



University of Illinois at Urbana-Champaign

Campus Recreation Intramural Sports 5v5 Basketball Rules

Basketball games will be conducted under modified National Federation High School Basketball Rules. This document covers the major rules with some exceptions.

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General Intramural Sports Policies and Procedures

Signing-In and Rosters

1. All players must present a valid I-Card/Illinois App to the Intramural Supervisor in order to sign-in and participate in an intramural contest.
2. An individual is bound to the *first* team they sign in for.
3. A participant can only play on 1 Co-Rec team *and* 1 single gender team (i.e. Men's *or* Fraternity Greek Cup).
4. If a player is found participating in the contest without having signed in with the Intramural Supervisor and doesn't have their I-Card/Illinois App present, said team will forfeit the game and all forfeit fees and consequences will apply.

Forfeits and Defaults

1. Teams that are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the Grace Period Exception.
2. A team may delay its right to win by forfeit and allow the other team a grace period of 10 minutes to acquire a properly equipped team through the Grace Period Exception:
 - a. Once a 10 minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the 10 minutes passes.
 - b. If 10 minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then that team that is ready to play must accept the forfeit.
 - c. If the forfeiting team is able to obtain the minimum number of properly equipped players before the 10 minute grace period expires, game starting procedures will occur.

3. The team captain of a team that has forfeited will be assessed a \$5 forfeit fee. Additionally the team will be ineligible for playoffs.
4. If a team knows in advance that they will be unable to field a team on a given night; they may avoid the forfeit fee and loss of playoff eligibility by filing a default by 2:00pm on the business day of the contest.
5. A team that has one less than the minimum number of players required to start the contest will receive a default.

Sportsmanship

1. The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for the intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning.
2. Sportsmanship ratings are given to teams after each contests by Intramural Sports Leads, Supervisors, and game officials. These ratings reflect behavior before, during, and after a contest. For purposes of our sportsmanship ratings, we will not count administrative technical fouls and rule technicalities against a team's overall sportsmanship. The decision will be final and ratings will exist on the following scale:
 4. Team shows excellent sportsmanship and go out of their way to keep the game safe and fun. Team receives no unsportsmanlike conduct penalties.
 3. Team shows good-to-average sportsmanship, or *one (1) unsportsmanlike conduct penalty is assessed.*
 2. Team shows below-average sportsmanship and displays dissent to game officials before, during, or after contest. *Two (2) unsportsmanlike conduct penalties is assessed during the contest on either two separate participants, or on a single participant resulting in an ejection.*
 1. The intramural contest has been terminated due to *three (3) unsportsmanlike conduct penalties being assessed on one team throughout the contest. The three penalties can all be on separate participants or on one participant receiving two unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.*
 0. Team displays unacceptable conduct and sportsmanship. Game is canceled due to any of the following conduct:
 - Fighting or abusive, violent behavior.
 - Team repeatedly exhibits unnecessary roughness that jeopardizes the safety of other participants.
 - Spectator or player clearly gestures or shouts obscenities.
 - A game where more than 3 unsportsmanlike conduct penalties have been assessed to one team.

Playoffs

1. To advance to playoffs during a season, a team must be one of the top 2 in their division.
2. Teams must have a sportsmanship rating average of at least 2.5 to advance to playoffs.
3. Captain must have completed the online Captain's Quiz prior to the end of regular season to advance to playoffs.

4. Teams must have NO regular season forfeits to advance to playoffs.
5. Teams that advance will be seeded in the bracket according to winning percentage, head to head results, sportsmanship and point differential at the end of regular season.

Protests

1. A team captain may protest player eligibility and rule interpretation, but *not* the judgement of the officials.
2. To file a protest, notification of the protest must be made to a game official at the time of the alleged infraction prior to the *next live ball*.
3. A player's eligibility must be protested *prior to the end of the contest*. No more than three (3) participants can have their eligibility protested during a single contest.

For more information regarding the policies and procedures of Intramural Activities please see the Intramural Activities Handbook on Active Illini and the Campus Recreation website.

