

# Intramural Sports

## 5 on 5 Basketball Rules

### Spring 2023

#### **ELIGIBILITY RULES**

---

1. You must have an MTSU ID to participate.
2. No Person shall play on more than one single sex and co-rec team per sport.
3. No person shall use false identification in order to participate.

#### **THE GAME:**

---

1. **The Court:** Games will be played on basketball courts 84ft in length and 50ft in width. The 3-point line used is the high school white line.
2. **Teams:** Teams will consist of a maximum of 5 players on the court at one time, but a team may begin a game with a minimum of 3 players. A maximum of 12 players are allowed on the roster.
3. **Game:** Games will consist of two, 20-minute halves. There will be a continuously running clock during the 1<sup>st</sup> half. During the last 2 minutes of the second half, the clock will only stop (on the whistle) if the game is within 15 points. Half time will be 2 minutes in length.
4. **Time-Outs:** Teams will be given 3 time-outs per game.
5. **Warm-Up:** Teams may warm up only if time allows and until 1 minute prior to tip-off time.
6. **Substitutions:** Substitutions may be made during any dead ball situation. Subs must report to the scorer's table and be beckoned in by an official before entering the game.
7. **Equipment:** Teams must wear proper clothing while playing. Hats, bandanas, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter. If players have been asked to remove their jewelry, and then players are discovered wearing jewelry, a technical foul may be called.

#### **THE GAME:**

---

- Attire:
  - All teams are encouraged to furnish their own color matching shirts/jerseys. Each team member must have a shirt with a number on the back. If teams wish to purchase their own jerseys they must meet these requirements or Intramural Sports jerseys may be checked out.
  - Individual player equipment must meet the following requirements or he/she will be removed from the game until adjustments are made:
    - **Headgear:** Players may not wear baseball style caps, other rigid headwear, knit caps and stocking caps. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair. Hair beads, bobby pins, and any other metal hair control devices are prohibited.

- **Pads or Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.
  - **Shoes:** All players must wear non-marking athletic shoes.
  - **Jewelry:** NOT allowed to be worn by any participant during any intramural event. Exception: medical alert bracelets and religious items are permitted if taped down.
- If the game is stopped due to improper attire, a technical foul will be assessed.
- Only those members listed on a team's official roster and 1 spectator may be allowed to sit on the bench. Coaches are not recognized. Players must clear the bench and clean up their trash after the game. Failure to do so will result in loss of sportsmanship and possible payment of a forfeit fee.
- **Team Captain:** The team captain is the spokesperson for the team and should communicate respectfully with staff. Teams are responsible for spectator control. After one warning, teams may be charged with a technical foul, and spectator(s) may be asked to leave the facility.
- **Mercy Rule:** If one team has a 50 point or more advantage with under 10 minutes left in the 2<sup>nd</sup> half or 30 point or more advantage with under 5 minutes remaining in the 2<sup>nd</sup> half, the officials will end the game. If one team has a 15 point or more advantage with under 2 minutes remaining in the game, the clock will not stop. Once the 15 point mercy rule has been enacted, the clock will not stop again for the remainder of the game, unless there is a team time-out or Official's time-out.

## **PLAYING REGULATIONS:**

---

- **Technical Fouls:** If a team is assessed a technical foul by the game officials, the opposing team will be given two points and the ball at mid-court. Two technical fouls on an individual will result in ejection from that game. A person may be ejected with one unsportsmanlike call. Three technical fouls charged to a team will result in forfeiture of the game and the game will be recorded as a loss for the team.
- **Player Ejection:** If a person is ejected by an Intramural Sports staff member for unsportsmanlike conduct, the person will be asked to leave the facility and be required to meet with the Competitive Sports Coordinator before being reinstated to play. If the player refuses to leave the facility, the game will be stopped and possibly forfeited. It is the captain's responsibility for the behavior of players and spectators before, during and after the game.
- **Possession Arrow:** The alternating possession rule will be used after the initial jump ball at the start of the game. Once the arrow has been set, it will be used each time a held/jump ball is awarded and to start the second half. The start of extra periods will start with a jump ball.
- **Intentional Foul:** During an intentional foul, the offended team will be awarded 2 points and they will retain the ball at the point of interruption. If the offense was in the act of shooting when the intentional foul was made, a made basket will count and the offended team will be awarded the additional two points for the intentional foul.
- **Line Infraction:** Boundary line infraction with no contact (illegally reaching through boundary line) will result in one warning, after the first warning a technical foul will be charged.
- **Throw In:** Untouched throw-in that lodges on basket or basket supports is a violation and turnover.
- **Basket for pre-game warm-up:** The warm-up basket is the one furthest from team's bench. This will be the team's offensive end during the first half of play.

