5-on-5 Basketball League Rules

THE COURT

• All basketball league and post-season games will be held in the Lombardi Recreation Center gymnasium.

PLAYERS

• Five players per side are on the court at one time.
• A minimum of FOUR players per team is needed to start the game.

EQUIPMENT

• The Intramural Sports Program will provide jerseys for 5-on-5 basketball league and post-season play.
• If a team wants to use their own jerseys, each jersey must have numbers printed on the back (no taped or written numbers).
• Any team attempting to participate without proper uniforms will forfeit the contest.
• Intramural Sports will provide basketball game balls.
• However, if both teams agree, an alternate ball may be substituted.
• A men’s ball will be used for men’s games, while a women’s ball will be used for both women’s and co-ed games.

TIME REGULATIONS

• Forty-minute games consisting of two twenty minute halves with a continuous clock.
• The final two minutes of the second half will be stop time if the point differential is less than fifteen (15) points.
• If the point differential is fifteen (15) points or greater the clock will continue to run after the two-minute mark of the second-half.
• If the point differential is thirty (30) points or greater at, or after, the five (5) minute
mark of the second half of the game will be called.

• If the point differential is **greater than fifty (50) points at any point in the second half of the game**, the game will be called.

• The clock does not stop for made baskets (includes in the last two minutes of play when stop clock play is enforced).

• Half-time breaks of no longer than five minutes will be given to the teams at the discretion of the officials and provided that such a break would not significantly alter the schedule of events for the evening.

**Time-Outs**

• Each team is allowed three time-outs per contest, which may be accumulated. Teams will be awarded one time-out for overtime, but may carry over any unused time-outs from regulation play.

• **TIME OUTS MUST BE CALLED FROM THE FLOOR DURING PLAY. TIMEOUTS CALLED FROM THE BENCH WILL NOT BE ACKNOWLEDGED.**

• Dead ball timeouts are allowed to be called by a team **AFTER** the opposing team makes a goal.

• Injury timeouts will not be charged to any team. The officials on the floor will call a timeout and gameplay will continue after the injury has been assessed.

**Overtime**

• If necessary, a **five-minute overtime period will be played**. Stop time will be utilized during the final **one-minute** of overtime.

• If a second overtime is needed, a two-minute overtime period with the clock stopping in the final minute will be played.

• **Two-minute overtime periods will be played until a winner is declared.**
GAME PLAY & SCORING

Pregame

• Teams must have at least four of five players with appropriate identification, appropriate attire, and signed in on the score-sheet and ready to play prior to game time.

Court Play

• Players must report to the scorer’s table and must be called in by the official if waiting to sub in. Failure to do so will result in a bench technical foul.
• The three-point rule is in effect.

Jump-Ball

• All jump-ball situations with the exception of the initial toss and at the beginning of any overtime periods will follow the alternate possession format.

TYPES OF FOULS

Personal Foul

• A personal foul is a player foul which involves illegal contact with an opponent while the ball is live.
• Players are disqualified after assessment for their fifth personal foul.

Intentional Fouls & Flagrant Fouls

• The intentional foul rule will be strictly adhered to any intentional foul will result in two shots and the ball at the spot nearest to where the foul occurred for the opposing team.
• The following are considered intentional fouls:
  o Any foul that is not a legitimate attempt to directly play the ball.
  o Showing intent to run into the back of a player that has the ball, wrapping the arms around a player, grabbing a player around the hips in non-basketball play.
  o Any non-basketball holds, pushes, or grabs at a ball.
• Intentional fouls will be called for unnecessary or excessive roughness, unsportsmanlike conduct, or dangerous intentional fouls.
• Any player assessed a technical/intentional foul for unnecessary or excessive language/roughness, unsportsmanlike conduct, or dangerous fouls must sit out for two minutes prior to returning to the game.

• Based upon the severity of a foul may result in dismissal.

**Technical Fouls**

• All technical fouls will result in two shots and the ball out of bounds at the division line for the opposing team.

• Hanging on the rim at ANY TIME (before, during, or after), will result in a technical foul on that player.

• Slamming the basketball to the floor, out of joy or anger, is considered bad sportsmanship and shall result in a technical foul situation.

• Any two technical fouls on one player will result in dismissal from the game for misconduct. Any player dismissed from a game for misconduct will not be allowed to participate in the next played contest until he/she has met with the Intramural Sports Supervisor.

• If a team receives three technical fouls for unsportsmanlike conduct in a game the contest will be immediately forfeited and the offending team will forfeit the game.

**Bench Technical Fouls**

• Bench Technical can be called at anytime before, during, or after a game.

• The team captain is responsible for his/her own conduct and behavior, as well as their teammates that have been reported on the roster.
  
  o A Bench Technical will be called for the following conduct:
  
  o Disrespectfully addressing an official.
  
  o Attempting to influence an official’s decision.
  
  o Using profane or inappropriate language or obscene gestures.
  
  o Disrespectfully addressing, baiting or taunting an opponent.
Objecting to an official’s decision by rising from the bench or using gestures.
Inciting undesirable crowd reactions.
Entering the court unless by permission of an official to attend to an injured player.
Use of Tabaco, or smokeless Tabaco.

**Team Foul**s

- A **Team Foul** is any personal foul or technical foul, which is charged to either team. All team fouls are counted to reach the bonus free throw.

**Offensive Foul**

- An **Offensive Foul** is any illegal contact committed by a player while his team has possession of the ball.
- The player is charged a personal foul, and the team loses possession; however, the foul does not count as a team foul.

