 seconds will result in a violation and the defense gets the ball at the nearest side-line.
- E. The back court rule is in effect (over and back, ten (10) seconds).
- F. On a throw-in, or jump ball, an airborne player who jumps from the front court to catch the ball and lands in the back court will not violate the over and back rule.

6. Fouls, Violations, and Penalties

- A. All players are limited to five (5) fouls
- B. **Common Fouls (a.k.a. "Fouls on the Floor"):** Ball will be awarded out of bounds, until 7 fouls are reached then 1 on 1 is shot. When 10 fouls are reached 2 shots will be awarded.
- C. No free throws for double or simultaneous technical fouls. Alternating possession throw-in is awarded.
- D. **Technical fouls**
 - i. In the event of a technical foul, the opposing team is automatically awarded 2 points and receives possession of the ball at mid-court.
 - ii. Technical fouls will be counted on the team total and individual total. Three (3) technical fouls on a team will result in a forfeit. Two (2) technical fouls for a player and they are ejected. A player can also be ejected and the game forfeited without receiving a technical foul be issued as well.
 1. Player unsportsmanlike conduct (profanity, taunting, slamming the ball to the ground, throwing the ball high in the air, arguing with officials, etc.).

2. Any behavior by a fan or coach that is deemed unsportsmanlike by an official (i.e., profanity, taunting, etc.) will result in a team bench technical foul. If this conduct is continued, the individual in question may be removed from the game and/or facility and the game may be forfeited.
 - E. **Intentional foul** – 2 points are automatically awarded (3 points if committed on a 3-point try) and ball out of bounds nearest the spot of the foul. Intentional fouls are fouls that are committed in an intentional, but non-flagrant act, are not counted as technical fouls, and are NOT grounds for ejection.
 - F. **Flagrant fouls** – flagrant fouls are very serious fouls committed in an extremely physical fashion and may include an intent to injure. It is the referee’s decision to decide if a foul is intentional or flagrant. If deemed flagrant, the player will be ejected from the game. A second team flagrant foul by a given team will result in immediate game stoppage and forfeiture of contest.
 - G. Captains are expected to ensure proper behavior by their players and spectators ***Captains are leader and, thus, are expected to be the speaking voice for their entire team and the sole calming influence on the team should an altercation develop.***
7. **Participant Conduct and Fair Play – “SPORTSMANSHIP”**
- A. All players, captains, and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to sport-specific penalties, and/or possible removal from the building and future Intramural sports.
 - B. **SPORTSMANSHIP RATING:** Behavior before, during, and after an intramural contest is included in each rating.
 - i. **Teams must maintain a 3.0 average in order to qualify for playoff play. Teams must also maintain a 3.0 average during playoffs in order to advance.**
 - C. **EJECTIONS:** All ejections will result in at least a one game suspension and scheduled meeting with the Director of Intramurals and that sports coordinator.
 - i. The player that is ejected will be given 2 minutes to leave the playing area and facility. If the player does not leave within 2 minutes their team will be penalized a bench technical foul. If the player has still not left the playing area and facility the game will be called a loss to the team the player was a member of.
 - D. See Intramural General Rules for Rating Scale and Consequences.
8. **Playoffs**
- A. Playoff Eligibility: Team must be in good standing with no unsportsmanlike conduct issues.
 - i. Players must be on official team roster
 - ii. Players must have played in at least 2 regular season games.
 - B. The number of teams who qualify, plus the number, length, and playing rules for playoff games may be altered as time, weather, facility, and equipment conditions require. A variety of options will be considered before altering the preferred playoff format.
 - C. Teams must be able to play any day during playoffs. Championship games maybe be scheduled on Fridays or Sundays. Make sure you have enough players on your roster so you do not have to forfeit during playoffs.
 - D. The IM Office does not personally notify teams regarding playoff schedules.
 - E. Teams need to familiarize themselves with the Team Sportsmanship Rating System located in the Intramural General Rules Handbook as this will affect their eligibility for playoffs at the end of league play.
9. **Officials and Manager Duties**
- A. The Intramural scorekeeper at each court will be responsible for scoring the game and checking ID's and rosters.
 - B. Teams should verify the score at the end of each half, and after the game. Captains must sign the score sheet to verify the game winner.
 - C. Coordinators/Officials have the power to enforce all Intramural rules as they apply to players, coaches and spectators.
10. **Safety and Prevention**
- A. A player who has any visible amount of blood on their uniform shall be considered an injured player and must leave the game immediately for appropriate treatment and/or changing of clothes.
 - i. All blood soiled clothing must be removed before the player can reenter the game.
 - B. Players wearing glasses should have shatter proof lenses and straps.
 - C. Absolutely no jewelry shall be worn. A warning will be issued to a team for an infraction of this policy. If a 2nd infraction arises in a given contest a technical foul will be assessed the team in question. ** Exception - medical ID tags which must be taped to the body.
 - D. No braces or hard casts are allowed on the wrist or arms. Leg/knee braces with exposed hard materials will only be allowed if they are sufficiently covered with soft padding (i.e. an ace bandage).