University of Minnesota Intramurals

The following set of rules addresses gameplay for 5 on 5 basketball. Any additional situations that arise will be governed by the NFHS basketball rulebook. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/ for more information.

Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
5 on 5 Basketball Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. **There are no exceptions to this rule.** Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

**A player is eligible if s/he plays on:**
- 1 co-rec and 1 open team
- 1 co-rec and 1 women’s team

**A player is not eligible if s/he plays on:**
- 1 open A and 1 open B team
- 1 open and 1 women’s team

Players must play in one regular season game to be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural basketball
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.

The following items are prohibited while playing intramural basketball
- Tear away pants
- Metal barrettes or bobby pins
- Hats or bandanas
- Jewelry

Defaults: **Game time is default time.** Teams must have at least 4 players checked in with legal uniforms at game time in order to avoid a default. Once a game is started, it can continue with 3 players due to injury or foul out. If injuries or foul outs take a team to 2 players or less, the game will be scored a default.

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this
case, the team will receive the loss, but will not need anyone to show up at
game time.

1st Default: Recorded as a loss for the team however the team is still
eligible for the playoffs.

Forfeits:

Game time is forfeit time. If a team has no players check in with legal
equipment at game time, the game will be declared a forfeit. Additionally, if a
game must be ended due to major sportsmanship issues, the result will be a
forfeit.

1st Forfeit: Team is no longer eligible for playoffs.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the
league without a refund.

If a team has one player arrive at the game or calls the Intramural Office to
inform them of the inability to play by the default time, the game is a DEFAULT.
If no one shows up for a team and there is no contact with the Office prior to
the game the game is a FORFEIT.

Players:

Teams consist of 5 players on the court at all times. Teams must have at least 4
players to begin a game and at least 3 players to continue a game.

Timing:

A game consists of two 20 minute halves with a 3 minute halftime. The clock will
not stop in the first 19 minutes of the first half and the first 18 minutes of the
second half except for timeouts.

In the last minute of the first half and the last two minutes of the second half,
stoppage time will be used. The clock will stop for all whistles and will restart on
the officials’ cue as governed by the NFHS basketball rulebook.

Timeouts:

Each team is allowed 1 timeout per half. Timeouts do not carry over from the 1st
half to the 2nd half. However, they do carry over from the 2nd half to overtime,
and each team is awarded one additional timeout for the entire overtime.

Mercy Rule:

The game will end if one team is ahead by 30 points at the 10 minute mark in
the second half or any time after. If a team is ahead by at least 20 points and no
more than 30 with 2 minutes remaining in the second half there will be no stop

Overtime:

During league play there is no overtime. The game will end in a tie.

In playoffs, if a team is tied at the end of regulation, there will be one 2 minute
overtime period. The clock will run continuously for the first minute and then
will stop on each whistle for the second minute. If the score is still tied at the
end of the overtime period, there will be as many 2-minute overtimes as
necessary to determine a winner.

Each overtime period will begin with a jump ball. Otherwise, overtime is
considered an extension of the second half. Teams will score towards the same
basket that they scored towards in the second half. Timeouts and team fouls will carry over.

**Scoring:**

1 point is awarded for each try made during a free throw situation.

2 points are awarded for each try made within the 3-point arc. A player is considered to be within the 3-point arc if s/he leaves the ground with any part of his/her body touching the floor inside of the arc. A player who is touching any part of the line is considered to be inside of the arc.

3 points are awarded for each try made entirely outside the arc when the shooter leaves the floor.

**Substitution:**

Substitutions are only allowed during a dead ball. Substitutes should inform the table of the substitution, but they must wait to be waved in by an on court official.

The buzzer does not allow subs to enter; it only informs the officials that a player wants to sub. There are no subs for free throw shooter except during stoppage time.

**Dunking:**

Dunking or hanging on the rims is NOT permitted at the University of Minnesota Recreation and Wellness Center. Any player that dunks or grasps the rim or net, except in the case to avoid a serious injury, will receive a technical foul. This includes before, during, or after the game.

**Travel:**

A player holding the ball may not lift his/her pivot foot before beginning his/her dribble. The player may lift his/her pivot foot to pass or attempt a try, so long as s/he releases the ball before returning to the floor.

**Illegal Dribble:**

A player may not dribble a second time after ending his/her first dribble unless the player has lost control due to an attempted try, a pass that has been touched by another player, or a fumble caused by an opponent’s contact with the ball.

**Carry:**

A player may not let any of his/her hand pass under the ball or let the ball come to rest in his/her palm while dribbling.

