

**Each player must present their own, valid LAKER ID Card before each contest to be eligible to participate.**

1. Any player caught attempting to use another person's ID Card will be ejected and ineligible for participation in any Intramural Sports for a minimum of four-months from the date that they meet with the Assistant Director for Intramural Sports.
2. Students, faculty, and staff who have paid their Recreation & Wellness fees and have a valid LAKER ID are eligible to participate.

**NO EXCEPTIONS!**

Students, faculty, and staff who are eligible for entrance into the Student Activity Center: Fitness Center are eligible to participate. Intramural Sports are **FREE** for all participants.

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

**Game time is forfeit time, however the team that is present shall choose to accept the 10 minute grace period before games are forfeited.**

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

Any rule not mentioned in the following will be governed by National Federation of State High School Association rules.

**I. Players and Substitutes**

- 1.1** A team consists of five players, but may start with four players. A team must have four players on the court at all times. Exception: Less than four players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game, as long as the officials deem the team to have a legitimate chance to win the game.
- 1.2** When a team has forfeited, the opposing team must have at least four players checked in with the supervisor to receive a win.
- 1.3** Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official beckons them. Penalty: Technical foul.
- 1.4** Teams will be required to wear assigned uniforms provided by the department of Recreation & Wellness
- 1.5** All players must wear non-marking rubber-soled athletic shoes. Vibram Five Fingers are not permitted.
- 1.6** Jewelry of any kind (friendship bracelets, rubber bands, chains, rings or earrings) may not be worn. Penalty: Technical foul.
- 1.7** Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

**II. Length of Game and Timing**

- 2.1** There will be two twenty minute halves of continuous running time. Clock stops for team time-outs or official time-outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations. Exception: During the last 2 two minutes of the second half, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time-outs, fouls, etc.). The clock will not stop on a made basket.
- 2.2** When a team is shooting free throws and a time-out is called, the clock will start when the ball is touched in bounds on a missed basket or after a throw-in on a made basket. The clock continues to run on technical fouls unless a time-out has been called.
- 2.3** There will be a three minute intermission period between halves.

- 2.4 Overtime:** If necessary, a four minute period shall be played to determine a winner. Clock stops on all dead ball situations in the last one minute. If numerous overtimes are needed, there will be a one minute break between overtime periods. The overtime period will be repeated until a winner is declared. **There will be only one overtime period during the regular season.**
- 2.5 Mercy Rule:** A team up by 40 points or more with 15 minutes or less left in the game or up by 20 points or more with two minutes or less remaining in the game, the game will end. A team leading by 20 points or more points during the second half may not use full court pressure.

### **III. Time-outs**

- 3.1** Each team will have two 60 second time-outs per game (no limit per half).
- 3.2** Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Players that are in the game and coaches who have properly checked in and are not playing in the game may call a time-out. Players who are bench personnel may not call time-outs.
- 3.3** Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.
- 3.4** One 30 second time-out per overtime period is allowed. Time-outs from regulation play do not carry over to overtime.

### **IV. Violations**

- 4.1 Backcourt:** Teams will have ten seconds to cross the division line. Once the ball has been established across the division line (both feet and the ball), it is a violation to cross back over into the backcourt. Penalty: Turnover.
- 4.2 Three Seconds:** An offensive player cannot be inside of or in contact with the free-throw lane (known as the key) for more than three seconds while the ball is in his/her team's frontcourt. Penalty: Turnover.
- 4.3 Five Seconds:** If a player is closely guarded (within six feet) in the frontcourt and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called. Penalty: Turnover.
- 4.4 Kicking:** Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.

### **V. Throw-In Violations**

- 5.1** The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.
- 5.2** The thrower must pass the ball into the court within five seconds of the start of a throw-in. Penalty: Turnover.
- 5.3** The thrower may step on but not over the sideline.
- 5.4** The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional foul.
- 5.5** The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball. Penalty: Technical foul.
- 5.6** The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense.

### **VI. Fouls**

- 6.1** A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
- 6.2** A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and the ball is awarded to the team in possession at the point of interruption.
- 6.3** An intentional foul is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, and contact away from the ball or when not playing the ball.
- 6.4** A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs the player is ejected from the game.
- 6.5** When a player-control (charging) foul is committed, no points can be scored.

