



5 on 5 Basketball Rules



National Federation of State High School Associations rules will be used, with the following intramural adaptations:

Equipment: Gym shoes must be worn. Rubber soled street shoes will not be allowed. No pockets or belt loops are allowed on either pants or shorts. No metal barrettes, bobby pins, hats, bandanas, or jewelry. NO EXCEPTIONS! This rule is in place for your safety and that of others. Soft scrunches and rubber bands for you hair are allowed. Hats may be worn for outdoor sports only.

Starting the game: A game will be started by a jump ball at the center circle. A team will consist of 5 players. You can start a game with 4 players. If you have less than 4, it will be a forfeit. There will be a 5 minute grace period (this time will come off the game clock).

Playing period: A game will consist of 2 halves of 20 minutes each(running time) with 2 minutes between halves. The clock will not be stopped for substitutions, fouls, violations, or jump balls except during the last 2 minutes of each half. The clock will stop for time outs, technical fouls, and injury time outs during running time.

Mercy rule: The game will be stopped if one team is leading by 50 points, or if both teams are not playing to their full capabilities.

Overtime: Overtime will consist of one 5 minute overtime period. The clock will run continuously during the first 4 minutes, and will stop during the last minute on all whistles. If a second overtime period is needed, it will be sudden death. The first team the scores, wins(a free throw counts). Teams will not change baskets for overtime. For foul purposes, overtime will be considered a continuation of the 2nd half.

Substitutions: Substitutions are only allowed during a dead ball. No substitutions on the run. No substitutions for the free throw shooter. Illegal substitutions will result in a technical foul.

Time outs: 2 timeouts per half per team are allowed. Timeouts will be 45 seconds each. Second half time outs can be carried over into overtime. Each team will be issued 1 additional timeout for overtime.

Fouls: Bonus free throws begin with the 7th team foul. Double bonus begins with the 10th team foul. The only followed by free throws are personal fouls in the act of shooting. If the shot is missed, then 2 or 3 (depending on the shot) free throws are awarded. If the shot is made, then 1 free throw is awarded. Intentional, flagrant, and technical fouls will result in 2 points and possession of the ball at half court. 2 technicals or 1 flagrant foul= ejection. No basket can be scored on an offensive charge, regardless of whether or not the ball left the shooters hand before the charge. No player may enter the lane until the ball hits the rim.

Forfeits: Any team not providing 24 hours notice for a forfeit will lose their \$40 deposit. If 24 hours notice is given, they will still be assessed a loss, but will not lose their deposit.

Dunking: Dunking is not allowed prior to the start of the game or during halftime. Grabbing the rim or hanging on the rim is not allowed at any time (unless you are protecting yourself). Violations will result in a technical foul. Any person hanging on or grabbing the rim will be held financially responsible for any damages that occur.

Sportsmanship: Intramurals are recreational activities designed for the enjoyment of those participating in them. They are not designed to take the place of ultra-competitive intercollegiate athletics. Team captains will be held responsible for the behavior of their team members.

- A. 2 technicals fouls given to one player results in an automatic ejection.
- B. 3 technicals on a single team during a contest will result in a forfeit.
- C. Any ejected player must leave the facility immediately.
- D. Any ejected player must schedule a meeting with the Intramural Director before being allowed to participate in any future contests.

Blood: Any player who has an open wound will not be allowed to play until the wound is covered. Any player with blood on their uniform will not be allowed to play until the blood is cleaned off or the uniform is changed.