TEXAS STATE®
INTRAMURAL SPORTS

5-on-5 BASKETBALL RULES

Intramural basketball games will be conducted under the rules of the National Federation of High Schools Rules with the following modifications:

THE GAME, PLAYERS, AND EQUIPMENT

GENERAL INFORMATION

The Players - A starting line-up consists of 5 players. A team must have 4 players present in order for the game to begin. A team can continue to play if others have been injured or have fouled out if the game remains competitive. All substitutes must check in at the scorer's table before entering the game. They must also wait until the official has waved them in.

Score sheets – Score sheets and team rosters are made final at 3pm the day of the game. All additions and drops to the team must be made before then. If a player is NOT on a team roster then that individual is NOT allowed to participate.

Team Captains – Each team shall designate to the referee the team captain. The team captain is responsible for information contained in the Intramural Basketball Rules, and the Intramural policy and procedures.

Persons Subject to the Rules - Team representatives including: players, substitutes, replaced players, coaches, fans/spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

Team Area - One non-playing coach will be allowed on the bench. All other non-players must be in the stands. Coaches must remain in the immediate area of the bench; they cannot walk the entire length of the sideline. **Team captains are responsible for their team and fans.**

EQUIPMENT

Jerseys - All teams must wear jerseys or shirts of matching color with numbers. No player numbers can be repeated. The Intramural Sports Department will have jerseys available for check-out at each game. However, the team captain (or person checking out jerseys) will be responsible for returning the same jerseys they checked out to the Intramural Supervisor after each game. If a jersey is not returned the

team will not be allowed to play another game until the jersey is either returned to the office 24 hours prior to their next contest or they pay $50 to replace the jersey. All players using the Intramural Sports jerseys must wear a t-shirt underneath the jersey. They will not be allowed to play if they do not have a shirt underneath. (The sleeves can be cut off but tank-tops are not allowed) There are NO EXCETPTIONS to this rule!

The ball - Men shall use a men's size basketball (29.5/30) and women will use a women's size ball (28.5). Co-rec will have the option of either a men's or women's ball, given that both teams agree. Basketballs may be checked out at the front desk for warm up.

Shoes - All players must wear shoes. **T**hey must be non-marking court shoes. Hard sole shoes of any kind will not be permitted. No open toed shoes. **No exceptions.**

Supports, Braces, Gloves, and Pads - NO casts/splints will be allowed under any circumstances. No braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover the exposed metal. Hard plastic braces need to be covered as well. Any player wearing illegal or dangerous equipment shall not be permitted to play.

Jewelry - Jewelry is illegal equipment and may not be worn. All equipment shall be subject to the **approval of the Intramural Staff and their decisions shall be final**.

Headwear - Head decorations and headwear are illegal. Only elastic headbands will be permitted during the course of the game. Players may wear one-piece elastic headbands made of soft pliable material. No other headwear will be allowed. **NO baseball caps, bandannas, etc.**

PERIODS, TIME FACTORS, AND SUBSTITUTIONS

Game Time - **Game time is Forfeit time.** Any team not ready to play at game time is subject to forfeit. The forfeit fee is ($ 20.00). The captain/team must pay this fee if they are to partake in playoffs prior to the captains meeting. **If a team forfeits two (2) games, they will be dropped from their league. No refunds will be issued.**

Time Regulation - All games will be limited to 2 twenty-minute halves (running clock) with a three-minute half time. **Stopping the clock for fouls and violations will only occur in the last 1 minute of the second half.**

Overtime: The overtime period will be 2 minutes long and the fouls from the second half will carry over. The clock will stop on all dead balls.

Substitutions - Players may substitute at any time. Each substitute shall be in uniform, ready for play at the time of the substitution. Players must wait for the officials to wave them in.

Time-Outs: Each team shall be allowed **TWO (2) -** One-Minute time-out **per half**. Time-outs will stop the clock at any point of the game. Once the one-minute time-out ends the clock will restart immediately (unless in

the final 2 minutes of the 2nd half or in overtime). Unused time-outs **DO NOT carry over**. One additional time-out is given to each team per overtime period. **Timeouts must be called from the players on the court. The ball does not advance on timeouts.**

TECHNICAL FOULS

Teams that receive two unsportsmanlike technical fouls in a single game will automatically forfeit the game.

All technical fouls are automatic two points and the ball.

All intentional and flagrant fouls are automatic two points, the ball and ejection**.**

BLOOD RULE

Whenever a participant suffers a laceration or wound where bleeding occurs, the player must leave the game and then take the necessary action(s) to stop the bleeding and prevent it from occurring again.

If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty.

A team may call a time-out (maximum of 30 seconds) if it wishes to have the player remain in the game, otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected.

The Intramural Supervisor on duty shall have final approval on any situation regarding this matter.

FREE THROW SHOOTING LANE POSITIONS

Teams on defense will only be allowed a total of 4 players in the lane: 2 positions closest to the basket & 2 positions on the 3rd locations of the free throw lane closest to the basket. There must be a minimum of 2 defenders when free throws are administered. Guaranteed

Teams on offense will only be allowed a total of 2 players in the lane and the shooter for total of 3 players: 2 positions in the 2nd spots of the free throw lane closest to the basket and the shooter. It is not mandatory that the offense has players for the rebound when free throw is administered.

No one will be allowed to take a position in the 4th spots closest to the baskets.

There will be a total of 1 defensive player and 2 offensive players behind the 3-point line awaiting the free-throw to touch the rim. **Note: Players need not fill these spaces and the above rules only state the maximum amount of players allowed in the lane.**

Players inside the free throw line can move on the release. Outside the 3-point arc they must wait for the ball to hit the rim.

CO-REC MODIFICATIONS

Number of Players - Each team will consist of five players – no more than 3 of either gender if it is a full team of 5 – any combination (3 women & 2 men or 3 men & 2 women). The game may begin or continue with 4 players as long as 2 of each gender are present

Scoring –

Women: Each field goal scored by a woman is worth 3 points and a made basket from behind the three point line will be worth 4 points. If a woman is fouled on a 3 point shot she will receive 3 free throws. If she is fouled on a 4 point shot she will receive 4 free throws.

Men: All baskets will be worth the regular count for male scoring.

Male Restrictions: Men are not allowed to block or attempt to block any shot attempt by any female player while either player is in the lane. If this occurs, it will be treated as basket interference and the corresponding number of points will be awarded.