

-Sam Houston State University-
INTRAMURAL SPORTS
BASKETBALL RULES

All games will be governed by the 2008-2009 National Federation of State High School Associations Rules Book (NFHS) with Intramural Sports modifications.

Players and Equipment

1. Each participant must present a current, SHSU student or faculty/staff ID card in order to be eligible to participate.
2. Each men's, women's, and co-rec team will consist of 5 players (co-rec will have 2 men and 3 women). Each team must have a minimum of 4 players (co-rec will play with 2 men and 2 women).
3. Men shall use a regulation size basketball. Women and co-rec will use the 28.5 size ball. A game ball will be provided or teams may agree to play with a different ball.
4. **Uniforms:** Each team is urged to wear numbered shirts of one distinguishable color. Jerseys will be provided to teams without numbered jerseys. A **FULL TSHIRT** must be worn underneath the IM Sports jerseys.
5. **Shoes:** Tennis shoes must be approved court shoes which have non-marking soles. Players may not play barefoot.
6. Denim shorts with pockets and belt loops will **not** be allowed.
7. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play. No exceptions.
8. Hats or caps with bills and bandanas which are tied with a knot are not permitted.
9. Players may wear soft pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be allowed to participate.
10. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her glasses.

Game Format

1. A game will consist of two 20 minute halves with a 3 minute half-time. There will be a running clock, except for the last 2 minutes of the 2nd half. During the last 2 minutes of the 2nd half the clock will stop on all dead ball situations.
2. **Game time is game time.** A team must have a minimum number of players to start a game. The **minimum** number of players is **four (4)**. If a team does not have 4 players at game time, the following penalties will be enforced:
 - a. **Team Ready for Play (TRP) receives the ball at game time.**
 - b. **TRP receives 2 points per minute beginning at 3 minutes past game time.**
 - c. **Game is forfeited at 10 minutes past game time.**
3. **Time-outs:** Each team shall be permitted two (2) one minute time-outs per half and one (1) time-out per overtime.
4. To start the game, a jump ball will be administered at center court. The alternating possession arrow will determine possession of the ball at the start of the second half.
5. **Substitutions:** A substitute must report to the scorekeeper and be recognized by a game official before he/she may enter the game. In a multiple free throw situation, a substitute may only enter immediately before or after the last free throw attempt. Failure to properly report will result in a technical foul being assessed to that player.
6. **Mercy Rule:** If a team is ahead by 20 points with two minutes remaining in the game or 50 points with five minutes remaining in the game, the game will be ended at that point.
7. **Overtime:** If the game is tied at the end of regulation a two minute overtime will occur. The clock will stop on all dead ball situations during the overtime period. The overtime period will begin with a jump ball at center court. Time-outs do not carry over and each team is permitted one timeout per overtime period. Foul counts DO carry over to overtime. For example, if a team commits 10 team fouls in the second half then those carry over to the overtime period.

Court Policies

1. Dunking or grabbing the rim is not allowed in the HKC. If a player dunks or attempts to dunk the ball a technical foul will be assessed to that player and he/she will be ejected from the game and the HKC. Player(s) ejected from games due to dunking will not be allowed to play until they meet with the Intramural Director. No points attained on a dunk will be counted. There will be no warnings regarding this rule before or during a game.
2. No player may intentionally touch the backboard. The offending player will be charged with a technical foul.
3. Food and beverages are not allowed in the gymnasium area.
4. Team spectators must watch the game from the bench side area and are not permitted in the area between the courts or on the baseline. Spectators are not allowed on the walking/jogging track at any time. The conduct of a team's spectators is the responsibility of the team captain before, during, and after the game.

Fouls and Penalties

1. A player will be disqualified (foul out) when he/she has accumulated 5 fouls (any combination of personal and technical fouls).
2. One free throw will be awarded for a player fouled in the act of shooting if the two or three point try is successful.
3. Two free throws will be awarded for players fouled in the act of shooting whose two point try is unsuccessful, and

three free throws will be awarded for an unsuccessful attempt beyond the 3 point line.

4. Bonus free throws (one-and-one) for each common foul (except player control) will be awarded beginning with the offending team's 7th personal foul during each half. Two free throws will be awarded for every foul on or after the 10th team foul during each half.
5. On all one-shot and one-and-one free throw attempts (not the first of two-shot sequence), offensive and defensive players may enter the lane when the free throw attempt **has contacted either the rim or the backboard.**
6. No free throws will be awarded for the following:
 - a. Each common foul before the bonus rule is in effect.
 - b. A double foul.
 - c. A player control foul.
7. **Technical Fouls:** On all technical fouls, two points will be awarded to the offended team, plus the ball at the division line for a throw-in.
 - Technical fouls are counted towards each player's disqualification total and the team's bonus situation.
 - Two unsportsmanlike technical fouls charged to any individual will result in his/her ejection from the game and the facility.
 - Any technical assessed to the bench will be charged to the team captain.
 - Any team receiving three (3) unsportsmanlike technical fouls in one game shall forfeit the contest.
8. Dunking and grabbing or hanging on the basket/rim will result in an automatic ejection and technical foul charged to the player. The only exception to this rule is if the player grabs the rim to protect him/herself or another player.
NOTE: This is the judgment of the game official.
9. **Intentional Fouls:** Two (2) points and possession of the ball at the spot nearest the foul will be awarded to the offended team for all intentional fouls during an unsuccessful two-point try. An intentional foul during an unsuccessful three-point try will result in three (3) points and possession of the ball. If the try is successful the offended team will be awarded 1 point and the ball. The judgment of the game officials will determine what is and what is not an intentional foul.
10. **Flagrant Fouls:** On all flagrant fouls, the offended team will be awarded two (2) points (3 points if on a 3 point try) and possession of the ball. **The offending player will be ejected from the game.** If the try is successful the offended team will be awarded 1 point and the ball.

Violations

1. A player shall not remain for three seconds in any part of his/her free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of his/her team in his/her frontcourt. This applies to players with one or two feet in the lane.
 - the 3 second count starts over every time a shot is attempted
 - the 3 second count starts over when both of the players feet touch the ground outside the lane

Team Conduct

1. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to, the following:
 - a. Disrespectfully addressing an official or staff member.
 - b. Questioning the official's judgment or decisions.
 - c. Use of disconcerting acts or words when an opponent is about to play the ball.
 - d. Showing disgust with official's decisions.
 - e. Using profane or insulting language or gestures toward an official or other player.
 - f. Baiting players of the opposing team.
 - g. Disrupting the game so that it may not be continued in an orderly fashion.
2. Captains are responsible for the action of their team members.
3. At no time may a coach or bench players enter the playing area.

Co-Rec Rules

1. Each team shall consist of five players (2 men and 3 women). If a team plays with four players the team will consist of 2 men and 2 women.
2. Points scored by a male are the same as regular basketball. Points scored by a female are as follows. Free Throw = 1 point, 2 point basket = 3 points and a made basket beyond the three point arc = 4 points.
3. Males may go into the lane and shoot in the lane.