



**CAMPUS RECREATION
INTRAMURAL SPORTS
2019-2020 BASKETBALL RULES**

BASKETBALL IS A CONTACT SPORT, AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

ALL RULE CHANGES ARE HIGHLIGHTED IN GRAY.

THE GAME WILL BE PLAYED ACCORDING TO THE NATIONAL FEDERATION HIGH SCHOOL RULES WITH THE FOLLOWING EXCEPTIONS AND CLARIFICATIONS:

MEN AND WOMEN

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UNC identification card to the court area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** An Intramural Official will keep the official score and clock at the scorer's table.
4. **CAMPUS RECREATION CENTER RULES:** All CRC rules will be followed during intramural basketball contests.
5. **TEAMS:** Five (5) players constitute a team. A team may start with no fewer than four (4) players. Teams may play with less than four (4) players if, in the opinion of the game officials, they have a legitimate chance to win the game.
6. **BENCH PERSONNEL:** Every player, non-player, and coach that is on a team bench must be signed in and on the roster, and is subject to all intramural rules, policies, and procedures. *Clarification: a non-player/coach may not be on the roster of another team in the same division.*
7. **GAME EQUIPMENT:** UNC Intramural Sports will provide a game ball.
8. **UNIFORMS:** Teams must wear contrasting color uniforms with numbers. If a team does not have their own jerseys, they may be checked from the Intramural Supervisor.
9. **JEWELRY:** No jewelry may be worn. *Clarification: Medical alert and religious medals are not considered jewelry; they must be taped down with the medical information visible.*

PLAYING THE GAME

10. **GAME TIME:** The game will consist of two (2) halves of twenty (20) minutes. The first half will be a running half; the clock will only stop for team & officials timeouts **UNTIL THE LAST TEN (10) SECONDS, when it will stop on all dead balls**. The second half will be a running clock for the first eighteen (18) minutes. If the score is within 15 points at the two (2) minute mark of the game, the clock will stop during the last two minutes of the second half according to NFHS Basketball Rules. If the point differential reaches 15 points after the two (2) minute mark, a running clock will be in effect. Once the game clock enters a running status in the last two minutes it will continue to run no matter the point differential. A game will end if a team is thirty-five (35) points ahead at or after halftime. **A game will also end if a team is twenty (20) points ahead after the two-minute (2) mark.**
11. **OVERTIME:** For all games ending in a tie, a three-minute (3) overtime will be played to determine a winner. The clock will run continuously for the first two (2) minutes of the overtime and stop only during the last minute (see Rule #10). If the game is still tied, one-minute (1) stopped clock overtimes will follow until a winner is determined. Each team will receive one (1) time-out for each overtime period (time-outs do not carry over from regular time to overtime or between overtime periods). The team fouls **DO NOT** reset. Each overtime is started with a jump ball at center court; however, teams continue to shoot at the same baskets as they did in the second half.
12. **TIME-OUTS:** A team will be granted three (3) time-outs per game. Time-outs will be no more than one (1) minute; teams must be ready to play immediately following the time-out. A team can only call a time-out during a dead ball or while they are in possession of the ball. The game clock will stop for charged time-outs. If free throws are to be attempted immediately following a time-out, the clock will not run during the free throws. Time-outs can only be called by one of the five players on the court and in the game.
13. **FOULS:** Five (5) personal fouls (personal and technical combined) result in disqualification from the game. On the seventh (7th) team foul in each half, the bonus situation is in effect. On the tenth (10th) team foul in each half, the "double bonus" situation is in effect. Prior to the bonus situation, "common fouls" will be taken out of bounds at a designated spot by the offended team.
14. **TEAM CONTROL FOULS:** A throw-in will be awarded to the offended team after all team control fouls (no free throws will be awarded). A team control foul is defined as any foul on an offensive player when his/her team is in control of the ball. **Team Control now exists during a throw in when the thrower-in has the ball at his/ her disposal as well as during a loose ball that is tipped away from the ball handler by the defender (ex. If the defense tips the ball and disrupts the offense's dribble, then the offense pushes off while going for the ball, that will be considered team control.** *Clarification: free throws may still be awarded for all defensive and loose ball fouls where no team has control/possession (ex. rebounding fouls) when the bonus situation is in effect.*
15. **SUBSTITUTES:** Substitutes must report to the scorekeeper before entering and must be signaled on to the court by an official. Failure to comply will result in a technical foul.
16. **JUMP BALL / HELD BALL:** The game is started with a jump ball; thereafter, any held ball situations, and the start of the second half, will use the alternating possession procedure.
17. **PLAYER EQUIPMENT:** Head decorations, headwear, and/or jewelry (including rubber bands) are illegal. Headbands no wider than two (2) inches made of nonabrasive, unadorned, cloth, fiber, soft leather or rubber are legal. Headbands (just described) and rubber (elastic) bands to control the hair are the only legal pieces of equipment on the head.
18. **FREE THROWS:** Marked lane spaces may be occupied by a maximum of four (4) defensive and two (2) offensive players. The first marked lane spaces on either side may not be occupied by any player. The second marked lane spaces on either side must be occupied by the defense. The third marked spaces on either side may be occupied by the offense, and the fourth marked lane spaces on either side may be occupied by the defense. The thrower and all players not in a marked lane space may **NOT** break the plane of the free throw line or free throw line extended three point line until the ball touches the ring, backboard, or until the free throw ends. A player occupying a marked lane space may not have either foot beyond the vertical plane of the outside edge of any lane boundary, or beyond the vertical plane of any edge of the space (2inches by 36 inches) designated by

