

Intramural Sports Basketball Rules

(in conjunction with NCAA Basketball Rules)

Part 1: Playing Procedures

I. Team Size

- A team consists of 5 players. There shall be no limit to the number of eligible players on a roster.
- Teams must have at least 4 players present to start a game.

II. Eligibility

- Only players listed on the official roster are eligible to participate on a basketball team. All players must meet the eligibility participation requirements of the UC San Diego Intramural Sports Office (See Program Policies and Procedures)
- Additions and subtractions to official team rosters must be made prior to the team's third league game. No changes to rosters will be accepted after that time.
- Once a player has participated in two games with any one particular team he/she may not choose to play for any other team.
 - AN INDIVIDUAL MAY ONLY PLAY ON ONE TEAM
- Players on the current varsity team or players who were members of the previous year's varsity team may participate, but must do so at the highest level of competition and only one player of that status may compete for any one team.
 - womens

III. Equipment

- All players must wear non-marking basketball type shoes during the course of play.
- No protective casts and/or jewelry shall be worn.
- You must bring a ball for use in games. Balls may be rented from the Equipment Room on the 2nd Floor, but be advised that there is a limited supply.
- Home team is listed first and should wear **white** (but teams are advised to bring both dark and white)
- **NO GREY SHIRTS**

IV. Starting time

- Starting times for all games will be posted on the Intramural Web Site.
- A 5-minute forfeit time will be in effect for any team or teams that are not present or ready to play according to Sec I.
 - If one or both teams do not have 5 players present and ready at 5 minutes after game time, a non-roster player may participate upon approval from the opposing team captain, and may only play one game for any particular team. The referee must be notified concerning the use of any non-roster players.

V. Game time

- There shall be two 20-minute halves with running time. The last two minutes of a game will be played under official 'stopped' time.
- Overtime periods will be 3-minutes in duration. Last minute will be 'stopped' time.

- In the final minute of the game and in overtime, the clock stops after made baskets.
- **If the winning team is ahead by 15 or more points, the clock does not stop--regardless of the time.**

VI. Time outs

- Three 1-minute time outs shall be allotted to be used at any time during the game.
- Each team shall have one time-out during each overtime period.

VII. Scoring

- A field goal shall be worth 2 points.
- A field goal made behind the 3-point line shall be worth 3 points.
- A free throw shall be worth 1 point.
- Each team is responsible for supplying an official scorer for every game.
 - In the event of any disputes, the information on the official scoresheet shall be final.
 - Failure by teams to provide official scorekeepers may result in a forfeit.

VIII. Substitutions

- Free substitution will be allowed whenever a dead ball situation occurs.
- An entering player shall not replace a free thrower except in cases where the individual is hurt.

IX. Dead Ball

- A live ball becomes dead when:
 - The official blows his/her whistle (fouls, violations, time-outs, etc.)

X. Putting the ball in play

- To begin a game or any overtime period, the ball will be put into play with a jump ball at the center circle.
- The team not controlling the tip will get possession at the next held ball opportunity.
- Alternating possession will determine which team is awarded the ball in all held ball situations and starting the second half.

XI. Held Ball (mistakenly called a jump ball)

- A "held ball" occurs when opponents have hands so firmly on the ball that control cannot be obtained without undue roughness
- Effect: The Alternating possession arrow shall be used to determine possession

XII. Player Disqualification

- A player is disqualified from further play in a contest upon committing his or her fifth personal foul.
 - Both personal and technical fouls will be counted toward the individual's total of 5.
 - Fouls do not reset in overtime.
- A player is also disqualified from further play if they are charged with 2 technical fouls.

A player at the referee's discretion may be immediately disqualified from further play upon committing an unsportsmanlike act that is detrimental to the spirit of intramural basketball at UCSD.

