

**East Carolina University
Intramural Sports
5 on 5 Basketball Rules**

I. Governing Rules

- A. High School Federation rules shall govern all play, with the exceptions listed on this rules sheet. FINAL interpretations and modifications shall be determined by the Assistant Director of Intramural Sports.

II. Equipment

- A. Shoes: Players must wear athletic court type shoes. Street shoes with black rubber soles and turf shoes will not be allowed.
- B. Hats: Hats such as **baseball caps, bandannas, and knit stocking hats** may not be worn during intramural competition.
- C. Jewelry: **NO JEWELRY!** Earrings, rings, watches, bracelets and necklaces may not be worn during intramural competition. There will be no exceptions to this rule. Participants will be required to remove anything deemed harmful by the SRC or IM staff. (This can include rubber bands, neckties, etc.) Any player wearing jewelry that can not be removed quickly must leave the game and cannot return to the game until the next dead ball situation after the ball is returned to play.
- D. **Warm-up balls must be provided by the participants.** Basketballs are available for check-out, with a valid university ID at the SRC Customer Service Desk. **Teams may not use the game ball to warm-up.**

III. Game Timing

- A. The game shall consist of two (2) 22 minute halves with a three (3) minute half-time.
- B. The clock shall run continuously, stopping only during: time outs, all whistles during the last two (2) minutes of the second half or subsequent overtime periods, and when designated to do so by the game officials.
- C. The game shall be terminated if at or any time following: (a) the beginning of the second half the point difference is or exceeds 50, or (b) the last two (2) minute mark of the second half the point difference is or exceeds 20.
- D. Each team shall be entitled to three (3) one (1) minute charged time-outs during the game.
- E. Each team will be awarded one additional time out during each overtime period. These time outs may be used in addition to any time outs remaining from regulation play.
- F. Overtime periods:
1. If the score is tied at the end of the second half, play shall continue without change of baskets for **one extra two-minute period** with a one-minute intermission before the extra period. A jump ball will determine which team will control the ball to begin each overtime period.
 2. The clock will stop in the overtime period in the same manner as in the last two minutes of the second half.
 3. The game ends if at the end of the extra period the score is not tied.
 4. If the score remains tied at the completion of the overtime period, a second period shall be started following a one-minute intermission.
 5. This period will be played under "SUDDEN VICTORY" provisions- the first team to gain a one (1), two (2), or three (3) point advantage will win the game. **EXCEPTION** – Playoff games will continue to play two minute overtime periods until a winner is determined.

IV. Forfeits and Number of Players

- A. If a team is not present at the scheduled game time, the offended captain may elect to take a forfeit victory or choose to have the game clock started and wait up to 10 minutes for their opponent to gain enough players to play. Once the decision to play is made, it cannot be reversed and the score shall stand.
- B. A "team" is composed of at least four (4) eligible players. A regulation team consists of five (5) players.
- C. If, while playing with fewer than five players, a team falls behind by more than 20 points, the game shall be declared over.

V. Players' Bench and Substitutions

- A. All players and/or coaches on the sideline must stay within the confines of the players' bench/box, as marked on the floor.
- B. All substitutes must report to the scorekeeper's table before being allowed to enter the game, and may only do so when designated by the game officials.
- C. Any substitutes not first reporting to the marked 'X' by the score table may be prohibited from entering the game, at the discretion of the officials, and must wait until the next available substitution time.

VI. Ball Possession

- A. A jump ball shall be used to determine which team shall have initial possession to begin the first half.
- B. After the initial jump ball to begin the game, an alternating possession procedure will be used for all held ball situations.

VII. Fouls and Free Throws

- A. If a player is fouled in the act of shooting and the try is unsuccessful, they will be awarded two (2) free throws. If the try was successful, they will receive one (1) free throw. For the case of attempted 3-point shots, the awarded free throws will be three (3) or one (1) respectively.
- B. Intentional fouls will result in (2) free throws and retained possession of the ball by the offended team at the point nearest the spot of the foul.

