UVM Intramural Sports • 5 v 5 Basketball

The rules governing this intramural sport activity are derived from rules used by the National Federation of State High School Association (NFHS) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook, which is available on our website. All team captains and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility

See the Intramural Sports Handbook for complete listing of eligibility.

Varsity & Club Player Eligibility:
- Members of the UVM Varsity Basketball Teams are not eligible to participate in intramural basketball.
- Members of the UVM Club Basketball Teams are eligible to participate in intramural basketball; however these players are subject to the following participation guidelines:
  - A-League Teams – No more than three (3) club players (men’s or women’s team members) may be listed on a roster.
  - B-League Teams – No more than two (2) club players (men’s or women’s team members) may be listed on a roster.
- Penalty: Any team with a varsity player on the roster or that is in violation of the club player participation guidelines will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result from the team being removed from further competition.

Intramural Team Participation: Individuals may only play on one same sex team and one co-rec team per basketball season.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and who have signed the official online roster/waiver. Individuals must be listed on the official online roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official online roster by the last regular season game is the responsibility of the Team Captain.

Players and Substitutions

Players: A team shall consist of five (5) players; however rosters may list as many players as desired. A team may start with no less than four (4) players. In the event a team is playing with the minimum number (4) of players and a player becomes injured or has to leave (for reasons other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.

Co-rec: Teams must have two (2) males and two (2) females on the court at all times. The fifth player will be determined by the “advantage” schedule. For men’s advantage weeks, games will be played with three (3) men and two (2) women, using a men’s ball. For women’s advantage weeks, games will be played with three (3) women and two (2) men, using a women’s ball.

Week 1 – men’s
Week 2 – women’s
Week 3 – men’s
First round playoff games – women’s
Second round playoff games – men’s
Final round playoff games – women’s
All players must sign in with the scorekeeper or supervisor prior to playing. Late players may be added to the score sheet at anytime; although, a new player will have to wait for a dead ball situation to enter the game. **Any player who enters the game without checking in with the scorekeeper will be assessed a technical foul.**

**Substitutions:** All subs must report to the scorekeeper before subbing. Subs have to wait until a dead ball situation and may enter the game ONLY after the official "beckons" them in. NO substitutions may be made "on the fly," if a player substitutes into the game "on the fly" a technical foul shall be called.

**Communication with Staff:** Team captains are the only individuals permitted to speak with the officials regarding substitutions, calls, or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanslike conduct penalty may be called followed by a possible ejection.

**Equipment**

**Game Jerseys:** Game Jerseys are provided by the IMS program. All jerseys will have numbers on them and each person will be required to record their name and number with the score keeper for their game at each scheduled match. The team captain/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all jerseys. The player’s ID will be returned upon return of all jerseys. Replacement costs for any equipment missing will be billed to the individual’s Campus Recreation account.

If your team would like to purchase “team jerseys” the intramural sports office encourages you to do so but you must make sure that these jerseys have numbers and are all the same color.

**Basketballs:** The game ball shall be issued by the officials. Teams are encouraged to bring their own basketball(s) to practice or warm up with; however, team captains or a team representative can check out a bag that includes a set of pinnies and a basketball. The team captain/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all equipment in the bag. The player’s ID will be returned upon return of all equipment. Replacement costs for any equipment missing will be billed to the individual’s Campus Recreation account ($35/basketball, $10/pinnie).

**Footwear:** All players must wear basketball or tennis shoes and gym clothes. Boots, open-toed shoes, and shoes that mark the floor are strictly prohibited. **Participants must carry in gym shoes to be worn during play. Snow, mud, and salt carried in on shoes can cause unnecessary floor damage.** Players wearing any kind of gym shoe causing marking problems including salt scratches, slush, water, etc., will be asked to leave the facility.

**Jewelry:** All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, bandannas, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item, then you **CANNOT** play.

**Duration of Game and Grace Period**

**Game Length:** Games will consist of two 20 minute halves (the clock will only stop for time-outs, protests, and injuries). During the last two (2) minutes of the second half, the clock will stop on all dead ball situations.

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the court checked-in and ready to play **at least** ten (10) minutes before your scheduled game time. Game time is forfeit time! If one team is late/is not present, the team’s captain that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):
- Take the forfeit immediately
- Give the team five (5) minutes to show
  - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.
Reserve Clause: IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

Time Outs: Two (2) time outs per team per half (duration one (1) minute in length). Unused time outs do not carry over. If a team has no time outs and calls for one, a two shot technical foul will be assessed, plus possession of the ball to the non-offending team at the division line.

Scorekeeping: The scorekeeper’s record is the official record.

CoRec Scoring: Men’s and women’s points are worth the same amount.

Ties: There is NO overtime during regular season. Games that end in a tie during regular season will be recorded as such.

Mercy Rule: The clock will not stop if a team is ahead by fifteen (15) points or more anytime in the last two (2) minutes of the second half.

Overtime: During the playoffs, if a game ends in a tie, then overtime periods will be played. A new jump ball will take place. Overtime periods will be five (5) minutes in length, running time. The clock will stop in the last two (2) minutes on all whistles, as well as time-outs, injuries, and protests. Overtime periods shall be repeated until a winner is determined. Each team will be given one additional time-out per overtime period. Time-outs do not “carry over” from one overtime period to another. Second half team fouls and all player fouls carry over to all overtime periods.

