

Basketball Rules

Intramural Sports

Recreation and Wellness Services

University of Akron

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

Basketball rules will be conducted under the NFHS rules with the following additions, exceptions, and clarifications. If you would like to review or borrow a copy of the NFHS Rulebook, or have any questions, please contact the Manager of Intramural Sports.

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid U of A ID.
- Each team should start the game with 5 players; a minimum of 3 is needed to avoid a forfeit.
- A player may play on only one team per sport.
- Each team shall designate to the Referee a player as the court captain. This person is the only player who can communicate with the officials. The captain is responsible for any information contained in the Intramural Basketball Rules, Intramural Sport Participants Handbook, and Sportsmanship Policy.

LENGTH OF GAME:

- Playing time shall be 40 minutes, separated into two halves of 20 minutes.
- Half-time shall be 3 minutes.
- There will be a running clock for the entire first half, and the first 18 minutes of the second half. The last 2 minutes of the second half of the game will stop at all violations, fouls, and timeouts.
 - No timeouts can be carried into overtime.
 - A maximum of two time-outs can be used back to back.
 - If a team has no time-outs and calls for one, a technical foul will be assessed, plus possession of the ball at half court and the team will receive the requested time-out.

- Overtime: period will begin with a jump ball; the time will be two (2) minutes using a regular basketball clock. Each team will receive ONE additional time-out per overtime period. During regular season, if still tied after the first overtime, sudden death overtime will be used. During play-offs or tournament play, overtime periods will be played until a winner is determined.

EQUIPMENT

- **The Ball** - The official ball shall be leather or rubber covered and shall meet the recommendations of size and shape for a regulation basketball. Men shall use the regular size ball while women shall use the intermediate size ball.
- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the official shall flip a coin to determine who will change. Jerseys may not be tied in a manner that creates any type of knot. A team member shall not remove the jersey and/or pants/skirt in the visual confines of the playing area.
- **Shoes** - Players must wear non-marking athletic shoes. No sandals, boots, or non-athletic-type shoes will be allowed.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the SRWC-IM staff and their decisions shall be final.
- **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.
- **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.

GAME INFORMATION:

- **THE SCOREKEEPER'S RECORD IS OFFICIAL.** Scorekeepers will be responsible for keeping the score, and possession arrow. **Players must check in with the scorekeeper before subbing into the game.**
- The alternate possession rule will be used.

Basket Choice

- Each team's basket for practice before the game and for the first half shall be the one farther from its team bench.
- The teams shall change baskets for the second half.

- If by mistake the officials permit a team to go the wrong direction, when discovered all points scored, fouls committed, and time consumed shall count as if each team had gone the proper direction. Play shall resume with each team going the proper direction based on bench location.

VIOLATIONS

Interference

- Touches the ball or any part of the basket while the ball is on or within the basket.
- Touches the ball while any part of the ball is within the imaginary cylinder, which has the basket ring as its lower base.
- Reaches through the basket from below and touches the ball before it enters the cylinder.

Closely-Guarded

- A closely guarded situation occurs when a player in control of the ball in his/her team's frontcourt, is guarded by an opponent who is within 6 feet of the player who is holding or dribbling the ball for duration of 5 seconds. A closely-guarded count shall be terminated during an interrupted dribble (i.e. – if the player loses control of the ball momentarily).

Continuous Motion

- Continuous motion applies to the try or tap for field goals and free throws, but it has no significance unless there is a foul by the defense during the interval which begins when the habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight.
- If an opponent fouls after a player has started a try for goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when the usual throwing motion has started before the foul occurs and before the ball is in flight.

Goaltending

Goaltending occurs when a player touches the ball during a field-goal try or tap while:

- The ball is in downward flight.
- The entire ball is above the level of the basket ring.
- The ball has a possibility of entering the basket in flight.
- The ball is not touching an imaginary cylinder, which has the basket ring as its lower base.

3-second rule

The three second restriction applies to a player who has only one foot touching the lane boundary. The line is part of the lane, but not the space marks and neutral zone marks.

Loose ball contact

It is true that contact between opponents may be violent and yet be legal. A key to judging whether or not contact on a loose ball play is legal, hinges on when players get to the loose ball. When two opponents reach a spot on the floor at the same time, contact should be ruled as incidental. When one player is making an attempt to reach or actually reaches the loose ball, and then an opponent dislodges

or displaces the first player, a foul has occurred. Failure to call a foul when one player “piles” on top of the opponent will create retaliatory fouls. “Going for the loose ball” is not a license for illegal contact.

