

University of Virginia Intramural Sports 5-on-5 Basketball

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules.

The National Federation High School basketball rules will govern play for any rules not mentioned in the following Intramural rules:

1. Team Requirements

- 1.1 A team shall consist of 5 players, but may start with a minimum of **3 players**. For Co-Rec Basketball, possible combinations are 3m/2w, 2m/3w, 2m/2w, 2m/1w, 1m/2w.
- 1.2 All teams must have at least 3 players to start and finish a game.

2. Equipment

- 2.1 All players must wear court shoes.
- 2.2 Billed hats, bandanas, casts and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn during a game.
- 2.3 All jewelry is prohibited. *Penalty: Technical foul.*

3. Substitutions

- 3.1 Substitutions must be reported to the Official at the scoreboard before entering the game. Substitutes may then enter the game only when the on-court Official acknowledges them. *Penalty: Technical foul.*

4. Length of Game and Timing

- 4.1 Games will consist of two 20 minute halves with a three minute half-time. Timing will be continuous for the first 19 minutes of the first half, and the first 18 minutes of the second half. Only team and Official time-outs can stop the clock. The clock will not stop for violations. During the last minute of the first half and the last 2 minutes of the second half, the clock will be stopped for all dead ball situations (i.e. violations, out-of-bounds, time outs, fouls, etc.).
- 4.2 If a team is leading by 20 points or more at any point in time during the final two minutes of the game, the mercy rule will be put into effect and the game will be over.

5. Time-outs

- 5.1 Each team will have three (1-minute) time-outs per game (no limit per half). After each time-out, the Official will record the number of the player who called the time-out and the time that it was called.

- 5.2 During a live ball, time-outs may only be called by members of the team with possession of the ball. During dead ball situations, either team may call a time-out.
- 5.3 Time-outs in excess of the allotted number may be requested and shall be granted, however, a technical foul will be assessed when the Officials determine that the team did not have any time-outs left.
- 5.4 During the first half and the first 18 minutes of the second half, the clock will continue to run during the assessment of foul shots. If a time-out is called, the clock will be stopped, and will start when the ball is touched after a throw-in on a made basket or when the ball is touched in-bounds on a missed basket.

6. Overtime

- 6.1 A 2 minute period shall be played to determine a winner. The clock will stop on all dead ball situations.
- 6.2 A jump ball will begin the overtime period.
- 6.3 During the regular season, only one overtime period will be played. In the playoffs, there will be a one minute break between overtime periods. The overtime period will be repeated until a winner is declared.
- 6.4 One time-out per overtime period is allowed. Time-outs from regulation play do not carry over into the overtime.

7. Fouls

- 7.1 A personal foul is a player foul that involves illegal contact with an opponent during a live ball, which hinders an opponent from performing normal offensive or defensive movements. On the fifth personal foul, that player shall be removed from the game.
- 7.2 Technical fouls, intentional fouls, and flagrant fouls will count towards a player's 5 fouls.
 - a) A technical foul is a non-contact foul by a player or any behavior deemed by the Official to be unsportsmanlike. Technical fouls may be called on non-players, and will be assessed to the team captain.
 - 1) A player that receives 2 unsportsmanlike technical fouls in a game will be ejected.
 - 2) A team that receives 3 unsportsmanlike technical fouls in a game shall forfeit that game and be dropped from the league.
 - 3) Examples of non-unsportsmanlike technical fouls include, but are not limited to:
 - *having too many players on the court
 - *not checking in with the Supervisor before the game
 - *not checking in with the Scorekeeper before a substitution
 - *hanging on the rim (unless avoiding injury)
 - *slapping the backboard (to prevent a basket or draw attention to oneself)
 - b) An intentional foul is a personal foul designed to neutralize an opponent's obvious advantage or stop the clock/keep the clock from starting.
 - c) A flagrant foul is a personal foul of a violent nature. Flagrant fouls will result in an ejection.
- 7.3 A player control foul occurs when the player in possession of the ball commits a foul (i.e. - a charge). A basket cannot be scored on a play involving a player control foul.
- 7.4 A double foul is a situation in which two opponents commit fouls against each other at approximately the same time. In the case of a double foul, both fouls will be recorded, no free throws will be awarded, and the ball will be put in play at the point of interruption.

