



Carleton University Leagues & Intramural Rules & Regulations: Basketball

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Part A: Code of Conduct

- Please see link to Carleton University Intramural & Adult League Player Code of Conduct

Part B: Spirit of the Game

- Carleton University Intramural & Adult Basketball League relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Basketball Court . Actions such as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other "win-at-all costs" behaviour, are contrary to the spirit of the game and must be avoided by all players.

Part C: General Information

- Participants may play for one Basketball team per league per semester.
- All Carleton students, Carleton alumni gym members, faculty, staff or members of the Athletics facility are eligible to play in the Men's, Women's, and Coed Leagues.
- The intramural league is open to students, staff/faculty, and alumni who have an active gym membership only.
- Team Captains must have all of their players registered on the official team roster in the Fusion IM portal.
- All participants MUST be registered or they will NOT be permitted to play. Under some circumstances spares will be allowed.
- Players in attendance must check in with the league official or organizer. Individuals are responsible for ensuring that their attendance is recorded. Players must participate in 4 of 9 games (adult) or 3 of 7 games (intramural) to be eligible for playoffs. This includes approved spares. Some exceptions can be made by obtaining prior approval.
- All players must present a valid student card to league organizer or official. Failure to do so will result in player not being permitted to participate in the game.
- Team Shirts will be given out at the beginning of each season and must be worn to each game.
- Intramural & Adult League Basketball shall be governed by the current F.I.B.A. Rule Book combined with Carleton University League rules.

- Fighting is strictly prohibited. Anyone who fights will be automatically removed from the league. If an official feels that a player attempts to injure an opposing player deliberately the player will be removed from the league. A zero tolerance policy is in effect.

Part D: Game Supervision

- There will be two league officials and a scorekeeper provided for all games. League officials/scorekeepers are responsible for checking eligibility, signing in players, and officiating the game. League officials and scorekeepers are to be treated with respect. All officials, scorekeepers, and organizers decisions are final. Any abuse of officials, scorekeepers, or organizers will result in a game misconduct and possible ejection from the league. Team Captains should be dealing with the league official or scorekeeper on behalf of their team and are responsible for the conduct of their teammates.

Part E: Equipment

- 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.
- Standard sized Basketball nets will be used.
- Standard sized Basketball will be used. League category will decide the size of ball that will be used.

Part F: Rules

- **Section 1: Players**
 - Games will be played 5 vs 5.
 - Coed Teams must have a minimum gender ratio on the floor at all times (3:2 or 4:1). If a team does not have the required gender ration they must play one player down. Recommended that teams carry enough players to substitute and maintain ratio. Gender is defined by what is officially stated on the player's Carleton student ID or valid identification.
 - Team must have a minimum of 4 players at the beginning of the game for the game to count. If not, the game will be counted as a forfeit.

- Teams may pick up other players at the discretion of the opposing team's captain and approval of the league organizer. This game may be counted in the standings if agreed to by the opposing team.
 - All players must be signed onto the team roster and wearing numbered shirt of the same colour.
 - Adding players to a roster must be done through the league organizer.
 - Teams must have their roster set prior to playing their first game.
- Section 2: Time**
- A game shall be 2 twenty minute halves with a 2 minute half time and shall finish within the time scheduled regardless of time on clock.
 - Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. NO additional time will be awarded at the end of halves to make up for time lost. Time will be kept by the referee and the referee alone.
 - Each team may be granted one one-minute time-out per half.
 - There is no OT during the regular season.
 - 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.
- Section 3: Boundaries**
- Game is played on a Regular Basketball size court.
- Section 4: Jump Balls**
- Jump ball to start game
 - The one losing initial jump ball gets possession for the next jump ball situation.
 - Alternating possession between teams thereafter for all jump ball situations.
- Section 5: Player Substitutions**
- A substitute who desires to enter shall report to the Scorekeepers and will be called onto the floor at the designated time.
- Section 6: Fouls & Free Throws**
- 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.

- 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.
- Personal Fouls
 - 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 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.
 - Officials/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)
- Player controlled fouls
 - A player control foul is a common foul committed by a player while he/she is in control of the ball. Results in possession or free throws.
- Holding:
 - Holding is a personal contact with an opponent which interferes with their freedom of movement. Results in either possession or free throws.
- Blocking
 - Personal contact which impedes the progress of an opponent who does or does not have the ball. Results in either possession or free throws.
- Flagrant
 - This is when a foul could seriously injure an opponent. A player that commits a flagrant foul will be ejected from the game.

- Technical fouls
 - Technical fouls will be given if:
 - (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)
 - (d) Wear jewelry while playing the game.
 - (e) Enters the game without being beckoned by the Official.
 - (f) An unsportsmanlike foul is a technical foul which consists of unfair, unethical or dishonourable conduct. Use of unsportsmanlike tactics are as followed:
 - Disrespectfully addressing or contacting an Official in such a way as to indicate resentment.
 - Using profanity or racial slurs towards opponents, players or Officials.
 - Baiting an opponent
 - Climbing on a teammate to secure greater height to handle the ball.
 - Knowingly attempting a free throw to which the individual is not entitled.
 - Technical fouls count as personal fouls.
 - Players receiving 2 technical fouls in one game will be ejected from the game.
 - Players receiving 5 technical fouls in a season will be suspended for one game.
 - Players receiving 8 or more technical fouls in a season will come under review and possibly be banned from league play.
- 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 the 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)
 - 3 free throws will be awarded to any player fouled attempting a 3-point basket that is unsuccessful.
 - (b) Technical foul (1 throw and possession)
 - (c) Intentional fouls (2 throws and possession)
 - (d) Flagrant foul (2 throws and possession)
 - (e) Bonus (1 & 1 Free Throws – Fouled player must make the first free throw to shoot the second)
 - (f) Double Bonus (Fouled Player takes BOTH free throws)

- Section 7: Violation

- These violations cause loss of possession of the ball and will result in a throw-in:
 - Out of bounds: The ball is considered out of bounds when it touches the ground outside the lines of the court. The lines themselves are considered out of bounds as well. It is also out of bounds if the ball

touches a player who has any part of their body touching the ground out of bounds.

