

Intramural Basketball Rules

Intramural Basketball shall be governed by the current F.I.B.A. Rule Book with the following exceptions:

1) Length of game: A game shall be 2 twenty minute halves with a three minute half time and shall finish within the time scheduled regardless of time on clock.

2) Team Captains:

Team Captains may seek information from the referee for the purpose of clarification of rules only.

Intramural Rules and Regulations

a) A team shall consist of five players. A game may start with four players. All players must be signed onto the team roster and wearing numbered shirts of the same colour and may not be a member of any other team in the league. Any player that does not meet those criteria may be deemed ineligible by the referee, supervisor or the opposing team.

b) In Coed leagues, all teams must have at a gender ratio of at least 4:1. Recommended that teams carry enough players to substitute and maintain ratio.

b) Equipment shall be provided by the convenor.

c) The referee's decision on all matters will be final. Constant harassment will not be tolerated.

d) Technical fouls count as personals.

e) There is zero tolerance to fighting and abusive behavior towards other players and officials.

Any player found guilty of such behavior will be suspended from the league without refund.

Officials and Their Duties

No **gender** shall permit any player to wear equipment which-in **their** judgment-is dangerous to other players.

Any elbow, hand, finger, wrist or arm guard, cast or brace made of any hard substance even though covered with soft padding shall always be declared illegal.

Only non-marking court shoes are allowed on the courts.

No jewelry, earrings, nose rings etc.

The Referee shall toss the ball at the center of the court to start the game.

He/she shall decide whether a goal shall count if there is a disagreement.

He/she shall have power to forfeit a game when conditions warrant.

The Officials shall conduct the game in accordance with the rules.

The Officials shall penalize unsportsmanlike conduct by any player, coach, substitute, team attendant or fan. Officials have the authority to ask fans to leave the gym.

If there is flagrant misconduct, the Officials shall penalize by removing any offending player from the game and banishing any offending coach, substitute, team attendant or follower from the vicinity of the courts.

When a foul occurs, an Official shall signal the foul, and he/she shall indicate the number of the offender, and the type of foul to the scorekeeper.

In the last 2 minutes of the game the clock will be stopped for all Official's whistles if the score differential is 10 points or less.

When a team is entitled to a throw-in, an Official shall clearly signal the foul or violation, designate the throw-in spot unless it follows a successful goal or an awarded goal, and the player or team entitled to the throw-in.

Players and Substitutions:

Each team consists of 5 players, one who is designated the floor captain.

Teams may start with 4 players

The captain is the representative of **their** team and may address an official in a courteous manner on matters of interpretation or to obtain essential information.

A substitute who desires to enter shall report to the Score keepers.

Teams must have their roster set prior to playing their first game.

Definitions:

Blocking is personal contact which impedes the progress of an opponent who does not have the ball-*Penalty-Personal Foul*.

A Bonus free throw is two free throws which are awarded for each common foul (except a player control foul) committed by a player of a team's sixth personal foul in a half.

A foul is an infraction of the rules, the penalty for which may be one or more free-throws, provided the foul occurs while a player is in an act of shooting or after the bonus is in effect. An intentional foul is a personal or technical foul, which in the judgment of the official appears to be designed or premeditated. It is not based on severity of the act-*Penalty-2 Free Throws and Ball Out of Bounds*.

A personal foul is a player foul which involves contact with an opponent while the ball is alive or the ball is in possession of a player while the **individual** is in control of the ball.

A player control foul is a common foul committed by a player while he/she is in control of the ball.

An unsportsmanlike foul is a technical foul which consists of unfair, unethical or dishonourable conduct -*Penalty-2 Free Throws or Ball Out of Bounds*.

Holding is a personal contact with an opponent which interferes with **their** freedom of movement.

Scoring and Timing Regulations:

A goal is made when a live ball enters the basket from above and remains in or passes through.

3 points shall be awarded for goals made from beyond the 19 foot arc.

3 free throws will be awarded to any player fouled attempting a 3-point basket that is unsuccessful.

The winning team is the team that has accumulated the greater number of points when the game ends.

If the score is tied at the end of the second half, the game will be declared a tie during the regular season and a three-minute overtime will be played if during playoffs.

If the score remains tied at the end of the 3 minute over time, a sudden death overtime period shall be played. The winner shall be the team who scores the first two points. (Any combination).

Playing time shall be two halves of 20 minutes each with a 2 minute intermission between halves.

Each team may be granted one one-minute time-out per half.