lane-space marks. A player shall position one foot near the outer edge of the free-throw line. The other foot may be positioned anywhere within the designated 36-inch lane space until the ball has been released.

Simplified: Players in the marked lane spaces may now move into the lane to rebound after the free-throw shooter releases his/her shot.

19. TECHNICAL/INTENTIONAL FOULS: When technical and intentional fouls are called the team who did not commit the foul will be awarded 2 points and the ball at the half court line.
20. MERCY RULE: A game will be ended if a team is thirty-five (35) points ahead at or after halftime. A game will also be ended if a team is twenty (20) points ahead at or after the two-minute (2) mark.

SPORTSMANSHIP

21. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.
22. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players from the same team are ejected from a game, that game will be ended and that team will receive a loss and a zero (0) sportsmanship rating, regardless of the score and the time remaining. In addition, if a team receives three (3) technical fouls in a game, that game will be ended as stated above.
23. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and CRC rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
24. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products in the CRC. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the Supervisor.
25. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.
26. RATING: Sportsmanship Ratings are on a ranking from 0-4. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach):
 - 4 – Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team.
 - 3 – Good sportsmanship and conduct: Team members are in control throughout the contest. The team does not show verbal dissent or aggression towards the opposing team or officials.
 - 2 – Below average sportsmanship and conduct: Verbal dissent or aggression towards the opposing team resulting in a yellow card. Any team receiving one sportsmanship-related yellow card will receive a (2).
 - 1 – Poor sportsmanship and conduct: Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team.

Any team receiving two sportsmanship-related yellow cards or one red card will receive a (1).

- 0 – Unacceptable sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a (0).

CO-RECREATION

All of the above rules apply with the following exceptions:

27. TEAMS: Five (5) players constitute a team. Three (3) men and two (2) women or three (3) women and two (2) men shall be on the floor during games. A team may play with no less than four (4) players. If a team is playing with four (4) players, the male/female ratio must be 2:2.
28. GAME BALL: A women's ball will be used.
29. FEMALE SCORING: Females will be awarded three (3) points for all shots made inside the 3-point arc and four (4) points for all shots made outside the 3-point arc. If fouled during an attempt, females will receive three (3) free throws for shots attempted inside the 3-point arc and four (4) free throws for shots attempted outside the 3-point arc. When fouled during a made shot, females will receive the points as described above plus one free throw. *CLARIFICATION: Bonus free throws (1&1) and double bonus free throws will be awarded as described in the NFHS rules, regardless of the shooter. All free throws will count as one point, regardless of the shooter.*
30. MALE SHOOTING: There are no restrictions as to where males may shoot.
31. DEFENSE: There are no defensive restrictions.