

Intramural Basketball Rules Book

The National Federation of High School Association rules book will be referenced for anything not specifically covered in this rules book.

I. The Game

Number of Players

The game will be played by two teams consisting of five players each. A minimum of four players must be present at game time to prevent a forfeit.

Time

There will be two 20-minute halves. The clock will run continuously except for the last minute of the 1st half and the last two minutes of the 2nd half, except for timeouts and stoppages of play at the referee's discretion. During the last minute of the 1st half and 2 minutes of the 2nd half, the clock will run as in a normal high school game.

Overtime Procedures

Overtime periods will be three minutes, with the clock running continuously for the first two minutes, and stopping regularly in the last minute.

Equipment

1. Uniforms:

All teams must have **matching** jerseys with numbers. Teams are encouraged to provide their own, but Intramural Sports will have numbered jerseys available for check-out with a valid ID card. The Intramural Supervisor will be the final authority on the acceptability of team jerseys.

2. Game ball:

Intramural Sports will provide a ball for all games. Participants may bring their own ball to play with, but any ball other than the ball provided must be agreed upon by both teams and the referee of the game to be used as the game ball.

Captains

A speaking captain for each team will be specified before the opening tip and marked on the game scoresheet. This individual will be responsible for the behavior of his/her teammates and will make any decisions presented to the team.

Timeouts

Teams are allowed 2 timeouts **per half**. Teams will be allowed only one timeout per overtime. No carryover.

II. Officials and Their Duties

Officials' Jurisdiction

1. The officials shall make decisions for infractions of the rules committed within or outside the boundary lines.
2. Situations involving spectators or those outside the confines of the playing area shall be handled by the Intramural Supervisor. Officials should work with the supervisor to handle all instances.
3. No official has the authority to set aside or question decisions made by the other official(s) within the limits of their respective outlined duties.

The Crew Chief

1. The crew chief shall:
 - a. Assign who tosses the ball in the center restraining circle for all jump-ball situations.
 - b. Administer the alternating-possession throw-in to start the second half.
 - c. Decide whether a goal shall count if the officials disagree.
 - d. Declare the game a forfeit when conditions warrant. This decision should be made in conjunction with the Intramural Supervisor. Supervisors may declare the game a forfeit if conditions warrant and do not need to confer with officials; however, caution should be used in these cases.

Officials' General Duties

The officials shall conduct the game in accordance with the rules. This includes:

- a. Putting the ball in play
- b. Determining when the ball becomes dead
- c. Prohibiting practice during a dead ball, except between halves
- d. Administering penalties
- e. Granting time-out. Time outs can only be called by the head coach and players on the court
- f. Beckoning substitutes to enter the court
- g. Signaling a three-point goal by raising two arms extended overhead.
- h. Silently and visibly counting seconds to administer the throw-in, free-throw, backcourt, and closely-guarded rules.
- i. Prohibiting bench personnel, other than the head coach, from standing during the game other than spontaneously reacting to a play or when approaching the scorers' table as a substitute.

Correctable Errors

1. Officials may correct an error if a rule is inadvertently set aside and results in:
 - a. Failure to award a merited free throw.
 - b. Awarding an unmerited free throw.
 - c. Permitting a wrong player to attempt a free throw.
 - d. Attempting a free throw at the wrong basket.
 - e. Erroneously counting or canceling a score.
2. In order to correct any of the officials' errors listed in article 1, such error must be recognized by an official during the first dead ball after the clock has properly started.

3. If the error is a free throw by the wrong player or at the wrong basket, or the awarding of an unmerited free throw, the free throw and the activity during it, other than unsportsmanlike, flagrant, intentional, or technical fouls, shall be canceled.
4. Points scored, consumed time and additional activity, which may occur prior to the recognition of an error, shall not be nullified. Errors because of free-throw attempts by the wrong player or at the wrong basket shall be corrected.
5. If an error is corrected, play shall be resumed from the point at which it was interrupted to rectify the error, unless it involves awarding a merited free throw(s) and there has been no change of team possession since the error was made, in which case play shall resume as after any free-throw attempt(s).

III. Definitions

Airborne Shooter

An airborne shooter is a player who has released the ball on a try for goal or has tapped the ball and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.

Backcourt

1. After securing possession of the ball in the backcourt, the offensive team has 10 seconds to establish the position of the ball in the frontcourt.
2. Once the ball is established in the frontcourt, the offense may not cause it to reenter the backcourt.