Substitutes

Substitutes must report to the score's table and beckoned in by the officials. Illegal substitutions will result in a technical foul.

Out of Bounds

A player shall not leave the floor for an unauthorized reason.

FOULS

- A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements. A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- An intentional foul is a personal or technical foul designated to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may not be premeditated and is not based on the severity of the act. A foul also shall be ruled intentional if while playing the ball a player causes excessive contact with an opponent.
- A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical non-contact foul, which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking and kneeing. If technical, it involves dead-ball contact or non-contact at any time, which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant act.
- A technical foul is:
 - A foul by a non-player.
 - A non-contact foul by a player.
 - An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter.
 - Removing the jersey and/or pants/skirt within the visual confines of the playing area.
- Team technical fouls – If a team receives three (3) technical fouls, the team will forfeit the game.
- Any person receiving two technical fouls will be ejected from the game.
- Any technical foul will result in two points awarded to the offended team and possession of the ball.
- A player-control foul is a common foul committed by a player while he/she is in control of the ball or by an airborne shooter.
- A team foul is any personal foul or technical foul, which is charged to either team. All team fouls are counted to reach the bonus situation.
- No dunking the ball before, during or after the game.
 - Penalty: Technical Foul (automatic 2 points, plus possession). Also counts as a team foul.
 - Automatic ejection from the game.

- This ejection is not included in the overall ejection system.
- No points will be awarded to the offending team.
- A player must leave the game upon her/his fifth personal foul.
 - Technical and player control fouls will be counted as personal fouls.
- Technical fouls will be counted as team fouls. Team fouls will reset to zero after halftime. Team fouls are carried from the second half into overtime.
- Bonus (one and one) begins on the seventh team foul.
- Two shot fouls will begin on the tenth foul.
- No foul shots for player control fouls.
- Players are allowed to step into the lane during free throws when the ball hits the rim or enters the basket.
- Flagrant and intentional fouls will result in an automatic 2 points for the non-violating team, plus possession. Technical and flagrant fouls may carry an ejection.
- A team control foul is a common foul committed by a member of the team that has control of the ball. Team control fouls will not award free throws if in the bonus; team control fouls will award the ball at a spot closest to the foul.

Blocking/Charging

- Blocking is illegal personal contact, which impedes the progress of an opponent.
- Charging is illegal personal contact caused by pushing or moving into an opponent's torso.
 - A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path.
 - If a guard has obtained a legal guarding position, the player with the ball must get his/her head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.
 - There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in his/her path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact.
 - The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot or dribble.

PLAYING RULES

- Mercy Rule: **At any point in the game**, if a team is behind by 50 points the game is over. In the second half, if a team is behind more than 30 points with five (5) minutes or 20 points with two (2) minutes or less remaining, the game is over.
- A ball which touches the front face or edges of the backboard is treated the same as touching the floor in-bounds, except that when the ball touches the thrower's backboard, it does not constitute a part of a dribble.
- Throw-ins:
 - After a made basket or free throw, a player may run the length of the baseline to make the throw-in.

After a dead ball (resulting from out of bounds, fouls, timeouts, or start of play), a player must remain in one place during the attempted throw-in

All final decisions to eligibility rules will be at the discretion of the Manager of Intramural Sports.

CO-REC RULES

Players: Teams will be made up of one of two combinations, three (3) men and two (2) women or three (3) women and two (2) men. If a team is playing with four (4) players they must have either two (2) men and two (2) women or three (3) women and one (1) man. If a team must play with only three (3) players they must have two (2) women and one (1) man.

The Ball: We will be using a Women's Basketball size 28.5 for all Co-Rec Basketball Games.

Scoring: If a male makes a basket inside the three (3) point line it will be worth one (1) point. If a male makes a basket beyond the three point (3) point line it will be worth two (2) points. Female scoring will be consistent with regular basketball rules.

Free Throws: If a male shooter gets fouled shooting a one (1) point shot they will receive one (1) free throw, as if they get fouled shooting a two (2) point shot they will receive two (2) free throws. If a female gets fouled while shooting, the free throws will be awarded according to regular basketball rules.

Revised February 2008