

Texas Southern University INTRAMURAL SPORTS

5 on 5 Basketball Rules Manual

NOTE: The following rules and regulations have been modified have for the TSU Intramural Sports Program. All rules not specifically covered in this manual shall be referred to the National Federation of State High School Association's Basketball Rulebook.

RULE ONE: COURT AND EQUIPMENT

Game Equipment

1. Game balls will be provided by the Intramural Sports Department. You may need to bring your own practice ball as well.
2. Jerseys can be checked out on a per game basis from. **You must turn in your id card to get a jersey.**
3. Athletic shoes must be worn on the court at all times.
4. No dangerous apparel or equipment is allowed (casts, knee braces with exposed metal or hard leather, hats or other jewelry). Players who must wear a metal brace on their knees are required to cover it with at least $\frac{1}{2}$ inch of closed cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties.

RULE TWO: PLAYERS AND SUBSTITUTES

- A. Responsibilities of the Team Captains:
 1. Make sure all of your players are eligible.
 2. Maintain control of the behavior and sportsmanship of your players.
 3. Maintain control of the behavior and sportsmanship of your fans.
 4. **Only the captain** may address an official on matters of rule interpretations.
- B. Eligibility
 1. Students, faculty, staff, and Rec. Center members who have a current validated identification card, are eligible to participate in the Intramural Sports program.
 2. A person may play for one men's OR women's team AND one Co-Rec team only. Captains are responsible for their team's eligibility.
- C. Players
 1. Each team consists of five players- one of whom is the captain. A team must have four players in order to start a game. If players foul out or are ejected from a game, a team that is left with 3 players participating shall forfeit unless the IM Coordinator believes the team has an opportunity to win the game.
 2. Prior to participating in a game, each player must enter first and last name, and sign the official roster sheet / waiver. Prior to each game the team captain must verify that all of their players are on the official roster and signed in on the score sheet.
- D. Substitutes
 1. Substitutes are required to check in at the scorers table and will only be allowed to enter during a dead ball situation.
 2. Running onto the court without being beckoned. PENALTY: Technical foul (2 shots, ball at the division line)

RULE THREE: OFFICIALS AND THEIR DUTIES

1. Officials' judgment calls are **final** and cannot be protested.
2. The referee shall have the power to make decisions on any points not specifically covered in the rules.
3. The officials are student workers employed by Texas Southern University. Any verbal or physical abuse will bring about indefinite suspension and may result in further disciplinary actions.

RULE FOUR: DEFINITION Clarification

- A. Player Control Foul- a player who has released the ball in a try for goal and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.
- B. If there is a player control foul (which includes the airborne shooter), no points will be allowed and the defense will get the ball at the out of bounds spot nearest the foul.

RULE FIVE: SCORING AND TIMING REGULATIONS

- A. Scoring
 - 1. A successful try from the field by a player who is located behind the 19-foot 9-inch line counts as 3 points. All other goals from the field count 2 points for the team who basket the ball is thrown.
- B. Forfeit of a game
 - A team must have four (4) players on the court by the allotted TIME LIMIT or the game will be declared a forfeit.
- C. Mercy Rule
 - 1. If a team is 40 or more points ahead at any time or up by 20 points at the two minute mark in the 2nd half the game shall be over.
- D. Time
 - 1. Each team is entitled to 2 time-outs per half.
 - 2. The game will consist of two (2) twenty minutes halves (running clock until the last one-minute of each half. At the one minute mark, the clock will stop at every dead ball situation.
 - 3. Time outs do not "rollover" from the first half to the second half.
 - 4. A time-out is 30 seconds in length.
 - 5. Players request for a time-out must be given orally.

RULE SIX: LIVE BALL AND DEAD BALL

- A. Live Ball
 - The ball becomes alive when:
 - 1. On a jump ball, the tossed ball leaves the official's hand;
 - 2. On a throw-in, the ball is placed at the disposal of the thrower-in.
 - 3. On a free throw, the ball is placed at the disposal of the free thrower
- B. Dead Ball
 - The ball becomes dead, or remains dead, when:
 - 1. A goal is made
 - 2. A held ball occurs, or the ball lodges on the basket support
 - 3. A player control foul occurs
 - 4. An official's whistle is blown
 - 5. Time expires for a half
 - 6. A foul (other than player control) occurs
 - 7. A free throw violation by the throwing team occurs
 - 8. A violation occurs

RULE SEVEN: OUT-OF-BOUNDS

- A. Out-of Bounds
 - 1. A player that is out-of bounds when he/she touches the floor or any object other than a player on or outside a boundary.
 - 2. The ball is out-of bounds when it touches:
 - a. A player who is out-of bounds
 - b. Any other person, the floor, or any object on or outside a boundary;
 - c. The supports or back of the backboard;
 - d. The ceiling, overhead equipment or supports.