Ball Location, At Disposal

1. A ball which is in contact with a player or with the court is in the backcourt if either the ball or the player is touching the backcourt.
2. A ball which is in contact with a player is in the front court if neither the ball nor the player is touching the backcourt.
3. A ball which touches a player or an official is the same as the ball touching the floor at the individual's location.

Basket Interference

Basket interference occurs when a player:

- a) Touches the ball or any part of the basket while the ball is on or within the basket.
- b) Touches the ball while any part of the ball is with the imaginary cylinder which has the basket ring as its lower base.
- c) Reaches through the basket from below and touches the ball before it enters the cylinder.

Bonus Free Throw

A bonus free throw is the second free throw awarded for a common foul (except a player control foul). Bonus free throws are not awarded for player control or technical fouls, but these fouls do count toward the team total for the half.

Boundary Lines

Boundary lines of the court consist of endlines and sidelines. The inside edges of these lines define the inbounds and out-of bounds areas. A player is out of bounds when he or she touches the floor, or any object other than a player, on or outside a boundary.

The ball is out of bounds when it touches:

1. A player who is out of bounds.
2. Any other person, the floor, or any object on or outside a boundary.
3. The supports or back of the backboard.
4. The ceiling, overhead equipment or supports

*Note: A ball rolling on the top of the backboard is not out of bounds unless it touches a support or falls behind the backboard.

Carry

A carry is defined as allowing the ball to come to rest in one or both hands.

Closely Guarded

A closely guarded situation occurs when a player in control of the ball in his or her team's frontcourt and is guarded by an opponent who is within a distance of six feet of the player who is holding or dribbling the ball.

Common Foul

A common foul is a personal foul which is neither flagrant nor intentional nor committed against a player trying or tapping for a field goal.

Continuous Motion

Continuous motion applies to a try or tap for field goals and free throws, but it has no significance unless there is a foul by the defense during the interval which begins when the habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight.

Dribble

A dribble is a ball movement by a player in control who bats or pushes the ball to the floor once or several times. During the dribble, the ball may be batted into the air provided it is permitted to strike the floor before the ball is touched again. The dribble may be started by pushing, throwing, or batting the ball to the floor. The dribble ends when:

- a) The dribbler catches or causes the ball to come to rest in one or both hands.
- b) The dribbler palms/carries the ball by allowing it to come to rest in one or both hands.
- c) The dribbler simultaneously touches the ball with both hands.
- d) An opponent bats the ball.
- e) The ball becomes dead.

A new dribble is awarded if an opponent touches the ball and the ball then hits the ground.

Flagrant Foul

A flagrant foul can be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional.

- a) A personal flagrant foul involves violent contact, such as kicking, kneeling, or punching. The attempt of this act is enough to warrant ejection, contact is not necessary.
- b) A technical flagrant foul involves dead ball contact or noncontact at any time which is extreme, persistent, vulgar, or abusive conduct.

Fumble

A fumble is the accidental loss of player control when the ball unintentionally drops or slips from a player's grasp.

Goaltending

Goaltending occurs when a player touches the ball during a field goal try or tap while:

- a) The ball is in downward flight.
- b) The entire ball is above the level of the basket ring.
- c) The ball has a possibility of entering the basket in flight.
- d) The ball is not touching an imaginary cylinder which has the basket as its lower base.

Guarding

Guarding is the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required between the guard and opponent, but the maximum is 6 feet when closely guarded. Every player is entitled to a spot on the floor provided such player gets there first without illegally contacting an opponent. A player who extends an arm, shoulder, hip or leg into the path of an opponent is not considered to have a legal position if contact occurs.

To obtain a legal guarding position:

- a) The guard must have both feet on the floor.
- b) The front of the guard's torso must be facing the opponent.

After the initial legal guarding position is obtained:

- a) The guard is not required to have either or both feet on the floor or continue facing the opponent.
- b) The guard may move laterally or obliquely, provided it is not toward the opponent when contact occurs.
- c) The guard may raise hands or jump within his or her vertical plane.
- d) The guard may turn or duck to absorb the shock of imminent contact.

When guarding an opponent with the ball or a stationary opponent without the ball:

- a) No time or distance is required to obtain an initial legal position.
- b) If the opponent with the ball is airborne, the guard must have obtained legal position before the opponent left the floor.