Inclement Weather

1. Information regarding cancellations will be relayed to captains either in an email or phone call from the Intramural Office or the on-site Intramural Supervisor.
 - a. Emails from the Intramural Office may come through Active Illini.
2. Unless teams have received an explicit cancellation message in regards to their sport via email or phone, teams should assume that all intramural contests will be played as scheduled.
3. In the event that a contest must be ended early due to inclement weather as determined by the on-site supervisor:
 - a. A game shall be considered "official" and the result final if after the conclusion of the first half of the game, the contest is cancelled due to inclement weather.
 - b. If the first half of the game is complete, but the contest was tied, an overtime period will be scheduled to determine a winner provided there is time and space available in the remainder of the regular season. .
 - c. If the first half of the game is not completed when the contest was stopped, the contest will be rescheduled and started over from the beginning on a rescheduled date provided there is time and space available in the remainder of the regular season.

Equipment

1. All players are required to bring a valid I-Card and show their Illinois App at all Intramural contests.
2. Jewelry is not allowed during any Intramural contest. Jewelry must be removed and not taped over.
 - a. If a participant would like to wear medical alert bracelets or religious jewelry or headgear, they can have the pieces approved by the Assistant Director of Competitive Sports and Community Programs. If approved, these pieces will still

- need to be covered during play. To learn more about this process, please reference our Intramural Activities Handbook.
3. All players must wear athletic apparel (shorts, sweat pants, t-shirts, etc.) with no exposed metal. Baseball style hats, bandannas, or any other headwear with knots or dangerous materials is not allowed.
 - a. Casts or splints are not permitted. Any knee brace with exposed metal or metal hinges is required to be covered.
 - b. Players are allowed to wear gloves if they desire.
 - c. Sunglasses are not permitted.
 - d. If a player is bleeding, or if any of their clothing is stained with blood, they must be removed from the contest until an Intramural Supervisor clears them to play.
 4. Participants will receive two intramural jerseys as part of the membership fee upon registering for Intramurals.
 - a. Each participant will receive a navy blue and orange numbered jersey at no additional cost each semester they register for an intramural sport.
 - i. A team can choose to wear their own uniform jerseys with printed numbers (not taped or drawn).
 - b. The home team will wear orange while the away team will wear navy blue, but participants are encouraged to bring both jerseys to their scheduled games.
 - c. Failure to abide by the jersey policy may result in a forfeit, or technical foul/unsportsmanlike conduct penalty being assessed against your team at the beginning of the contest.
 - d. Intramural Staff on duty will have the final say whether a team has acceptable jerseys to begin a contest.
 5. Closed-toed, athletic type shoes are required. All players must wear non-marking shoes.
 - a. No boots, sandals, or cleats will be allowed
 6. All equipment is subject to the approval of the intramural staff on duty.

Contest Timing

1. Contests will start at the time they are scheduled on Active Illini. Teams should check in with the Intramural Supervisor 15 minutes prior to the scheduled game time.
2. Teams will have 40 minutes to complete their schedule Intramural Basketball contest (or game).
3. One game (or contest) will consist of two (2), twenty (20) minute halves with a three (3) minute halftime.
 - a. **Teams are entitled to two (2) time outs a game. Time-outs may not exceed one (1) minute in length.**
 - i. No extra time outs are awarded during any extra period(s), nor will unused timeouts rollover into any extra period(s)
 - ii. During a dead ball, timeouts may be called by any player on the court
 - iii. During a live ball, timeouts may be called by any player on the court whose team is in possession of the ball

1. Timeouts will not be granted to players on the bench.
 - iv. Timeouts will not be granted when a team does not have possession
 - b. The clock will run continuously except during time-outs and the final 2 minutes of the second half.
 - i. During the final two minutes, the clock will stop for all fouls, violations, or when the official signals it to stop (whistle).
 - c. Officials will be in charge of keeping time and may stop the clock at their discretion.
4. If a team leads by thirty (30) points at any time in the second half *or* by fifteen (15) points in the last two (2) minutes of the game, then the game will end due to the **mercy rule**.