**Bonus Foul Shots/Free Throw (7th Foul & 10th Foul)**

- The **seventh foul** per half on either team will result in a bonus free-throw situation for the opponent.
- The **seventh foul**, and on all common fouls thereafter, will result in a one-and-one (one foul shot).
- The **tenth foul**, and all common fouls thereafter, will result in a double bonus (two foul shots).

**Blood Rule**

- A player with a bloody injury or blood on his/her uniform must leave the game.
- The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.
VIOLATIONS, FOULS, AND DEFINITIONS

The ball will be considered dead when any of these fouls of violations occur.

**Ball Enters Basketball From Below (Violation)**
- If the ball enters the basketball from below the ball is dead and there will be a change of possession.

**Blocking (Foul)**
- Blocking is illegal personal contact, which impedes the progress of an opponent with or without the ball.

**Charging (Foul)**
- Charging is illegal personal contact caused by pushing or moving into an opponent’s torso.

**Fist (Violation)**
- If a ball in play is struck with a closed fist, the ball will be called dead and there will be a change of possession.

**Illegal Dribble/Double-Dribble (Violation)**
- A player shall not dribble a second time after his/her first dribble has ended, unless it is after he/she has lost control because of:
  - A try for field goal.
  - A touch by an opponent.
  - A pass or fumble which has then been touched, or been touched by another player.

**Out of Bounds (Violation)**
- No player shall be out of bounds when he/she touches or is touched by the ball after it has been released on a throw-in pass.
- The dribbler has committed a violation if he/she steps on or outside a boundary.
- A player should also NOT leave the floor for an unauthorized reason.
Throw-In/Boundary Line Violation (Violation)

- The thrower should not leave the designated throw-in spot until the ball has been released on a throw-in pass.
- The throw ball should not be touched by a teammate of the thrower while the ball is on the out-of-bounds side of the throw-in boundary-line plane.
- Once the throw-in starts, the ball shall be released on a pass directly into the court before FIVE seconds have elapsed.
- A thrown-in ball cannot enter the basket before it touches a player on the court.

Traveling (Violation)

- Travel is moving a foot or feet in any direction in excess or prescribed limits while holding the ball.

Three Second Violation (Violation)

- A player shall not remain for three seconds in the part of his/her free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of his/her team in his/her frontcourt.
- Three seconds will not be called if a player has possession of the ball and is dribble inside of the key.

Ten Second Violation (Violation)

- A player shall not be, nor may his/her team be, in continuous control of a ball, which is in his/her backcourt for 10 seconds.
- If a 10 second violation is called, change of possession will occur.

Back Court Violation (Violation)

- A player shall not be the first to touch a ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt.
before it went to the backcourt.

• Backcourt violation will not be called on a player that has not fully crossed the half court line with their entire body and the ball. Once their entire body and ball has crossed and they step back behind the half court line, they will then be charged with a backcourt violation and there will be a change of possession.

**Basket Interference**

• **Basket interference occurs when a player:**
  
  o Touches the ball or any part of the basket (including the net) while the ball is on or within the basket.
  o Touches the ball while any part of the ball is within the ‘imaginary cylinder’, which has the basket ring as its lower base.
  o Touches the ball outside the cylinder while reaching through the basket from below.

**Goaltending**

• Goaltending occurs when players touches the ball during a field-goal try or tap while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight.

• If the violation is at the opponent’s basket, the opponents are awarded one point if during a free throw, three points if during a three-point try, and two points in any other case.

• The ball when then change possession.

**Excessive Swinging of Arm(s) / Elbow(s) (Violation/Foul)**

• A player shall not excessively swing his/her arm(s) or elbow(s), even without contacting an opponent.

• A player may extend arm(s) or elbow(s) to hold the ball under the chin or against body.

• The ball is dead when this violation occurs and is awarded to the opponents for a throw-in form the designated out-of-bounds spot nearest the violation.
CO-ED PLAY RULES

• All standard 5-on-5 basketball league rules and violations apply to co-ed 5-on-5 basketball league play. These are the added modifications for co-ed play:
  o Co-ed teams may have **no more than TWO men** on the floor at the same time but must have **at least ONE** on the court at all times.
  o If three or more men are on the floor at a time the opposing team will be awarded two shots and the ball at the division line.
  o A women’s ball will be used for co-ed games, unless both teams agree to use a men’s ball.
  o Only female participants can be involved in the “jump-ball” at the beginning of the game.

Female Play Rules

• Female baskets are worth two points and three points behind the arc.

Male Play Rules

• Male shots are worth one point, two from beyond the arc.
• Male players will shoot only one foul shot when fouled in the act of shooting and when the opposing team is in the penalty.
• Two foul shots will be awarded when fouled shooting beyond the arc.
• Male players are not allowed to block a female player’s shot. **Violators will be assessed a foul.**

Co-Ed Mercy Rule

• At any point during a contest if the point margin is 20 or greater the team ahead may not apply any full court pressure, all violations will result in a technical foul.
SPORTSMANSHIP VIOLATIONS

• Any participant dismissed for misconduct must leave the facility immediately.
• Failure to comply will result in a forfeiture of the contest for that team and could lead to further disciplinary action for that participant.
• The 5-on-5 basketball league play rules and the intramural sports handbook will be used to control rule violations, control unsportsmanlike conduct, and improper behavior.