When guarding a moving opponent without the ball:

- a) Time and distance are factors are required to obtain an initial legal position.
- b) The guard must give the opponent the time and/or distance to avoid contact.
- c) The distance need not be more than two strides.
- d) If the opponent is airborne, the guard must have obtained legal position before the opponent left the floor.

Incidental Contact

Incidental contact is contact with an opponent which is permitted and which does not constitute a foul.

1. The mere fact that contact occurs does not constitute a foul. When 10 players are moving rapidly in a limited area, some contact is certain to occur.
2. Contact which occurs unintentionally in an effort by an opponent to reach a loose ball, or such contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive movements, should not be considered illegal, even though the contact may be severe.
3. Similarly, contact which does not hinder the opponent from participating in normal defensive or offensive movements should be considered incidental.

Intentional Foul

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, contact away from the ball or when not playing the ball. A foul shall be ruled intentional if while playing the ball a player causes excessive contact with an opponent.

Interrupted Dribble

An interrupted dribble occurs when the ball is loose after deflecting off the dribbler or after it momentarily gets away from the dribbler. There is no player control during an interrupted dribble.

Jump Ball & Alternating Possession

A jump ball is a method of putting the ball into play to start the game and each extra period by tossing it up between two opponents in the center restraining circle. The team that gains first possession of the jump ball will start the alternating possession. The next jump ball and all subsequent jump balls will go to the next team entitled to the alternating possession arrow.

Kicking the Ball

Kicking the ball is intentionally striking the ball with any part of the leg or foot. Kicking must be a positive act, accidentally striking the ball with the foot and leg is not a violation.

Personal Foul

A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.

Player Control

A player is considered in control when he/she is holding or dribbling a live ball inbounds.

Player Control Foul

A player control foul is any common foul committed by a player in control of the ball, or an airborne shooter.

Player Disqualification/Ejection

1. A player will be disqualified for being charged with any combination of five personal fouls.

2. A player will be ejected for any flagrant foul, or any combination of two personal technical fouls.

Player Position

When a player is touching the backcourt, or out-of-bounds, or inside the three-point line, the player is located in backcourt, out-of-bounds, and inside the three-point line respectively.

Point of Interruption

Method of placing the ball in play by:

1. A throw-in to the team that was in control at a spot nearest to where the ball was located when the stoppage occurred
2. A free throw or a throw-in when the stoppage occurred during this activity or if a team is entitled to such
3. An alternating-possession throw-in when the point of interruption is such that neither team is in control nor no goals, infraction, end of quarter/extra period is involved.

Screen

A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position. To establish a legal screening position:

1. The screener may face any direction.
2. Time and distance are relevant.
3. The screener must be stationary, except when both are moving in the same path and the same direction.
 - a) When screening a stationary opponent from the front or side, the screener may be anywhere short of contact.
 - b) When screening a stationary opponent from behind, the screener must allow the opponent one normal step backward without contact.
 - c) When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance need not be more than two strides.
 - d) When screening an opponent who is moving in the same path and direction as the screener is moving, the opponent is responsible for contact if the screener slows up or stops.

Shooting

The act of shooting begins simultaneously with the start of the try or tap and ends when the ball is clearly in flight, and includes the airborne shooter.

Shooting Foul

A shooting foul is a personal foul committed against a player in the act of shooting.

Tap

A tap for goal is contacting the ball with any part of a player's hands in an attempt to direct the ball into his or her basket.

Team Control Foul

A team control foul is a common foul committed by a member of the team that has team control.

Technical Foul

A technical foul is:

- a) A foul by a nonplayer.
- b) A noncontact foul by a player.
- c) An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter.
- d) Removing his/her jersey and/or pants within the visual confines of the playing area.

Traveling

Traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movements are as follows:

- 1) A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the pivot foot.
- 2) A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:
 - a) If both feet are off the floor and the player lands:
 - 1) Simultaneously on both feet, either foot may be the pivot.
 - 2) On one foot followed by the other, the first foot to touch is the pivot.
 - 3) On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case (Jump Stop).
 - b) If one foot is on the floor:
 - 1) It is the pivot when the other foot touches in a step.
 - 2) The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case (Jump Stop).
 - 3) A player holding the ball may not touch the floor with a knee or any other part of the body other than hand or foot. After gaining possession while on the floor and touching with other than hand or foot, a player holding the ball may not attempt to get up or stand.