Players

1. Team rosters on Active Illini are unlimited.
 - a. No more than two (2) members of the U of I Basketball Club Team are to be on the roster for an intramural basketball team. The list of team players is available for review at the Campus Recreation Intramural Office.
 - b. For more information regarding club player eligibility, please review the Intramural Activities Handbook on Active Illini and Campus Recreation website.
2. Teams will play with five (5) players on the court at one time. A minimum of three (3) players is needed to start or continue a game.
3. Substitutions are unlimited.
 - a. A substitute who desires to enter shall report to the scorer, giving his/her number
 - i. A substitute shall enter only when the ball is dead and when he/she is recognized and beckoned in by the official.
 - ii. A player who has been withdrawn may not re-enter before the next opportunity to substitute after the clock has started following his/her replacement.
 - iii. Each player begins the game with 5 personal fouls to give.
 1. Technical fouls count towards a player's 5 personals.
 - iv. If at any point in the game a player commits his or her 5th personal foul, that player must be immediately substituted for.
 1. Play will not continue until that player has left the floor.
 - b. A substitution may occur openly with the officials discretion during the following scenarios:
 - i. Dead Ball
 - ii. Time outs.
 - iii. Free throw
4. During a Co-Rec Basketball game, a team must use a legal line up on the field at all times. A legal line up consists of using a set minimum number of players of each gender. Additionally, a legal line up must have a maximum number of three (3) players of a

specific gender. A minimum of three (3) players are required to start a game. The gender ratio cannot be larger than one (1). Legal line ups are as follows:

- a. 3 women and 2 men *or* 2 women and 3 men
 - b. 2 women and 2 men
 - c. 1 woman and 2 men *or* 2 women and 1 man
 - d. Co-Rec substitutions must be made to maintain the legal line up at all times.
 - e. The Intramural Activities program aims to offer opportunities for all students and Campus Recreation members. While our leagues are based on traditional gender binary of men and women, our program is eager to accommodate participants whose gender identity may not fit within this framework. Please choose the team that best suits your gender-identification. For more information or questions please contact the Assistant Director of Competitive Sports and Community Programs.
5. After a game has started, a team may continue with as few as 2 players should 1 or more players be injured or deemed unfit to continue playing.

Game Rules

Intramural basketball games will be conducted under the rules of the NFHS – National Federation of State High School Associations with the following modifications:

Start of the Game

1. The game will start with a jump ball. After the initial jump ball, alternating possessions will take place.

Live Ball

- a) The ball becomes live when:
 - a. it leaves the referee's hand for the jump ball
 - b. it is at the disposal of the thrower for a throw-in
 - c. it is at the disposal of the free thrower for a free throw

Dead Ball

- a) The ball becomes dead or remains dead when:
 - a. a goal is scored
 - b. a held ball occurs or a ball becomes lodged between the backboard and ring
 - c. a player or team control foul occurs
 - d. time expires, an official blows their whistle, a non-player or non-team control foul occurs in all of these cases except when:
 - i. a try or tap for a field goal or free throw is in flight
 - ii. a free-throw violation by the throwing team occurs
 - iii. a violation occurs

Out of Bounds

1. A player is out of bounds when they contact the floor or any other object other than a player/person on or outside a boundary line. The ball is out of bounds when it is contacted by a player, person, the floor, or any object outside a boundary.
 - a) The ball is also considered out of bounds when it contacts the supports or back of the backboard, the ceiling, or the overhead equipment/supports.

Scoring

1. A goal is made when a live ball enters the basket from above and remains in or passes through. A regular goal is worth 2 points. A goal scored from beyond the 19'9" arc (high school distance) is worth 3 points. A goal scored on a free-throw from the 15' foul line is worth 1 point
 - a. No goal is scored if an untouched throw-in goes through the basket
 - b. If a player control foul occurs after a goal, the goal is canceled

Co-Rec Modifications

- a) Co-Rec basketball will consist of 5 players, three (3) females and two (2) males.
- b) Substitutions are allowed on a female for female and male for male basis only.
- c) At least 3 players are required to begin a game. Each gender must be represented (At least 1 Female and 1 Male)
- d) All players, female and male, are allowed inside the lane.
- e) Teams will play with a women's size basketball, unless both captains agree to use a regulation size basketball.
- f) Legal Lineups Co-Rec Lineups

<u>Females</u>	<u>Males</u>
1	2
2	1
2	2
2	3
3	2

Overtime

1. In the event that the score is tied at the end of regulation play, a 2 minute extra period will be played.
 - a) The clock will stop on the officials' signal during the final minute of each extra period.
 - b) No extra time outs are awarded during any extra period(s), nor will unused timeouts rollover into any extra period(s).