- **Free Throws:** Players below the free throw line may leave their designated spots on release of the free throw shooter. From free throw line extended players are only allowed to release when the shot hits the rim.
- **One & One:** Starting with the seventh (7) team foul each half, one-plus-one (1&1) free throws will be awarded for all common fouls except player and team control fouls.
- **Double Bonus:** On the tenth (10) foul committed by a team, their opponent will shoot two shots for the remainder of that half. Double bonus will not carry over from the 1<sup>st</sup> half to the 2<sup>nd</sup> half but will carry over from the 2<sup>nd</sup> half and throughout any overtime periods.
- **Arm Swinging:** Excessive swinging of arms and/or elbows without contact is a violation, however if there is extreme contact then it may be a player ejection.
- **Delay of Free Throw:** A technical foul shall be called following a team warning for huddles or contact with the free thrower which delays the free throw.
- **Playoff Overtimes:** Overtime begins with a jump ball and will last 2 minutes long; the clock will stop during the last minute only. Any subsequent overtimes will be one minute, running clock. Time outs do not carry over; teams will be given one timeout per overtime.

## **SUMMARY OF FOULS AND RESPECTIVE PENALTIES:**

---

### **Fouls with no Free Throws Awarded:**

- A double foul, player control foul, or a team control foul will not include the awarding of free throws. A double foul (two opponents committing personal fouls simultaneously): Both fouls will be entered in the book and the team with the possession gets the ball at the point of interruption.
- A player control foul (a personal foul committed by a player while he/she controls the ball): the foul will be entered in the book and the opposing team is awarded the ball out of bounds.
- If in the Official's judgment a foul is intentional, two (2) points will be awarded (even if the attempted shot is made). In addition, the shooting team will retain possession.
- Technical fouls.
- A Flagrant foul (a foul of such violent unsportsmanlike nature that the guilty player, requires ejection from the game) will result in the awarding of two/three points and automatic ejection of the guilty person from the game and/or the facility.

### **Fouls that necessitate free throws:**

- On the seventh (7<sup>th</sup>) team foul during a half, one-plus-one free throws will be awarded.
- On the tenth (10<sup>th</sup>) team foul during a half, two free throws will be awarded.
- Three (3) free throws will be awarded when a player is fouled while attempting a shot beyond the three point arc. However, if the shot was made only one (1) free throw will be awarded.

### **Technical Foul:**

- A technical foul will be called for delaying a game in any manner, using unethical methods to gain an advantage and minor unsportsmanlike tactics. Technical fouls are charged to the player.

- A technical foul will be assessed to a team if more than one person(s) is not on the roster but sitting on the bench. The bench area is for players only. The resulting technical will be charged to the team and not an individual.
- If any of these technical infractions are a violent, persistent, or aggressive nature, a flagrant technical foul situation will be used instead of the technical foul. Two technical fouls by a player will be an automatic flagrant foul, resulting in automatic ejection from the game. The non-offending team will be awarded the ball at mid-court.
- Administrative technical fouls like improper equipment will not affect sportsmanship.
- Calling a time-out when you have zero (0) remaining.
- Having more than 5 players on the court simultaneously during a live-ball for any reason.
- Any profanity, vulgarity, or any type of unsportsmanlike gesture by a team member.
- Entering the court without reporting to the scorer and without being beckoned by an official.

#### **OVERTIME:**

---

- There will be no overtime during regular season games. There will be overtime during playoff games.
- Each overtime period will be 2 minutes in length. The clock will stop during the last minute only.
- Each team will be given 1 time-out per overtime period (unused time-outs will not carry over).

#### **THE CO-REC GAME**

---

- The game is played between two teams of 5 players each. Teams must begin and end the game with no less than 3 players. There may be three (3) women and two (2) men or two (2) women and three (3) men. The gender difference can be no more than one (1) at all times.
- Scoring will be the same as single-gender games.
- Teams may choose to play with a regulation-sized men's ball or a regulation sized women's ball (28.5). Both teams must agree. If both teams cannot agree, a regulation-sized women's ball will be the default.
- Males are not allowed to block a female's shot. If this does happen then this will be considered goal tending and the points will be awarded at the discretion of the official.