Try

The try starts when the player begins the motion which habitually precedes the release of the shot. The try ends when the throw is successful, when it is certain the throw is unsuccessful, when the thrown ball touches the floor, or when the ball becomes dead.

Verticality

Verticality applies to a legal position. The basic components of the principle of verticality are:

1. Legal guarding position must be obtained initially and movement thereafter must be legal.
2. From this position, the defender may rise or jump vertically and occupy the space within his/her vertical plane.
3. The hands and arms of the defender may be raised within his/her vertical plane while on the floor or in the air.
4. The defender should not be penalized for leaving the floor vertically or having his/her hands and arms extended within his/her vertical plane.
5. The offensive player whether on the floor or airborne, may not "clear out" or cause contact within the defender's vertical plane which is a foul.
6. The defender may not "belly up" or use the lower part of the body or arms to cause contact outside his/her vertical plane which is a foul.

7. The player with the ball is to be given no more protection or consideration than the defender in judging which player has violated the rules.

IV. Free Throw

Free-Throw Administration

1. When a free throw is awarded, the administering official shall take the ball to the free-throw line of the offended team and place it at the disposal of the free thrower.
1. If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy any spaces along the free-throw lane.
2. During a free throw when lane spaces may be occupied:
 - a. The first marked lane spaces (ones adjacent to the end line) shall be unoccupied. The second lane space shall be occupied by opponents of the free-throw shooter, unless the resuming-of-play procedure is in effect. The third marked lane spaces on each side may be occupied by teammates of the free-throw shooter, and the fourth marked lane spaces may be occupied by opponents of the free-throw shooter.
 - b. Not more than one player may occupy any part of a marked lane space.
 - c. Only the marked lane spaces may be occupied.
3. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.

Attempting Personal Foul Free Throws

The free throw(s) awarded because of a personal foul shall be attempted by the offended player. If such player must withdraw because of an injury or disqualification, his/her substitute shall attempt the throw(s) unless no substitute is available, in which case any teammate may attempt the throw(s).

Attempting Technical Foul Free Throws

The free throws awarded because of a technical foul may be attempted by any player of the offended team that was on the court during the technical foul. The coach or captain shall designate the free thrower(s).

Ten Second Limit

The try for goal shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw.

Resuming Play with Throw-In

After a free throw which is not followed by another free throw, the ball shall be put in play by a throw-in:

1. As after a field goal if the try is for a personal foul other than intentional or flagrant, and is successful. The team not credited with the score shall make the throw in from any point outside the outside boundary line (baseline). The ball may be passed to a teammate whom is also outside the boundary line.
2. By any player of the free-thrower's team from out of bounds at the division line on the side opposite the scorers' and timers' table if the free throw is for a technical foul.

3. By any player of the free-thrower's team from the out-of-bounds spot nearest the foul if the free throw is for an intentional personal foul or flagrant personal foul.

Penalty-Administration Sequence

Penalties for fouls are administered in the order in which the fouls occurred.

V. Violations and Penalties

Violations

1. There are a number of violations which are all penalized by a turnover, with the opposing team taking the ball for an out-of-bounds throw-in from the closest spot to the violation:
 - a) traveling
 - b) kicking the ball
 - c) striking the ball with the fist
 - d) double dribble
 - e) carry
 - f) 3-second violation
 - g) 5-second closely guarded violation
 - h) 10-second violation
 - i) backcourt violation
 - j) offensive basket interference (goal is cancelled)
 - k) throw-in violation (5-seconds or designated spot. The thrower must stay within a three-foot space parallel to the sideline or end line, but may move as far away from the line as able, so long as the thrower does not leave the three foot boundary)
 - l) causing the ball to go out-of-bounds
 - m) leaving the court for any unauthorized reason
2. Other violations will be penalized as follows:
 - a) Defensive basket interference and goaltending: goal is scored and ball is awarded to the defense for a closest spot throw-in.
 - b) Defensive free-throw violation: If shot is made, no penalty. If shot is missed, shooter receives a replacement attempt.
 - c) Offensive free-throw violation: Goal is cancelled. If it is the first shot of multiple throws, next shot is attempted. If it is the last shot, or the front end of a one-and-one bonus situation, the ball is awarded to the defense for a throw-in on the baseline.