- Travelling: players have to dribble or bounce the ball while they are walking or running. When stopped dribbling one foot will become your pivot foot. Players cannot move their pivot foot or lift it off of the ground once planted.
- Double dribble: Players only get to dribble when in motion with one hand. If a player stops dribbling they have to pass it to another player or shoot the ball. If a player starts dribbling again it is called double dribbling.
- Carrying over (palming): Carrying, or palming, is like a double dribble. Players may not put the palm of their hands under the ball or carry the ball in one hand for a long time. This is similar to holding the ball and a double dribble.
- Lane violation: During a free throw shot, players will line up on both sides of the lane. If they jump into the lane prior to the shot, it will be called a lane violation. If it was an offensive player, a made shot will not count. If it was a defensive player, a missed shot will not count and the shooter will get another try.
- Kick ball: Players are not allowed to intentionally kick the ball. If a defensive player kicks the ball, the offensive team will get it out of bounds.
- Three seconds in the key: Offensive players are not allowed to stay in the free throw lane, or key, for more than three seconds. Anytime they leave the key or the ball hits the rim, the three second count starts over again.
- Eight seconds: teams must cross the ball over half court in eight seconds after inbounding the ball. If they do not cross half court in eight seconds, then they turn the ball over.
- Over and back: when an offensive player touches back into the backcourt to retrieve a loose ball after he has moved into the frontcourt with both feet. If a ball handler crosses the half-court line with only one foot, he can move back into the backcourt to elude defenders.
- Closely guarded: may be called against an offensive player with the ball when that player is guarded closely for five seconds or more, and

does not pass, shoot, or dribble within that time. The count applies to a player who is only holding the ball.

- Goaltending: Goaltending is when a player interferes with a shot when it is above the rim, but still on its downward path to the basket, interferes with the ball while on the rim of the basket, or touches the net or rim while the ball is being shot. If goaltending is called on the defense, the shot is called good. If goaltending is on the offense, then the shot does not count and the defense gets the ball.

- **Section 8: Throw-ins**

- 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 basket or an awarded basket, and the player or team entitled to the throw-in.

- **Section 9: Live & Dead Balls**

- The ball can be either live or dead.
- The ball becomes live when:
 - During a jump ball, the ball leaves the hand(s) of the crew chief on the toss.
 - During a free throw, the ball is at the disposal of the free-throw shooter.
 - During a throw-in, the ball is at the disposal of the player taking the throw-in.
- The ball becomes dead when:
 - Any field goal or free throw is made.
 - An official blows his whistle while the ball is live.
 - It is apparent that the ball will not enter the basket on a free throw which is to be followed by:
 - Another free throw(s).
 - A further penalty (free throw(s) and/or possession).
 - The game clock signal sounds for the end of the quarter or overtime.
 - The ball in flight on a shot for a field goal is touched by a player from either team after:
 - An official blows his whistle.

- The game clock signal sounds for the end of the quarter or overtime.

- Section 10: Scoring

- A point 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.
- Any shot inside the 19 foot arc is worth 2 points.
- Foul shots are worth 1 point each.
- The winning team is the team that has accumulated the greater number of points when the game ends, unless in the event of a tie.

Part G: League Standings & Points

- Teams will be awarded 2 points for a WIN, 1 point for a TIE, 0 points for a LOSS. - There will be NO overtime in Round Robin play.
- Standings will be posted weekly on the Carleton website.

Part H: Forfeits & Defaults

- 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.
- If you are unable to attend your scheduled game, please have your captain use the default (no point penalty) or forfeit (point penalty) function in Fusion IM at least 10hrs prior to the game.

Part I: Tie Breaks

- **Section 1: If two teams are tied at the end of the regular season**
 - 1. Head-to-head
 - 2. Most wins
 - 3. Goal differential
 - 4. Most goals scored

- 5. Fewest goals allowed
- 6. Coin-Flip
- **Section 2: If three teams are tied at the end of the regular season**
 - 1. Best winning percentage between the team involved
 - 2. Most wins
 - 3. Goals +/- (For and against)
 - 4. Coin flip

Part J: Playoff Format

- Format will vary according to the number of teams in the league, league structure and facility availability. The Playoff schedule will be posted here:
<https://rec.carleton.ca/TeamRankings>
- 3-minute overtime if the game is tied after regulation time.
- 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).

Part K: Cancellation Policy

- In the event that games are cancelled due to facility closures, the following policy will be applied:
 - First Cancellation: Games are not rescheduled or refunded
 - Second Cancellation: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.
 - Third Cancellation or more: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.

Part L: 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 League Organizer 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.



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