NOTE: The ball is out-of-bounds if it passes over a rectangular backboard.
- B. Throw-in
 - 1. The passer must release the ball on a pass directly onto the court within five seconds after the throw-in starts.
 - 2. After the goal, the passer may run the end line unless there is a violation or foul.
 - 3. The opponents of the passer shall not have any part of their person over the inside plane of the boundary line until the ball has been released on the throw-in. The first infraction of the boundary plane is a warning. The second infraction of the boundary plane is a Technical Foul.

RULE EIGHT: FREE THROW

- A. A player shall not violate the free throw provisions:
 - 1. The try shall be attempted from within the free throw circle and behind the free throw line.
 - 2. An opponent of the free thrower shall occupy each lane space adjacent to the end line during the try; no teammate of the free throw shooter may occupy either of these lane spaces.
- B. After the ball is placed at the disposal of a free thrower:
 - 1. He/she shall throw with in 10 seconds, and in such a way that the ball enters the basket or ring before the throw ends.
 - 2. No player shall enter or leave the lane space once the ball is given from the official to the shooter.
 - 3. A player occupying a marked lane space may not break the plane of the free throw lane until the ball is released. Exception: Any player not occupying a lane position, including the shooter, may not enter the lane prior to the ball touching the rim.

RULE NINE: VIOLATIONS AND PENALTIES

- A. On a throw-in a player shall not:
 - 1. Leave the designated throw-in spot
 - 2. Consume more than 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court
- B. A player shall not run (travel) with the ball
- C. A player shall not dribble a second time.
- D. A player shall not remain for 3 seconds in his/her free throw lane when the ball is in the frontcourt.
- E. A player or team shall not be in continuous control of ball, which is in his/ her backcourt for more than 10 seconds.
- F. A player shall not go into the backcourt once in frontcourt.
- G. While closely guarded, a player shall not:
 - 1. Be anywhere in the frontcourt while holding or dribbling the ball for 5 seconds.
 - 2. In the frontcourt, control the ball for 5 seconds in an area enclosed by screening teammates.

RULE TEN: FOULS AND PENALTIES

Technical Foul - 2 Free Throws, throw in at the division line.

- A. A team shall not request an excess time out.
- B. A substitute shall not enter the court without being beckoned by an official, except between halves.
- C. A player shall not:
 - 1. Slap the backboard
 - 2. Delay the game
 - 3. Commit interference on a free throw
 - 4. Wear illegal equipment
 - 5. Commit basket interference on a free throw
- D. A player shall not dunk or grasp the rim after the game: PENALTY: Ejection from the facility
- E. A player shall be allowed to dunk prior to the game.
- F. A TECHNICAL FOUL CHARGED TO A PLAYER COUNTS TOWARD THE FIVE (5) FOULS PERMITTED EACH PLAYER

PERSONAL FOULS

- A. A player shall not: hold, push, trip; nor impede the progress of an opponent by extending an arm, shoulder, hip, or knee or by bending the body into other than a normal position; nor use any rough tactics.
- B. A dribbler shall not charge into nor contact an opponent in his/her path.
- C. A player who screens shall not:
 - 1. Take a position closer than a normal step from him/her when behind opponent.
 - 2. When he/she assumes a position at the side or in front of a stationary opponent, make contact;
 - 3. Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where

the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.

- D. A player shall be awarded three (3) free throws if fouled in the act of shooting an unsuccessful 3-point try.
- E. A player shall be awarded three free throws and the ball for an intentional foul against a player in the act of shooting, whose 3-point try is unsuccessful.

DUNKING

- A. Any player who attempts to dunk the basketball or successfully dunks the basketball at any time during warm-ups or the game will be issued a technical foul and will be immediately ejected from the contest. That player is also automatically suspended for the team's next game.
- B. Any player who commits this violation for a 2nd time will be suspended for two games. A 3rd violation constitutes an ejection from the entire tournament.

COREC RULES

- A. Scoring (Co-Rec)
 - 1. Female 3 point basket - 4 pts,
 - 2. Female basket - 3 pts,
 - 3. Male 3 point basket - 3 pts,
 - 4. Male basket - 2 pts,
 - 5. Free Throws - 1 pt
- B. FOULING FEMALE IN THE ACT OF TRYING FOR GOAL:
One (1) free throw if the shot is successful; three (3) free throws if the try is unsuccessful. If the shot is taken from behind the "three point" arc, four (4) free throws will be awarded if the try is unsuccessful and one (1) if the try is successful.
- C. Co-Rec Teams consist of 5 players:
 - 1. A coin flip will take place at the beginning of each game. The winning captain will choose to play with 3 men or 3 women in the first half. The opposite will determine the ration for the second half.
 - 2. If there are five players a team must consist of 3 men and 2 women or 2 men and 3 women. A team must have four players to start a game: 2 men and 2 women. If a team plays with 4 players the ratio of men to women must be equal.
 - 3. Substitutions may be for anyone, but the legal ratios must still exist.