Player Rules

Dunking: There is NO dunking before the competition, during halftime or after the competition.
  - If a player dunks before the game (during warm-ups) or during halftime, the player will receive a technical foul. The game or half will start with the non-offending team shooting two free throws and the ball for a thrown-in. (Sportsmanship will also be docked for dunking before and/or after a game)

Closely Guarding: 5-second rule (closely guarding the player with ball) will be in effect.

Three (3) Second Violation: An offensive player may not be in the lane for more than three seconds once the basketball has front court status. The three (3) second count will restart after each shot attempt.

Five (5) Second Throw in Violation: A player with the ball has four (4) seconds to inbound the ball. If the ball is still in the possession of the player trying to inbound at five (5) seconds there is a throw in violation. The ball will be disposed to the opposing team.

Ten (10) Second Violation: A team has nine (9) seconds to get the ball to have front court status. If the ball does not have front court status (i.e., the ball must be in the front court and the player in possession of the ball must have both feet totally in the front court to have front court status). If this does not happen within ten (10) seconds then it is a 10-second violation and the ball is taken out of bounds by the opposing team nearest to the point of interruption.

Over and Back: Front court status with three points of contact, the ball must be in the front court and the player in possession of the ball must have both feet totally in the front court to have front court status. Once front court status has been established no player on offense may touch the ball in the back court if they were the last to touch it in the front court.

Closely Guarded: A closely guarded count may start if the defensive player is no more than six feet from toe to toe to the offensive player with the ball. An offensive player can have the ball no more than four (4) seconds on a closely guarded count, on the 5th second it is a violation. A closely guarded count will start over if a dribble is started or stopped legally. A closely guarded count will continue if another defensive player is switched simultaneously on the offensive player in possession of the ball. For a closely guarded count to start a defensive player must have a legal guarding position and maintain it for the count to continue.
Traveling: A violation of the rules that occurs when a player holding the ball moves one or both of his feet illegally. Most commonly, a player travels by illegally moving his pivot foot or taking too many steps without dribbling the ball.

Double Dribble: An illegal dribble in which a player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop.

Possession: The alternate possession rule will be used.

Three-Point Shots: Three (3) point shots will be used for intramural play. In Patrick Gym, the 19’9” (green) 3-point line will be used.

Fouls: Fouls occurring when a player attempts to gain an advantage offensively or defensively, including:

- Illegal use of hands, arms, legs, feet, and/or torso.
- Pushing, holding, grabbing, and/or hooking an opponent.

Types of Fouls and Infractions:

- **Personal Foul** - A player foul which involves illegal contact with an opponent while the ball is live.
- **Technical Fouls**: All technical fouls are assessed as a team foul and a personal foul. *If a team receives three (3) technical fouls during a game, the game will immediately end, and the offending team will receive a forfeit.*
- **Intentional Foul** - 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 or may not be premeditated and is not based on the severity of the act. A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent.
- **Flagrant Foul** - 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 violent contact such as striking, kicking, kneeling, etc. 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.
- **Player Control Foul** - A common foul committed by a player while he or she is in control of the ball or by an airborne shooter.
- **Block** - A Block is a personal foul that results when a defensive player does not maintain legal guarding position and illegally blocks the offensive player’s advancement.
- **Charge (entitled to a spot / legal guarding position)** - A Charge is a personal foul that results when an offensive player initiates contact on a defensive player with legal guarding position and gains an advantage in doing so.
- **Push** - A push occurs when a player uses either the body or hand(s) to illegally gain an advantage by displacing an opposing player.
- **Hold** - A hold occurs when a player uses any part of their body to illegally gain an advantage by keeping an opposing player clutched, clamped, or embraced.
- **Hand Check** - When a defending player uses their hands on an opponent to slow their progress.

Disqualified Player: A player must leave the game upon the fifth personal foul. Technical and player control fouls will be counted as personal fouls and as team fouls. After two technical fouls, a player is automatically ejected.

- A one-and-one bonus shot begins on the seventh team foul.
- A two shot bonus will begin on the tenth foul.
- No foul shots for player control fouls.

Flagrant, Technical, and Intentional Fouls: Flagrant and intentional fouls will result in two (2) free throws for the non-offending team, plus possession. Flagrant fouls carry an ejection.

Free Throws: No player may move into the restricted area (the key) until the ball is released from the shooters hand. Players outside the lane area may not cross the foul line extended or the three point arch until the ball is released from the shooters hand.

**Penalties for Fouls and Violations**

Updated 8.11.15
- Foul while player was in the act of shooting a 2-point try and the basket was missed = 2 free throws awarded.
- Foul while player was in the act of shooting a 2-point try and the basket was made = 1 free throw awarded.
- Foul while player was in the act of shooting a 3-point try and the basket was made = 1 free throw awarded.
- Foul while player was in the act of shooting a 3-point try and the basket was missed = 3 free throws awarded.
- Player or Team Control Foul = possession awarded to non-offending team at the nearest spot from where the foul occurred.
- Technical fouls = 2 shots and possession at the division line opposite the scores table.
- Intentional fouls = 2 shots and possession at the point of interruption.
- Flagrant foul = ejection of player who the foul was called on, 2 shots and possession at the point of interruption.
- Violations = change of possession awarded to non-offending team at the nearest spot from where the violation occurred.