



5 on 5 Basketball Rules

Each player must present a Rowan ID card before each contest to be eligible to participate.

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Infirmary before participating in intramural sports.

Game time is start time. If necessary, each team has until 5 minutes after game time until the game will be called a forfeit. For each minute after game time that the game must be delayed, the team in which everyone is waiting will be penalized by spotting the opposing team a goal per minute.

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 penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials 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.

Players

1. Each Men's, Women's, Greek, and Co-Rec team will consist of 5 players.
2. Games may be started with 4 players.
3. Teams may play with 3 players once the game has started if an individual cannot continue due to injury
4. No Rowan University varsity basketball player may participate in the league. This includes all players that regularly practice with the team and prop 48.
5. The number of former NCAA Basketball players is limited to 2 per team.
6. In order for a team to win by forfeit, they must have 4 players checked in order to receive the win.

Identity

1. For all intramural basketball league and play-off games the participants must take their Student ID to the courts with them. (No other form of ID will be accepted)
2. Prior to entering a contest, a player must report to the scorer's table and

present his/her ID to the Official scorekeeper. If the player has not signed the waiver, they must do so prior to participation.

3. The official scorekeeper will then record the player's name and number on the official scoresheet. All players must abide by the shirt color rule (dark or white) and must have a 4 inch number on the front & back of the shirt.

Markers will be made available to write on the shirts.

4. An individual whose name appears on the official scoresheet will be considered as having played in that contest. Thus, no player's name will be placed on the official score sheet until the identity check has been conducted by the scorekeeper.

5. Entering a game without name being on the scoresheet OR Name on scoresheet but does not show ID:

a. If the individual enters a game without first having his/her name placed on the scoresheet, or an individual's name is on the scoresheet but the ID is not checked, it becomes the responsibility of the scorekeeper to notify the officials of such violations when the ball becomes dead. (The clock does not stop).

b. The official is to call a technical foul on the individual and he/she is out of the game until he/she enters legally. Each illegal entry is to be assessed a technical foul.

Player Equipment

1. All players must wear non-marking rubber-soled athletic shoes.

Headbands are permitted up to 2" in width. No other forms of headwear are legal!!! Including hats, scull caps, t-shirt sleeves, etc.

2. Jewelry of any kind (friendship bracelets, chains, rubber bands, rings or earrings) may not be worn on any part of the body. Penalty: Technical foul.

3. 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.

4. Pinnies will only be made available the first week of the season. Teams that must use a pinnie will lose sportsmanship points for using these jerseys. The number will be noted on the scorecard.

5. Failure to return a pinnie, or proper evidence of destruction of the pinnie, will result in that player being removed from the league.

6. It is required that all teams have the same colored shirts with numbers (4" high) on the front and back of the shirt.

Length of Game

1. The game will consist of two 20-minute halves with the clock stopping within the last two minutes of EACH half. Clock will be stopped for team timeouts and official's timeouts.
2. Running clock is in effect until the last two minutes of the EACH half unless one team is winning by 30 points or more. The clock stops for every dead ball in the last two minutes only.
3. If at anytime a team is leading by 50 points or more in the second half, the game will be declared over.
4. Halftime will be 3 minutes.

Time Outs

1. Each team is permitted THREE TIMEOUTS PER GAME, which will NOT carry over to any overtime periods.
2. Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Bench personnel and coaches may not call time-out. After a time-out the ball will be in-bounded closest to the spot where the ball was when the time-out was called.
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.

Overtime

1. Overtime periods are 4 minutes with a running clock until the last minute of play.
2. During the regular season, only 1 overtime period will be played. During playoffs, overtimes will be played until a winner is declared. There will be a 1 minute intermission after each overtime period.
3. Each team will have one timeout during overtime play. There is no carrying over from other halves.

Substitution

1. Substitutions may only occur after the whistle, or at halftime AND all substitutes must report to the scorer. Failure to report to the scorer will result in a technical foul.
2. A player cannot enter the game during play.

Fouls

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.

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

3. Slapping either backboard or grabbing the rim is a technical foul. One may hit the backboard in and attempt to block a shot.

4. Dunking is not allowed before or after a contest. However it is allowed during the course of play. Participant that violate this will be assessed a technical foul.

Technical Fouls

1. Any individual who has two technical fouls called against him/her during an intramural basketball game will automatically be barred from further participation in that game. The individual is also automatically suspended from any further contest as well as access to the Recreation center until they meet with the Intramural Director or Intramural Student Manager. ANY GAMES MISSED BEFORE MEETING WITH A THE IM STAFF DO NOT COUNT TOWARDS THE SUSPENSION!!!

2. Any player who accumulates FOUR technical fouls over the course of the season will be ineligible for further intramural basketball play for the remainder of the season, including playoffs.

Free Throws

1. In each half, free throws will be awarded for each common foul (except player or team control) committed by a player of a team, beginning with that team's seventh foul. NFHS rules apply regarding waiting until the ball hits the rim prior to entering the free throw lane area. This restriction is also on the shooter and any players outside the 3 point line.

a. Personal fouls not in the act of shooting

* One and one after seven team fouls.

* Two shots after ten team fouls

b. Personal fouls in the act of shooting

* Two shots, unless shot is made (one), or a

* Three point shot has been attempted (three shots)

c. Intentional fouls

* Two free throws plus the ball out of bounds to the offended team

d. Flagrant fouls

* Two free throws, plus disqualification of the offending player

e. Player and Team control fouls

* No free throws, ball awarded to offended team out-of-bounds

f. Technical fouls

* Two free throws, plus shooting team's possession at mid-court

MISCELLANEOUS

1. No dunking is allowed except during the course of play. A technical foul will be given.

2. The following are examples that will result in technical fouls (2 shots and the ball and maybe disqualified from the game):

1. Abusive language or conduct towards opponents or officials
2. Delay of game (i.e. rolling or throwing the ball away from an opponent)
3. Intentionally slapping the backboard
4. Dunking or touching the rim intentionally
5. Anyone but the team captain talking to the officials

3. Intentional fouls will be called.

4. Hand-checking is not allowed and will result in a personal foul.

5. Full court pressing will not be permitted if the team is ahead by twenty points.

6. NO HATS AND NO JEWELRY!!!!

CO-REC BASKETBALL RULES

All rules will be the same as the basketball rules for the other leagues except for the following:

Players

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 after the start of the game if an individual cannot continue due to an injury or he/she has fouled out of the game. However, there must always be at least one member of each sex represented on the team.

Scoring

1. 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.

2. All free throws shot by a female are worth 2 points. A female fouled in the act of shooting from inside the three-point line will receive two free throws worth 2 points 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 three free throws worth 2 points each, a male would receive three free throws worth 1 point each.

Equipment

1. Equipment: A men's or women's ball may be used. If teams cannot agree on a ball, a coin toss will determine which ball is used.

Male Restrictions

1. Males may not block a female's shot

2. Males may stand vertically with their hands straight up in the air
If a male jumps or makes any blocking motion which alters the shot, then basket will automatically count

3. If a female is fouled when a male attempts to block the shot, the basket automatically counts plus a foul shot

4. If the female shoots the ball into a male's hand that is legally guarding her, no violation