IM 5 on 5 Basketball Rules and Policies

Article 1 – Facility, Playing Area, and Equipment

- **Location**
  - Helwig Recreation Center

- **Equipment**
  - Game balls will be provided by Helwig Recreation
  - A practice ball may be checked out with a valid NPU ID

- **Pennies/ Jerseys**
  - Will be supplied by Helwig Recreation
  - Teams may wear their own jerseys/ shirts
  - Must display clean language
  - Must be worn by all team members

- **Headwear** – Only headbands will be acceptable.
  - All other types of headwear must be taken off prior to competition.

- **Jewelry** may not be worn by any participants.
  - This includes: watches, all necklaces, rubber wristbands, earrings, etc.

- **Other equipment** – Braces or aids may be worn, but with the approval of the sport supervisor.

- **Shoes** – Non-marking court shoes must be worn by all participants and spectators at all times.

Article 2 – Playing the Game

Section A

  - ***GAME TIME IS FORFIET TIME!***
    - At least 5 players are needed to compete or that team will forfeit

  - **Rosters will be locked at 10 participants**
    - All subs and participants must be included on the original roster
    - Add-ons can only be added to a team if space is available on the original roster
    - Rosters with more than 10 participants will be contacted by the IM staff prior to competition for roster adjustments.

- **Playing Time**
  - Game Clock
    - A complete game will consist of **two 20 minute halves for Men's A League, and two 15 min halves for Men's B League and Women's League with a running clock.**
    - **One timeout** will be given to each team per half.
    - Each timeout will last **30 seconds.**
    - Halftime will last approximately **2 minutes**. Teams will switch goals.
    - **One overtime** period will be awarded in the event of a tie game it will last **2 minutes.**

- The clock will only stop during:
    - All timeouts
    - Official meetings
    - During any injury
    - The clock will stop on all whistles:
        - **During the last minute of the First Half**
        - **During the two minutes of the Second Half**
        - **During Overtime play**

<u>NOTE</u>: Players can only substitute when the game play has stopped. They may not enter the playing area until the teammate they are substituting for has completely left.

Section B – The Playing Area

- **Helwig Courts**
    - The courts will be used horizontally.
    - East and West goals will both be used, thus full court play will be instituted.
    - **The court closest to the turf field will be referred to as Court 2.**
    - **The court closest to the cardio fitness area will be referred to as Court 1.**
    - Pick up game play during IM play will not be allowed.
    - Spectators must be positioned on the track, badminton, or upstairs/ mezzanine areas.

- **In Play**
    - Game play that occurs within the perimeter of the court.
    - All play that is legal

- **Out of Play**
    - Play that is illegal and therefore against the rules.
    - Play that has left the playing surface. A change in ball possession can occur.
    - All outside factors will be out of play these include:
        - Play after an officials whistle
        - Spectator interference
        - Any ball that is touched by a(n):
            - Curtain
            - Wall
            - Scoring table/ Scoring Area
    - When a ball is out of play a dead ball will then result.

- **Scoring**
    - Any basket made **within the three point line will be scored as two points.**
    - Any basket made **from outside the perimeter of the three point line will be scored as three points.**
    - Any **free throw made will be scored as one point.**
    - The **old 3-point line** will be used as the 3-point line.

<u>NOTE</u>: If a team leads by more than 30 points at anytime within the Second Half, the game will be called. In addition, if a team leads by more than 15 points in the Second Half, time will not stop during the final two minutes of play.

Section C – Game Play

- **Dead Ball**
    - Will occur after a foul, when the ball has gone outside the playing area, or during an officials meeting.
    - Time will only stop for a dead ball during the last minute of the first half, last two minutes of the second half, or during any overtime period.

- Following a dead ball, the ball will be taken out from the side line at a spot closest to the original point of stopped play.

- **Jump Ball**
  - The **"jump ball"** method of determining ball possession will be utilized at the beginning of each game and then during any other situation in which two players on opposing teams equally have ball possession.

- **General Game Rules That will be enforced include:**
    - **Traveling**
    - **Each team will have 5 seconds to enter the ball within the playing area.**
    - **Each team will have 10 seconds to cross the ball pass the half court line.**
    - **The "over and back" half court rule.**
    - **Lane violations during free throw attempts.**
    - **As the season progresses rule changes may occur. Each captain will be notified prior to play via email.**

- **Fouls**
  - **On the Floor**
    - Team of the fouled player will receive ball possession.
    - Examples include: lose ball fouls, excessive hand checking, rough/ overly aggressive play.

  - **In the Act of Shooting**
    - A successful shot attempt will be scored.
    - Fouled player will **receive 2 free throw attempts.**
      - In the event of a made basket the fouled player will then receive **1 free throw attempt.**
    - The ball will change possession after.

  - **Charging**
    - Will be enforced and result in a change of ball possession.

<u>NOTE</u>: Every foul will not be called. Minimal contact will be allowed (for example hand checking, close guarding). Fouls that are excessive, contact that is hard, and contact that inhibits participant safety will be called.

  - **Flagrant Fouls**
    - Will be given to hard fouls, issues of excessive contact, or used as a disciplinary action.
      - One free throw attempt will be awarded to the fouled participant.
      - Ball possession will then change teams.

    - Two flagrant fouls, by one participant, will result in dismissal from the current game.

  - **Technical Fouls**
    - Will be given to hard fouls, issues of excessive contact, and player or spectator conduct.
      - Two free throw attempts and ball possession will be awarded to the fouled team.
      - Anyone currently on the floor at the time of the foul may be elected to shoot.

    - Two technical fouls, by one participant, will result in dismissal from the current game and possible season or league suspension.

    - A spectator can receive a technical foul. The spectator then must leave the facility.
      - The opposing team will be awarded two free throw attempts and ball possession.

<u>NOTE</u>: It is the duty of team captain and all team members to maintain proper conduct of their team and all spectators throughout the entire IM Season and Playoffs. Those that do not follow this rule will receive in game punishments for their conduct and/ or suspension from the intramural program.

  - **Overtime**
    - **A 2 minute overtime period will be awarded.**
    - **If a tie still results upon the conclusion of the first overtime, sudden death overtime will be instituted, thus the first team to score will be declared the winner.**

- **Injured Player**

  In case of an injured player, game play will be stopped and that player will be forced to sit out until the next dead ball. Any player that is bleeding will be forced to leave the playing area. That player may re-enter the playing area only after the injury has been completely taken care of. The assessment of the injury and whether or not the participant may play will be the decision of the sport supervisor.