

BEMIDJI STATE UNIVERSITY

INTRAMURAL 5 vs 5 BASKETBALL RULES

****All players must bring a valid BSU ID to all games.**

If a player does not have an ID they will not be allowed on the court.**

****Teams listed first on the schedule or bracket will be considered the "light" colored team and should dress accordingly****

INJURIES: In case of an injury, please contact an Intramural Sports Supervisor. The supervisor will contact the University Security (extreme case - ambulance) for emergency treatment. When security (ambulance attendant) arrive, they will determine the best method of handling the situation and transporting injured players.

Minor first aid is available with the Supervisors (Band-Aids, gauze pads, and ice packs). Individuals participate at their own risk. They are responsible for their own health and safety.

FORFEITS: If a team forfeits a game or misses the captain's meeting they are automatically ineligible for the playoffs. A team can become re-eligible one time by coming in and paying a \$15 forfeit fee. This fee needs to be paid by 4pm on the day of their next game. If a team does not pay then they can play the rest of their games, but will not be included in the playoffs regardless of record. Once a team forfeits twice, they may be permanently removed from the league.

RULE 1: EQUIPMENT

- a.) The official ball will be furnished by the Intramural Department, unless BOTH team captains agree to use a different ball (Please note: Women's teams will use the intermediate sized ball & Co-Rec teams will use a men's league ball).
- b.) Once selected, the same ball must be used throughout the game.
- c.) Team bench areas shall be located on the end of the courts. Due to the closeness of courts, please watch for players/balls from other courts wondering over. Nobody is allowed between the courts.
- d.) Tennis shoes or basketball shoes will be the only type of shoes permitted in league games, and all players will be encouraged to attire themselves in suitable playing trunks (without pockets) and shirts. Hats are not allowed.

RULE 2: THE GAME

- a.) Games will consist of two (2) 20-minute halves. In the final two-minutes of the second half the clock will stop, unless one team is ahead by more that 20 points. The rest of the game will be continuous running clock. The clock will also stop on injuries. There is a mercy rule in place. If at any point during the second half of the game, including the start, a team is trailing by 40 or more points, the game will be declared over.
- b.) The inside edge of all boundary lines (black lines) shall be the limits of the court. A team shall consist of five (5) legal players.

- c.) Each team will receive one (1) timeout per half, these do not carry over. An official's timeout shall be called in case of a serious emergency or injury and it shall be the judgment of the referee that will determine the length of the time out taken.
- d.) A coin toss by the officials will determine the team baskets; teams will switch baskets at the half.
- e.) Each game will start with a jump ball. For the beginning of the second half the ball will go to the team due the alternate possession. Subsequent held ball (jump ball) situations, the ball WILL NOT be tossed by the officials, but instead the team with the possession arrow, will take it from out of bounds at the nearest point where the held ball occurred.
- f.) Scoring values
 - Free throw - 1 point
 - Field goal - 2 points
 - Three pointer - 3 points
 - In Co-Rec, a female basket is worth double the point value
- g.) If the score is tied at the end of the second half, a two-minute overtime will be played. If the score is still tied at the end of overtime, a sudden death overtime will occur.
- h.) All contests shall begin at the scheduled hour for the contest. If a team is late, their opponents will receive two (2) points per minute for the first five (5) minutes and one (1) point for each additional minute the team is late. The game will be declared a forfeit at the end of 10 minutes. In case of a double forfeit, the teams will both be charged with a loss. Time missed is time forfeited. Time will not be made up in a late starting game.
- i.) Foul shots will be awarded just as they would in a regulation basketball game. Two shots for a person fouled in the act of shooting, one if the shot is made. Team fouls will be kept. After the seventh (7th) team foul in a half the other team will be in a 1 and 1 situation. After the tenth (10th) team foul the opposing team will be in the double bonus. All technical fouls will be counted as team fouls.

RULE 3: PLAYERS AND SUBSTITUTES

- a.) Each team shall designate a captain. Team captains are responsible for the eligibility of their team members.
- b.) Only the captain may request information from the officials on rule interpretations, and only if it is done in a courteous and respectful manner.
- c.) Substitutions may be made anytime during a stoppage in play. Announce this to the officials or site supervisor.

RULE 4: DEFINITIONS

- a.) Blocking - is illegal personal contact which impedes the progress of an opponent's freedom of movement.
- b.) Held ball - occurs when opponents have both hands so firmly on the ball that control can not be obtained without undue roughness.
- c.) Traveling - is moving a foot or the feet in any direction in excess of prescribed limits while holding the ball.

RULE 5: LIVE BALL AND DEAD BALL

The ball becomes dead or remains dead when:

- 1.) Any goal is made.
- 2.) A free throw is not successful and is to be followed by another throw, or a free throw for a technical foul.
- 3.) Held ball occurs or ball lodges on the basket supports.
- 4.) Official's whistle is blown.
- 5.) A foul occurs.
- 6.) Any floor violation.

RULE 6: OUT OF BOUNDS AND THE THROW IN

- a.) The ball is out of bounds when it touches:
 - A player who is out of bounds
 - On or outside the boundary line
 - The support of the back board or overhead equipment
 - The ceiling
 - Passes over the backboard
- b.) If the official is uncertain as to which player caused a ball to go out of bounds, or if the officials disagree as to which team caused the ball to go out of bounds, a held ball shall be ruled.