- c) All extra periods begin with a jump ball at the center circle
- d) Personal, team, and technical fouls accumulated in the second half and/or overtime periods will carry over into each succeeding extra period.
- e) A one-minute rest period will precede each extra period.

Mercy Rule

1. If, when there are exactly two minutes or less left in the game and a team is ahead by 15 or more points, mercy rule will take effect and the game is over. If a team is ahead by 30 or more points anytime in the second half the game the mercy rule will also take effect.

Fouls

1. Incidental contact (contact that does not hinder an offensive or defensive player from normal movement) is allowed; however, contact in the following forms by a players arm(s) or leg(s) is restricted
 - a. holding
 - b. pushing
 - c. charging
 - d. hitting
 - e. blocking
 - f. tripping
2. The penalty for such fouls is the ball awarded for a throw-in at the spot nearest the foul. If the player was in the act of shooting, the player is awarded free throws instead of the ball for a throw-in.

Violations

1. For the following violations, a throw-in will be awarded to the offended team out of bounds at the location of the violation:
 - a) **Throw-in violations:** Leaving the designated throw-in spot; handing the ball inbounds; carrying the ball onto the court; throwing the ball directly into the goal without being touched by another player inbounds; the opponent reaching through the out-of-bounds boundary; and taking more than five seconds to release the ball.
 - b) **Travel:** A player holding the ball may not move a foot or feet in excess of the limits prescribed.
 - c) **Kick:** A player may not kick or strike the ball with any part of their leg or foot.
 - d) **Illegal Dribble:** A player may not dribble a second time after their first dribble has ended unless the player has lost control due to a try for goal, touch by an opponent, or pass or fumble that has been touched by another player.
 - i. A player may not palm or carry the ball during a dribble
 - e) **Three Seconds:** When the ball is in the frontcourt, an offensive player may only be in the lane for three seconds.
 - i. An exception may be made for a player who has been in the lane for less than three seconds and dribbles or moves immediately to try for a goal.

- f) **10 Seconds:** The offensive team has 10 seconds to move the ball from the backcourt to the frontcourt when possession is gained or regained in the backcourt.
- g) **Backcourt:** If the ball travels from the frontcourt to the backcourt, the team in control of the ball shall not be the first team to touch the ball in the backcourt.
- h) **Closely Guarded:** When a player is legally guarded by a defensive player within 6 feet, that player shall not hold the ball for five seconds or dribble for 5 seconds.
- i) **Excessive Swinging of Elbows:** A player may not excessively swing their elbows.

Free Throws

- 1. Awarded any time a player is fouled in the act of shooting, or for Bonus and double bonus fouls.
 - a. Players in the lane may enter when the ball is released by the shooter
 - b. The shooter, and any player behind the 3-point arc may not enter the lane until the ball hits any part of the apparatus (net, rim, backboard, etc.)

Personal Fouls

- 1. If a player receives five personal fouls in a single game he/she is disqualified from the game but is allowed to remain on the team's bench.
 - a. Technical fouls count towards the five fouls a player receives before disqualifying

Team Fouls

- 1. Teams will shoot 1-and-1 bonus on the 7th, 8th, and 9th team foul
- 2. Teams will shoot double bonus on the 10th team foul and every foul after
- 3. Team Fouls will reset to 0 at the start of each half

Technical Fouls

- 1. Technical fouls will result in the non-offending team receiving two points and a throw in at half court.
 - a. If the play results in a double technical foul, no points will be given and the ball will go to the team with last possession.
 - b. If a player receives two technical fouls in a single game, he/she is ejected from the game and must leave the facility after receiving an ejection form from the Intramural Supervisor on duty
 - c. Technical fouls count towards the five fouls a player receives before disqualifying
 - d. If a team receives three technical fouls in a single game, that team automatically forfeits the game and forfeit consequences will ensue

Flagrant Foul / Intentional Foul

- 1. Flagrant (violent or savage in nature) and intentional (contact with no attempt to play the ball) fouls result in the non-offending team receiving two points and a throw-in at the point of interruption for the opposing team

- a. If a player receives a flagrant misconduct, they are ejected from the game.

Contact Information

If you have any questions or concerns please contact the Intramural Office via email at intramurals@illinois.edu or via phone at 217-244-1344. Our office is open Monday-Friday, 9am to 5pm.