Fouls

1. Common fouls
 - a) Before a bonus situation is reached: closest spot throw in for the offended team.
 - b) If team foul total for the half is 7, 8, or 9: One free throw is awarded to the offended player, with a bonus free throw awarded if the first attempt is successful (one-and-one)
 - c) If team foul total for the half is 10 or more: Two free throws are awarded to the offended player.
 - d) Double foul: no free throws are awarded; resuming play from point of interruption.

- e) Player control foul: Ball is awarded to the defense for a closest spot throw-in. No free throws are awarded, regardless of the bonus situation. If the foul is committed by an airborne shooter, than the goal is cancelled, regardless of the timing of the release of the shot.
2. Shooting fouls
 - a) Two or three point try, unsuccessful: two or three free throws are awarded to the offended player.
 - b) Two or three point try, successful: goal is scored, one free throw is awarded to the offended player.
 3. Intentional and flagrant fouls
 - a) Two free throws are awarded to the offended player, and the offended team receives a throw-in from the spot closest to where the foul occurred after the free throw attempts.
 - b) For flagrant foul only, the offending player is ejected.
 4. Technical fouls
 - a) For all technical fouls, the offended team is awarded two free throws to any player on the court at the time of the technical foul.
 - b) For flagrant technical fouls, the offending player is ejected.
 - c) Any one player or coach's second technical foul will result in the ejection of that player.
 - d) For double technical fouls by opponents, there are no free throws awarded, and the ball will be put in play at the point of interruption.

VI. Basketball Rules Fundamentals

1. While the ball remains live, a loose ball always remains in control of the team whose player last had control, unless it is a try or tap for goal.
2. Neither a team nor any player is ever in control during a dead ball, jump ball, throw-in, or when the ball is in flight during a try or tap for a goal.
3. A goal is made when a live ball enters the basket from above and remains in or passes through unless canceled by a throw-in violation or a player-control foul.
4. The jump ball, the throw-in, and the free throw are the only methods of getting a dead ball live.
5. Neither the dribble nor traveling rule operates during the jump ball, throw-in, or free-throw.
6. It is not possible for a player to travel during a dribble.
7. The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponent's basket.
8. A ball in flight has the same relationship to frontcourt or backcourt, or inbounds or out of bounds, as when it last touched a person or the floor.
9. Personal fouls always involve illegal contact and occur during a live ball, except a common foul by or on an airborne shooter.
10. The penalty for a single flagrant personal or flagrant technical foul is two free throws and disqualification plus awarding the ball to the opponents for a throw-in.
11. Penalties for fouls are administered in the order in which they occur.
12. A live-ball foul by the offense (team in control or last in control if the ball is loose), or the expiration of time for a quarter or extra period, causes the ball to become

dead immediately, unless the ball is in flight during a try or tap for goal. The ball also becomes dead when a player-control foul occurs.

13. Any free-throw violation by the offense causes the ball to become dead immediately.
14. A double personal foul involves only personal fouls and only two opponents; no free throws awarded and resume play from the point of interruption. A double technical foul involves only technical fouls and only two opponents; no free throws are awarded, and resume play from the point of interruption.
15. "Continuous motion" applies both to tries and taps for field goals and free throws, but it has no significance unless there is a foul by the defense during the interval which begins when the habitual trying or tapping movement starts and ends when the ball is clearly in flight.
16. Whether the clock is running or is stopped has no influence on the counting of a goal.
17. A ball which touches the front faces or edges of the backboard is treated the same as touching the floor inbounds, except that when the ball touches the thrower's backcourt, it does not constitute a part of a dribble.
18. If the ball goes throughout the basket before or after a player-control foul, the goal shall not be counted.

VII. Co-Rec

1. Co-Rec games are played by two teams of five. The gender separation ratio must ALWAYS be 3:2.
2. The minimum number of players required to start a game is four. In this scenario, the ratio MUST be 2:2.
3. All field goals scored by females are worth one extra point. Therefore, a field goal from in front of the 3-point arc is worth three points, and a field goal from behind the 3-point arc is worth four points.
4. When a female is fouled in the act of shooting, the offended player will receive free throws in accordance to the value of the shot. All Free Throws are worth one point. If the offended player must leave the game due to injury or ejection, the substitute player must be female.