- C. Any player that commits a flagrant foul will be disqualified from the contest and the offended player will be awarded two (2) free throws and possession of the ball at the point nearest the spot of the foul.
- D. There shall be no bonus in running clock situations. All common fouls shall result in the offended team receiving the ball out-of-bounds at the point nearest the spot of the foul.
- E. During all stop-clock situations such as the last two (2) minutes of the game and the entirety of any subsequent overtime periods, all common fouls (other than player/team control fouls) shall be awarded as a two (2) shot foul.
- F. Players will be disqualified from a contest upon being charged with their fifth foul (personal and technical fouls will be combined to reach the five foul disqualification limit).
- G. A maximum of two offensive and four defensive players are allowed in the lane during free throw attempts.
- H. During free throws, the first marked lane space will no longer be occupied and all players will move up one lane space.
- I. A player occupying a marked lane space cannot leave their space until the ball is released. All other players not in marked lane spaces must wait until the ball touches the ring or backboard or until the free throw ends to enter.
- J. Technical Fouls
 - 1. Technical Fouls: 2 points automatically awarded plus the offended team's possession at mid court.
 - 2. **PLAYERS RECEIVING A TECHNICAL FOUL ARE REQUIRED TO SUB OUT OF THE GAME UNTIL THE NEXT DEAD BALL SITUATION AFTER THE BALL IS RETURNED TO PLAY.**
 - 3. Coaches receiving technical foul, can't sit on the bench, etc.
 - 4. Technical fouls will be coupled with personal and team fouls.
 - 5. A player will be disqualified from a contest after receiving his/her second technical foul.
 - 6. If at any time a team maintains a lead of 20 points or greater, the team with the lead will no longer be allowed to apply defensive pressure in the back court. Pressure may not be applied until the ball gains front court status. Violation of this rule shall result in a team misconduct technical foul. This rule takes effect following the issuing of a formal verbal warning by the game official. This warning will apply to the team for the duration of the contest.
 - 7. A team which receives (3) three technical fouls during the pre-game, during the game or post-game will be declared the loser of that game by forfeit at that point in the game. Such misconduct could result in the team and/or players being declared ineligible for further competition.
 - 8. **DUNKING IS ALLOWED DURING THE GAME! DUNKING IS NOT ALLOWED DURING THE PRE-GAME OR POST-GAME.**
 - 9. No free throws will be given to either team for double technical fouls or simultaneous technical fouls by opponents. Play resumes at the point of interruption.

During multiple free-throw personal fouls, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted, except when a player is required by rule to be replaced (i.e. injury, disqualification, ejection).

VIII. Injured Player

An injured player must be removed until the next opportunity to substitute if a coach, teammate(s) or a Site Manager is beckoned for the purpose of providing assistance. Time must actually come off the clock prior to any legal re-entry, or if a team is granted a time out the player may return at the conclusion of the time out period. Any player who is bleeding, oozing bodily fluids, has an open wound or has an excessive amount of blood on their uniform shall be considered an injured player. Such player may not return to the game until the situation is corrected.

IX. Delay of Game

A team will be given one warning per game for interfering with the ball following a goal or for any other delay. A second and any subsequent infraction of this rule shall result in a team technical foul.

X. ID Policy

ID checks may be made prior to, during, or after any game. All team members are required to have their ID (ECU OneCard or driver's license if already on the roster) with them at all games. Any player without an ID will not be allowed to play. If players wish to add to the roster on-site, they must provide their BANNER ID NUMBERS and sign the waiver – **NO EXCEPTIONS!!**

XI. Co-Rec 5-on-5 Basketball Rules Modifications

Intramural Basketball Rules shall apply, with the following exceptions:

- A. Teams shall consist of 3 Women and 2 Men. At no time may the number of men or women exceed that number. A team must begin the game with a minimum of 4 players and at least one male and two females must be present.
- B. A coin toss will be held prior to the game. The winner of the toss shall have the choice of using a men's or women's ball for the entire game. Once a choice of ball has been made, neither team can use a different ball.