**Kick Violation:**

A player may not deliberately contact that ball with his/her leg, foot, or closed fist. (Kick Violation)

**Closely Guarded:**

An offensive player in the front court may not hold or dribble the ball for five seconds consecutively, when they are guarded by a defender fewer than six feet away.

**Three Seconds:**

An offensive player may not remain in the lane for longer than three seconds while the ball is in the front court. The count ends when a try is attempted.
**Five Seconds:** The offensive team must throw the ball in within five seconds of having the ball at their disposal.

**Ten Seconds:** Additionally, the offensive team must cross half court within 10 seconds of gaining possession of a live ball. (10 second violation)

**Over and Back:** Once the ball is in the front court, the offensive team cannot cause the ball to go into the backcourt and be the first team to touch the ball once in the backcourt.

**Fouls:** Players will foul out on their 5th personal foul in one game. A technical foul also counts as a personal foul and team foul.

- **Common Foul** – The ball is placed at the designated throw-in spot nearest the point of the foul.
- **Shooting foul** – The player fouled is awarded shots equal to the point value of the try if the shot is missed (2 or 3 points). If the shot is made, the player is awarded the points and 1 free throw shot.
- **Player control foul** – A foul against the player in control of the ball, more commonly called a charge. Shots are never taken on a player control foul even if in the bonus.

- **Bonus** – Beginning on the 7th team foul in each half, any common foul results in 1 and 1 for the offended player.
- **Double bonus** – Beginning on the 10th team foul in each half, any common foul results in two shots for the offended player.
- **Intentional Foul** – The offended player is awarded 2 Free Throws and the ball to be inbounded at half court. All other players must remain behind half court during these shots.
- **Flagrant Foul** – The offended player is awarded 2 Free Throws and the ball to be inbounded at half court. All other players must remain behind half court during these shots. Additionally, the offending player is ejected from the game.
- **Technical Foul** – The offended player is awarded 2 Free Throws and the ball to be inbounded at half court. All other players must remain behind half court during these shots.

**Technical Fouls:** The following acts will result in a technical foul:
- Unsportsmanlike Conduct
- Use of obscene gestures or language
- Delay of game
- Interference with play from a team’s bench or spectators
- Verbal abuse from players, substitutes, or spectators
- Dunking or snapping the rim (before, during, or after the game)
- Illegal Substitution
• Illegal Equipment
• Calling a timeout when all timeouts have been exhausted

Technical fouls assessed will affect a team’s sportsmanship rating for the game with the exception of technical fouls in instances 7, 8, and 9 above.

If 3 technical fouls are assessed against one team in one game, that team will lose the game by default and be given a maximum of a 1.0 sportsmanship rating.

**Free Throws:**

During free throw shots, the defense must occupy the bottom two marked lane spaces. Once the shooter receives the ball, no player may enter or leave a marked lane space.

Any player not in a marked lane space (or not shooting) must be outside of the 3-point arc and above the free throw line extended when the shooter receives the ball.

On the last free throw, players in marked lane spaces may enter the lane when the shot is released. Players behind the three point arc may not enter the three point arc until the ball strikes the rim. The shooter may not enter the lane until the ball strikes the rim.

On an offensive violation, the whistle will be blown the shot will be disallowed. If another shot remains, the shooter will be allowed to attempt the next shot. If not, the defense will be awarded the ball at a throw-in spot on the baseline.

On a defensive violation, the official will allow the shot to continue. If the basket is made, the violation will be ignored. If the basket is missed, the whistle will be blown, and the shooter will attempt the shot again.

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**Co-Rec Basketball Variations**

**Players:**

Each team must play with 3 males and 2 females for the first half and 2 males and 3 females for the second half or vice versa. Teams must agree on the ratio of each gender during the captain’s meeting. If teams cannot agree, the officials will choose randomly.

**Equipment:**

A women’s basketball will be used for co-rec games.

**Opening Tip:**

Females MUST jump the opening tip in the game as well as the opening tip of each overtime period.

**Loose Balls:**

Any player may attempt to secure a loose ball, rebound, or deflected pass. Once a player secures control of the ball, all opposite sex players must return to regular defense. Held balls between opposite sex players on loose balls or rebounds shall be treated as normal alternate possession held balls.
**Scoring:** All 2-point baskets made by females equal 3 points and all 3-point baskets made by females equal 4 points. This includes free throw attempts. Females will be awarded 3 free throw attempts for a standard 2-point shot attempt.

**Guarding:** Males may not move to maintain guarding position against a female. However, males may get to the spot first and stay stationary and in their own vertical plane.

**Screens:** Males on defense may step up to prevent an opposing female from being able to use a screen; however, males may not switch on a screen to defend a female who uses a screen.