Part 2: Violations and Penalties

I. Free throw violations

- **Offensive violation:**
 - Failure to shoot within the free throw half-circle.
 - Failure to shoot within 10 seconds.
 - Stepping on or over the free throw line before the try has ended (by the shooter).
 - Stepping on or over the lane line before the try has left the shooters hand.
 - Failure of players outside the lane to remain behind the 3pt line before the try has hit the rim
 - Failure by the shooter to hit the rim with his/her attempt.
 - Player moving outside of an established lane space after the shooter has received the ball from the referee.
 - Penalty – No point may be scored on the free throw attempt. The ball becomes dead immediately as the violation occurs. The ball is awarded out of bounds to the defense or the second or third shot is attempted.
- **Defensive violation:**
 - Verbally or physically disconcerting a free throw shooter.
 - Stepping on or over the lane line before the try has left the shooters hand.
 - Failure of players outside the lane to remain behind the 3pt line before the try has hit the rim
 - Moving into or out of the free throw area after the ball has been handed to the shooter.
 - Penalty – If the free throw attempt is successful, the goal shall count and any violation shall be disregarded. If the attempt is unsuccessful, a substitute free throw to the same free thrower shall be awarded.

II. Throw in violations

- Failure to release the in-bound throw in 5 seconds.
- Failure to in-bound the ball directly into the court for play.
- Carrying the ball into the court.
- Touching the ball on the court before it has been touched by another player.
- Throwing the ball through the basket or against the illegal portion of the backboard.
- Failure to remain in the designated spot for the throw-in.

III. Double Dribble

- Dribbling a second time after the first dribble has ended unless player control is lost because of a try for field goal, a bat or deflection by an opponent, or a pass or fumble which has then touched or been touched by another player.

IV. Time violations

- 3-seconds
 - Remaining inside the free throw lane (the paint) for more than 3 seconds.
 - Note: the count stops when a player begins their attempt to shoot and a new count begins after a rebound.
- 5-seconds (closely guarded)
 - MENS: A closely guarded player anywhere in his frontcourt dribbling or holding the ball.

- WOMENS: A closely guarded player anywhere in his frontcourt holding the ball.
- 10-seconds in the back court
 - A team may have continuous possession in the backcourt for a maximum of 10 seconds.

V. Excessive swinging of the arms or elbows

- Excessive arm or elbow swinging when no contact occurs is a violation and the violator's team will lose possession of the ball.
- If contact does occur the penalty can be a personal foul, an intentional personal foul, a technical foul or a flagrant foul.

VI. Other violations

- Traveling
- Kicking the ball (as a positive act)
- Striking the ball with a fist
- Causing the ball to enter the basket from the bottom of the basket.

VII. Basket Interference / Goal tending

- The ball or basket is touched when the ball is on or within the basket
- The ball is touched during a try for goal when the ball is in its downward flight and there is a possibility of the ball entering the basket in flight.
 - Penalty: If the defense commits the violation, award the basket.
 - If the offense commits the violation do not award the basket and the defensive team will gain possession.

Part III Fouls and Penalties

I. Technical Fouls

- A technical foul is a foul by a non-player or a player which may or may not involve contact with an opponent but involves unsportsmanlike conduct toward another player, an official, a team representative or any administrators.
- Technical fouls may also be assessed against a team for
 - Delay of game
 - Excessive time-outs
 - Illegal substitution
 - Causing the backboard to vibrate during a field goal attempt.
 - Grabbing the basket rim (when not avoiding dangerous play)
 - Grabbing the net if effects a shot attempt.
 - Participating after disqualification

II. Personal Fouls

- A personal foul is a foul which involves contact with an opponent while the ball is alive or after the ball is in possession of a player for a throw-in.
- Personal fouls may be assessed to a player for:
 - Holding, pushing, charging, tripping, impeding or blocking an opponents progress by extending an arm shoulder, hip or knee, using rough defensive tactics, illegal screen, contacting an opponent with a hand (hand checking) or any other type of contact that places a player in a disadvantageous position.
 - See NCAA Basketball Rules Section 9 for more information

Any acts of aggressive physical violence will not be tolerated. This includes throwing a punch, kicking an individual or any other aggressive acts. Any player guilty of such an action immediately before, during, or after an intramural contest shall be expelled from further participation in intramural sports for the duration of one calendar year.

III. Free Throws

- One free throw for:
 - A player whose field goal try is successful.
- Two free throws for:
 - A player whose field goal try is unsuccessful
 - An intentional or flagrant foul
 - Bonus free throws (last 2 minutes only – 10 team fouls)
- Three free throws for:
 - A player whose field goal try from behind the 3-point line is unsuccessful.
- Bonus free throws (1+1, or 2) for:
 - Any non-shooting foul in the last 2 minutes of a game when a team has a total of 7 team fouls (1+1) or 10 team fouls (2). The exception being a player control or team control foul. Bonus carries over into overtime.