RULE 7: VIOLATIONS AND PENALTIES

- 1.) The thrower-in shall not:
 - a.) Leave the designated throw in spot.
 - b.) Consume more than 5 seconds from the time the ball is released
 - d.) Carry the ball onto the court.
 - e.) Throw the ball so that it enters the basket before touching anyone.
- a.) The defensive player may not have any part of his or her body beyond the vertical plane of the boundary line, before the ball crosses the line.
- 2.) No player shall:
 - a.) Run with ball, intentionally kick it, strike it with fist or cause it to enter and pass through the basket from below.
 - b.) Dribble a second time after his or her first dribble has ended, unless it is after he or she has lost control because of:
 - 1.) A try for field goal.
 - 2.) A bat by an opponent.
 - 3.) A pass or fumble which has then touched or been touched by another player.
 - c.) Remain for more than 3 seconds, in that part of his or her free throw lane while the ball is in control of his or her front court. Allowance shall be made for a player who, having been in the restricted area for less than 3 seconds, dribbles into try for a goal.
 - d.) Be (or his or her team shall not be) in continuous control of a ball which is in his or her back court for more than 10 consecutive seconds.
 - e.) Excessively swing his or her arms or elbows, even though there is no contact with an opponent.
 - f.) While closely guarded, dribble, combine dribbling, or hold the ball for 5 seconds.
 - g.) Goaltend:
 - a.) Touch the ball or basket when the ball is on or within either basket

- b.) Touch the ball when it is touching the cylinder
- c.) Touch the ball during a field goal try while it is in its downward flight entirely above the basket level and has the possibility of entering the basket in flight
- d.) Touch a ball which has been tipped by a player toward his or her own basket while the ball is in its downward flight entirely above the basket ring level and has the possibility of entering the basket.

PENALTY:

If violation is at the opponent's basket, the basket is counted and the offensive team is awarded the point value of the shot attempt. If there is a violation by both teams, play shall be resumed by a jump ball.

RULE 8: FOULS AND PENALTIES

A team shall not:

Allow the game to develop into a stagnate contest. Lack of sufficient action occurs when the team responsible for action:

a.) Permits the ball to remain in its mid-court for 5 seconds, during which there is no opposing action in this area, or

b.) Does not continuously and aggressively attempt to gain control of the ball.

--Who is responsible to force action?

a.) The team behind in score is responsible for action. If the score is tied the defensive team is responsible.

--What is the penalty for lack of sufficient action?

a.) A technical foul for each infraction of the rule.

-Repeated refusal to produce action may result in forfeiture of the game.

--What is the procedure of an official warning a team?

a.) The official shall warn a team for lack of sufficient action by moving to a position clearly visible to the responsible team and calling "play ball".

b.) Only one warning shall be given to a team each period. Extra periods are considered an extension of the fourth quarter or second half.

A player shall not:

a.) Participate after having been disqualified.

b.) Any team that has a player dunk or grasp the rim, except in the case to avoid serious injury, will immediately forfeit the game. This will not mean a team is ineligible for the playoffs but the forfeiting team will receive a "0" sportsmanship for that game. The specific offending player will need to meet with the Intramural Coordinator before he/she is eligible to participate in anymore team contests.

c.) Any player caught dunking or grasping the rim before or after a game will be automatically ejected from the Rec Center.

d.) Cause either backboard or the basket's rim or cylinder above the basket to be disrupted.

e.) Intentionally bat the ball after a basket to delay the other team putting the ball in play.

- f.) Disrespectfully address or contact an official or gesture in such a manner as to indicate resentment.
- g.) Use profanity.
- h.) Obstruct the vision of an opponent by moving hands near his or her eyes.
- i.) Climb on a teammate to secure greater height to handle the ball
- j.) Hold, push, charge, trip, impede the progress of an opponent by extending arm, shoulder, hip or knee.
- k.) He/She shall not contact an opponent with his/her hand unless such contact is only with the opponents hand while it is on the ball and is an incidental attempt to play the ball.

A dribbler shall not:

Charge into nor contact an opponent in his/her path, nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space offers a reasonable chance for him or her to go through without contact.

A player who screens shall not:

- a.) Take a position closer than a normal step from his or her opponent.
 - b.) Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction.
 - c.) After assuming his or her legal screening position, move to maintain it.
- If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

Technical Fouls

- a.) Any player that receives two (2) technical fouls will be removed from the game and will have to meet with the Director of Intramurals before being allowed to participate in intramurals again.
- b.) All technical fouls will result in the opposing team shooting one free throw and retaining possession of the ball.
- c.) Any player that is ejected is ineligible until he/she sets up a meeting with the Intramural Coordinator and is then reinstated.
- d.) Any player ejected from a game during the playoffs will automatically be suspended for the remainder of the playoffs.

SPORTSMANSHIP RATINGS: All teams must have a minimum cumulative Sportsmanship Rating of a 2.75 to be eligible for the playoffs. A team that does not meet this standard will be ineligible for the playoffs regardless of team record. Each game the participating teams will be graded on their behavior by the referees and the supervisor at each field/court. Each team will be awarded a grade from A-F. If a team has a player ejected from the contest will receive a grade of "D" at the highest. Sportsmanship grades will be posted along with schedules and standings. Any team can be removed at anytime for unsportsmanlike behavior. Any team that receives lower then a 1.99 cumulative sportsmanship grade for a playoff game will be automatically removed from the playoffs.

ADD/DROPS:

All add/drops must be turned into campus recreation before 12 noon on the day of the game for the change to be in affect for that game. Teams must remain at 14 players or fewer. All Add/Drops for a Sunday game must be turned into the Intramural office by 12 noon on the Friday before to be in affect.