Tie Breaking Rule(s):

The following tiebreakers will be used if TWO or more teams are tied in points at the end of the regular season:

1. Head vs Head (between teams involved)
2. Points for
3. Points against
4. Points Differential
5. Coin flip

Free Throws:

When a free throw is awarded, an Official shall take the ball to the free throw line of the offended team. The offended player shall attempt the free throw unless injury prevents **them** from doing so.

An opponent of the free thrower shall occupy each lane space adjacent to the end line.

A teammate of the free thrower is entitled to the next adjacent lane space on each side of the lane.

Not more than one player may occupy any part of a designated lane space.

Players must be either in spaces along the lane or behind the three point line.

Restriction for players in marked lane spaces end when the ball is released by thrower.

Restrictions for thrower and players not occupying marked lane spaces end when the free throw attempt touches the rim, backboard or free throw ends.

Free throw shall be awarded under the following conditions:

- (a) Against a player in the act of shooting (1, 2 or 3 throws)
- (b) Technical foul (2 throws - all technical fouls are 2 shots)
- (c) Intentional fouls (2 throws and possession)
- (d) Flagrant foul (2 throws and possession)

Violations and Penalties:

Players shall not:

- Cause the ball to go out of bounds.
- Dribble a second time after **their** first dribble has ended.
- Remain for more than 3 seconds in the free throw lane while on offense.
- Be in continuous control of a ball which is in **their** back court for more than 10 consecutive seconds.
- Be the first to touch the ball which he/she caused to go from front court to back court by being the last to touch the ball while it was in control of **their** team and before it went to the back court. (over and back violation)
- Excessively swing of an **individual's** arms or elbows, even though there is no contact with an opponent.
- When closely guarded and a 5 second count is reached, it becomes a violation and the defensive team is awarded the ball out of bounds.

Penalty:

- Touch the ball or basket when the ball is on or within either basket;
- Touch the ball when it is touching the cylinder having the ring as its lower base
- Touch the ball during a field goal try while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight.

Fouls and Penalties:**Technical Fouls:**

A player shall not:

- (a) Participate after having been disqualified.
- (b) Grasp either basket for an extended period of time (Official's judgment).
- (c) Cause the opponents' backboard to vibrate while the ball is in flight during a try or when the ball is touching the backboard, or is on or in the basket or in the cylinder above the basket. (Official's judgment)

(e) Wear jewelry while playing the game.

(f) Enters the game without being beckoned by the Official.

Use of unsportsmanlike tactics, such as:

(a) Disrespectfully addressing or contacting an Official in such a way as to indicate resentment.

(b) Using profanity or racial slurs towards opponents, players or Officials.

(c) Baiting an opponent

(d) Climbing on a teammate to secure greater height to handle the ball.

(e) Knowingly attempting a free throw to which the **individual** is not entitled.

1. Players receiving 2 technical fouls in one game will be ejected from that game.
2. Players receiving 5 technical fouls on the season will be suspended for one game.
3. Players receiving 8 or more technical fouls in a season will come under review and possibly be banned from league play.

Personal Fouls:

A player shall not hold, push, charge, trip, nor impede the progress of an opponent by extending an arm, shoulder, hip, knee, or by bending the body into other than normal positions, nor use any rough tactics.

Referees/Scorekeepers will now be counting personal fouls. Players receiving 5 personal fouls in a game will "foul out" and be ineligible to return for that game.

All Personal Fouls will count as Team Fouls.

Six (6) - Team Fouls results in BONUS (1 & 1 Free Throws – Fouled player must make the first free throw to shoot the second)

Ten (10) - Team fouls results in DOUBLE BONUS (Fouled Player takes BOTH free throws)

Protests and Suspended Players:

Any player ejected from a contest is automatically suspended for at least the next scheduled game and must see the Sport Supervisor responsible for the Intramural Basketball program before he/she will be allowed to continue to participate in any intramural activities.

Any protest must be submitted to the Intramural Supervisor or Official before the end of the game.

1. Suspensions carry over into playoffs.

Forfeits:

A forfeit will be declared 10 minutes after the scheduled starting time.

Teams can decide to play a game if both captain's consent to the number of players.

If numbers allow, referees will still referee in the event of a forfeit.

Personal Injury:

Any player injured must let the Official know so proper paperwork can be completed.

Any player who is bleeding shall be removed from the game immediately.

The clock will be stopped and resumed once the player is removed. If the blood is removed from all playing surfaces and has stopped, or has been completely covered with a bandage, the player may return to the game.

The Sport Supervisor will have the authority to decide if the player shall return to the game.

Intramural Sports is a volunteer activity where players participate at their own risk. Participants should understand that they are responsible for any and all costs arising out of injury or property damage through participation.