



Intramural Sports 5 on 5 Basketball Rules

GENERAL RULES:

- 1) All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff).** All expired memberships must be updated before the individual may play in any game.
- 2) Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
- 3) All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
- 4) **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
- 5) Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
- 6) IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
- 7) National Federation of State High School Association rules apply except where NIU Intramural Sports has made adaptations.

The Game

1. All games shall be played on the date and hour scheduled.
2. **If all team members (to make the minimum number required) are not signed in and ready to play by game time, the opposing captain has the option to give them a five (5) minute GRACE PERIOD. However, the five (5) minute grace period will be deducted off the game clock. If the team does not have the minimum amount of players signed in and ready to play by the end of the 5 minute grace period, then a forfeit will be called.**
3. The game shall be played between two teams of **five (5)** players. A team can play with a minimum of four (4) players. A team's roster shall have a maximum of 10 players.
4. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
5. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.

The Court

1. All games will be held in the Student Recreation Center on Court 7 and Court 8. *NIU OneCard* must be presented to gain access to the facility.
2. Limited space for spectators.

The Players

1. A team shall consist of five (5). Teams must have a minimum of four (4) players for the start and duration of the game.
2. Co-Rec acceptable combinations are, 3 men/2 women, 3 women/2 men, and 2 men/2 women on the court at all times.
3. **Captain** - A speaking captain must be designated for each team. He/she alone may appeal to the official, and then only on interpretations of the rules and player eligibility. Judgment calls may not be protested. Protests must be filed immediately with the on duty supervisor.

Game Equipment

1. Intramural Sports will provide a game ball for each game. The game ball will not be used for warm ups. If teams want to use a warm up ball, they can check one out from the equipment desk.
2. Co-Rec games will have the choice of playing with a women's or men's basketball.

Player Equipment

1. A player is required to wear a shirt, shorts/pants, and footwear (athletic attire). Footwear that is permitted must be made of canvas or soft-leather training or gymnastic shoes with rubber soles.
2. Each player must also have a permanent number on their shirt (no tape). Failure to wear the similar color shirt or to have a number on the shirt will result in a player being ineligible to play.
 - Players may write a number on their shirt with a marker.
 - No guarantees that the IM staff will be able to provide a marker.
3. All jewelry must be removed before participating, including the livestrong bracelets.
 - If jewelry is found a person playing in a live game, they will be subject to a technical foul, no matter the half of the game.
4. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
5. Players may not wear pads or braces above the waist, and may not wear casts anywhere on the body.
6. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
7. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.

Game Time

1. Games will consist of two 20-minute halves with a 3 minute halftime.
2. The clock will run continuously during the 1st half, unless stopped by a:
 - Team time-out - starts on possession of the ball on the throw in (chopped in by an official)

- Officials time-out – starts on possession of the ball on the throw in (chopped in by an official)
- 3. The clock will run continuously in the first 18 minutes of the second half. At the first dead ball within the last 2 minutes of the game, the clock will stop on all official whistles. We will use clock stop/start procedures listed in National Federation of State High School Association rules.
- 4. The clock continues to run after a made basket no matter if it is in the first 38 minutes of the game or the last 2 minutes.
- 5. No shot clock will be used.
- 6. Each team gets (1) time-out per overtime period. Unused timeouts do NOT carry over.
- 7. If a team attains a lead of 40 or more points at any time in the second half or 20 points or more during the final 2 minutes of the game, the game will end.
- 8. A regular season will end in a tie, however a playoff game cannot end in a tie
- 9. A winner will be determined in the following manner:
 - There will be two (2) minute overtime with the clock stopping listed in National Federation of State High School Association.
 - If a second overtime is necessary, the same format will be used until a winner is determined.
 - All team fouls will carry over from the second half and each overtime period. All player fouls will carry over from the entire game. Each team receives only one (1) timeout in each overtime period. Any bonus free throws will be shot throughout the entire two-minute overtime period.

Substitutions

1. Substitute players reporting into the game should check in with the scorer's table.
2. Substitutions are not to be made until acknowledged by one of the officials during a dead ball.
3. Substitute players must wait by the scorer's stand until summoned to come on the floor by one of the officials.
4. If a player substitutes into the game incorrectly: entering in a live ball situations (subbing on the fly), not waiting to be beckoned by the official, not checking in with the scorer's table, etc, they will be subject to a technical foul.