8. Free Throws

- 8.1 Shooting fouls
 - a) The offended player will be awarded 2 free throws when fouled in the act of shooting.
 - b) Any shooting foul committed behind the 3-point arc, on a missed shot, will merit 3 free throws.
 - c) If the basket is made, then it will count and the player will be awarded 1 free throw.
- 8.2 Technical fouls, intentional fouls, and flagrant fouls
 - a) Teams will be awarded 2 free throws and possession of the ball.
 - b) Any player on the court at the time of the foul may shoot the free throws following a technical foul.

- c) The offended player must shoot the free throws following an intentional/flagrant foul (unless injured).
- 8.3 A player who is fouled will receive the 1-and-1 bonus on the offending team's seventh team foul of the half. On the offending team's tenth foul and thereafter, the player who was fouled will shoot 2 free throws. This rule applies to all fouls **except offensive fouls** and fouls which already award free throw shots (shooting, technical, intentional, flagrant).
- 8.4 Lane spaces may be occupied by a maximum of **four defensive players** and **two offensive players**.
- 8.5 The lane spaces directly above the block **must be** occupied by a defensive player (unless administering free throws at the end of a half or for technical, intentional, and flagrant fouls).
- 8.6 The lane spaces adjacent to the base line **may not be** occupied by any player.
- 8.7 Upon request, opposing players must occupy alternating lane spaces.

9. Free Throw Violations

- 9.1 Players occupying lane spaces, as well as the shooter, may not enter the lane **until the ball touches the rim**.
- 9.2 Any player other than the shooter who does not occupy a marked lane space must be behind the 3 point arc and the free throw line extended. These players may not enter this area until the ball touches the rim.
- 9.3 When the offensive team enters the lane/restricted area early, the ball becomes dead.
 - a) If this occurs on the first attempt of a 2 shot foul, then the first shot is void and the second shot will be administered.
 - b) If this occurs on the first attempt of a 1-an-1 situation, then it will result in a turnover.
 - c) If this occurs on the second attempt of a 2 shot foul, then it will result in a turnover.
- 9.4 When the defensive team enters the lane/restricted area early, the shot will be allowed. If the basket is missed, the Official shall call the violation and re-administer the shot. If the basket is made, the violation will be ignored.
- 9.5 The shooter may not touch or cross over the free throw line. He/she cannot fake a shot, and must release the ball within 10 seconds. Failure to cause the ball to touch the rim will result in a dead ball.
 - a) If this occurs on the first attempt of a 2 shot foul, then the first shot is void and the second shot will be administered.
 - b) If this occurs on the first attempt of a 1-an-1 situation, then it will result in a turnover.
 - c) If this occurs on the second attempt of a 2 shot foul, then it will result in a turnover.

10. Throw-in Violations

10.1 Offense

- a) The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. *Penalty: Turnover.* Exception - after a made basket, the player in-bounding the ball may move along the base line.
- b) The thrower must pass the ball into the court within 5 seconds of the start of a throw-in. *Penalty: Turnover.*
- c) The thrower may not step *over* the sideline or baseline while in-bounding the ball. *Penalty: Turnover.* However, if the thrower's foot is *on* the line, a violation will not be called.

10.2 Defense

- a) The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. *Penalty: Intentional foul.*
- b) The opponent of the thrower cannot reach through the throw-in boundary plane and touch the ball. *Penalty: Technical foul.*
- c) The opponent of the thrower cannot cross the line or its imaginary plane. *Penalty: Delay of game.* The team should be warned on the first offense and the penalized with a technical foul on each subsequent offense.

11. General Violations

11.1 Back Court

- a) Teams will have 10 seconds to cross the half-court line. Once the ball has been established across the half-court line (both of the player's feet and the ball), it is a violation to cross back over into the back-court. *Penalty: Turnover.*

11.2 Three Seconds

- a) An offensive player cannot be inside of or in contact with the free throw lane (the key) for more than 3 seconds while the ball is in his/her team's front court. *Penalty: Turnover.*

11.3 Closely Guarded

- a) If a player is closely guarded (within six feet) in the front-court and holds the ball for more than 5 seconds, or dribbles the ball for more than 5 seconds without a forward move toward the basket, then a violation will be called. *Penalty: Turnover.*

11.4 Kicking

- a) Intentionally kicking the ball is a violation. Accidentally striking the ball with the foot or leg is not a violation.