**6.6** A technical foul is a foul by a non-player, a noncontact foul by a player, or an intentional or flagrant contact foul while the ball is dead.

**6.6.1** Two technical fouls against a player or coach will result in immediate ejection of that person from the game.

**6.6.2** Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury. Slapping of the backboard is only penalized as a technical foul if in the official's judgment the player slapping the backboard was not making a play on the ball.

**6.6.3** Dunking is legal during the game only. Dunking during warm-ups or in a dead ball situation will result in a technical foul.

**6.6.4** A technical foul on a spectator or coach is charged to the team captain. Any two players and/or coaches and/or spectators ejected from a game will result in an automatic forfeiture of the game by the offending team. A technical foul will also be recorded as a personal foul of the offender; also included in the total team fouls.

**6.6.5** A team leading by 20 points or more during the second half may not use full court pressure. Penalty - Team captain will be given a warning on the first offense and a technical foul on the second and any subsequent offenses.

### **VII. Free Throws**

**7.1** A player will receive the one-and-one bonus after the offending team has accumulated 7 fouls each half. This rule applies to all common fouls. Exceptions include: shooting, player control, technical, intentional. On the tenth foul and thereafter the team who was fouled will shoot two free throws for all common fouls. Fouls in the act of shooting will be awarded free throws based on where the shot was taken and if the shot was made or missed.

**7.2** When a player-control foul is committed, the basket will not be allowed and free throws will not be awarded.

**7.3** Players will be awarded two free throws and possession of the ball for all technical, intentional.

**7.4** Players will be awarded two free throws when fouled in the act of shooting inside the three-point line. If the basket is made, then the basket will count and the player is awarded one free throw.

**7.5** Players will be awarded three free throws when fouled in the act of shooting beyond the three-point line. If the basket is made, then the basket will count and the player is awarded one free throw.

**7.6** Each of the lane spaces adjacent to the end line must be occupied by an opponent of the free thrower unless the resumption of play procedure is in effect.

### **VIII. Free Throw Violations**

**8.1** Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces with the opponent of the free thrower occupying the spaces nearest the end line. Note: These spaces MUST be occupied. Once the ball is at the disposal of the free throw shooter, these players may not enter the lane until the ball has contacted either the rim or backboard or the free throw has ended.

**8.2** Any player other than the free throw shooter, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter the lane until the ball has contacted either the rim or backboard of the free throw has ended.

**8.3** The free thrower must not touch the free throw line. He or she cannot fake a try, and must release the ball within ten seconds.

**8.3.1** In a one-and-one situation this will result in a turnover.

**8.3.2** If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

**8.3.3** If this occurs on the second attempt of a two shot foul, it will result in a turnover.

**8.4** Failure to cause the ball to touch the rim will result in a dead ball.

**8.4.1** In a one-and-one situation this will result in a turnover.

**8.4.2** If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

**8.4.3** If this occurs on the second attempt of a two shot foul, it will result in a turnover.

### **IX. Co-Rec Basketball**

**9.1** Each team shall consist of five players, 3 females and 2 males or 3 males and 2 females. A minimum of 2 females and 2 males can be used to start a game and continue play throughout the course of the game. Exception: Three players are allowed if an individual cannot continue due to an injury or he/she has fouled out of the game. However, the gender difference can be no more than one at all times on the court.

- 9.2** Scoring will be kept as follows: Three points will be awarded when a female makes a shot inside the three-point line. Two points will be awarded when a male makes a shot inside the three-point line. Four points will be awarded when a female makes a shot from behind the three-point line. Three points will be awarded when a male makes a shot from behind the three-point line.
- 9.3** All free throws, regardless of gender, are worth 1 point. However, females will receive the number of free throws which the attempted shot was worth. Therefore, a female fouled in the act of shooting from inside the three-point line will receive three free throws worth 1 point each, a male would receive two free throws worth 1 point each. A female fouled in the act of shooting from beyond the three-point line will receive four free throws worth 1 point each, a male would receive three free throws worth 1 point each.
- 9.4** Men ARE permitted to enter the lane(s) at each end of the court at any time.
- 9.5** It is a violation for a male player to block a shot attempted by a female. Blocking of a female's shot by a male will result in a goaltending violation.
- 9.6** Equipment: A Men's ball will be used for all Co-Rec games.