Violations

1. A jump ball will occur only at the beginning of the game and overtime. The team not gaining possession on the initial jump ball will be awarded the ball when the next held ball situation arises. Teams will alternate possession thereafter.
2. After any violation or foul, the ball is always awarded out of bounds at the spot nearest to where the violation or personal foul occurred.
3. The ball becomes live when it is placed at the disposal of the thrower or free thrower.
4. The throw-in count ends when the ball is released by the thrower. It is a violation if the thrower does not release the ball within five (5) seconds.
5. When a closely guarded five-second count (defensive player must be within 6 feet of player with the ball) is reached anywhere in the front court, it becomes a violation and the defensive team is awarded the ball out of bounds.
6. During free throw attempts, a maximum of six (6) players are permitted to line up along the lane for rebounding.

- A. The defense must occupy the first space on each side (the lane space closest to the shooter). Players may NOT position themselves on the block separating the lane spaces.
- B. The offense has the option to occupy the second lane space on each side. In the event that the offense does not wish to occupy these lane spaces, the spaces will remain empty. The defense may NOT occupy the second space on either side.
- C. Two defenders may occupy the third lane space on one side. Both of the third lane spaces may be occupied and, if taken, it must be occupied by the defense.
- D. The fourth lane spaces on each side will not be occupied by either team.
- E. No player, the shooter or those players lined up along the lane, may enter the lane until the free throw attempt has been shot, it's on the release. The remaining players from both teams not lined up along the lane must remain behind the free throw line extended and the three-point line until the ball hits the rim.

Fouls

1. There will be no hand-checking in Intramural Basketball. Penalty: personal foul.
2. A team will be in the "bonus" on the opposing team's seventh (7) team foul in each half, resulting in a one and one situation. A team will be in the "double bonus" on the opposing team's tenth (10) team foul in each half, resulting in 2 bonus free throws.
3. An intentional foul at any time during a game results in two free throws and possession of the ball out-of-bounds at the mid court opposite of the scorer's table.
4. All unsporting and contact technical fouls count toward a player's five fouls for disqualification and toward team fouls in reaching bonus free-throw situations.
5. Fouls against the shooter will be shot throughout the game.
 - A. An airborne shooter who is fouled by an opponent while in the air, but after the ball is released on a try, is considered to be in the act of shooting until both of the airborne shooter's feet return to the floor.
6. Dunking will NOT be allowed. Grasping the basket is never allowed. Dunking at anytime, before or after a game, or grasping the basket or slapping the backboard when the ball is clearly not being attempted to be blocked will result in a technical foul. The offender will be assessed a technical foul which will count towards the player's personal foul total and the team foul total. In addition to loss of possession and two free throws for the opposing team, the technical foul will serve as a warning to all other players on the offender's team.
7. Any profanity or degrading of the officials will result in a technical foul. Continued verbal harassment will result in a 2nd technical foul and expulsion from the game. Anyone expelled from a game will be expected to be out of sight and sound before the game restarts. Failure to comply results in forfeiture of the game.
8. Anyone who directs any form of verbal threat at either Intramural personnel or other participants will be charged with a technical foul and expelled from the game.
9. Altercations involving two or more players will result in technical fouls.
 - A. The offending players will be expelled from the game.
 - B. They must meet with the Assistant Director or Coordinator of Intramural Sports before they may participate again in any Intramural activity.
 - C. Outright fighting will result in expulsion and suspension from further Intramural participation for two years and charges may be filed with Judicial Affairs and Public Safety.

10. Team captains are responsible for the actions of their fans. Fans must stay behind the team bench in the bleachers and may not enter the court during the game, including halftime. Penalty: technical foul or forfeiture.
11. All technical fouls will result in two free throws and loss of possession. Upon the 2nd technical foul charged to an offender, that same person is ejected from the game.
 - A. If a player receives 3 technical fouls in a season, he/she will be suspended for the rest of the season immediately.
 - B. If a technical foul is given after the game with game time expired, the offending player will have a technical foul administered in the next scheduled game, where the game will begin with two free throws and possession for the other team. However, the technical foul will be recorded in the previous game and sportsmanship rating will be administered accordingly.
12. Ejected players must leave the game site and may not return for the remainder of the day.
13. Any team with 4 technicals will forfeit the game

Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.
5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.

5 - Excellent - Players and spectators were positive throughout the game and completely respectful towards the supervisors officials, and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does

so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward Intramural Staff and opponents at the end of the game.

4 - Good - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pre game captains meetings. All complaints or concerns are filtered through captain to voice to Intramural Staff.

3 - Average - Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a "3" rating.

2 - Poor - Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a "2" rating.

1 - Extremely Poor - Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a "1"