

## **Intramural Basketball Rules**

### **Men's Open, Men's 6' & Under, Women's, and Co-Rec**

#### **Participation Warning**

There are inherent risks of mental and physical injury in Intramural Basketball; therefore, you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe program. This does not mean that injuries will not happen. We ask for your full cooperation in the following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of basketball as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

#### **Intramural Policies**

1. **Eligibility:** All students and their spouses are eligible to participate in intramural basketball. (An individual is considered eligible if registered for at least one credit.) If a spouse participates, they must purchase a spouse card from the Card Office before participating. The cost is \$40.00.
2. **Bleeding:** During any basketball game, if a supervisor, scorekeeper, or official detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game will be stopped. The participant must receive medical attention. In order for the participant to continue to play, the bleeding must be controlled, the wound covered, and clothing changed if needed.
3. **Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: *watches, bracelets, earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, hats, etc.)*. Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.
  - a. Each time a player, manager, and/or spectator is ejected from a **league** game, the player will be ineligible for their next game in that league (ie. If a player is ejected in a men's game, they will miss their next men's game).
  - b. If a player is ejected during a **tournament** game, that player will miss their next scheduled game, regardless of what league it is in, and even if the team they were ejected from loses.
  - c. Any player who receives **two or more** technical fouls during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional technical foul received, he/she must miss another game.
5. **Identification Requirements:** All participants **must present their USU ID** to an Intramural supervisor and/or scorekeeper **each game**. If they do not have their USU ID, **they will not play**.
6. **A player cannot play on two men's open, 6' & under, women's, or co-rec teams.** However, a male player can play on a men's open, 6' & under, and co-rec team and a female player can play on a women's and co-rec team.
7. **Intercollegiate Eligibility:** Teams cannot have more than two current USU basketball varsity members. For Co-Rec teams it must be one of each gender.
8. **Awards and Refunds:** All awards and refunds must be picked up in the Intramural Office before the last day of the semester.
9. **Protests:** Any team has the right to file a protest. Any protest must be filed by the team manager with 24 hours of the intramural contest. A \$10.00 protest fee must be paid to the HPER Service Desk at the time of filing the protest. If ruling is overturned, the team will receive their \$10.00 back, but if the ruling stands, they will not receive a refund.

## **Sportsmanship Rating System**

The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior **before, during, and after** an intramural contest is included in each rating. Each team manager is responsible for education **ALL players and spectators** affiliated with his/her team about the system. **Teams must receive at least 12 sportsmanship points in order to qualify for tournament play. Teams must also maintain a 3-point average during tournament play.** The intramural staff will determine the score for the teams after each intramural contest. Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Coordinator in HPER 102A, call 435-797-1504, or check on [Imleagues.com](http://Imleagues.com).

The sportsmanship rating system is based on the following criteria, **but not limited to:**

### **4 = Excellent Conduct and Sportsmanship**

- Team members cooperate with and demonstrate good sportsmanship toward members of the opposing team, spectators, and ALL campus recreation staff.
- Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

### **3 = Good Conduct and Sportsmanship**

- Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams receiving one unsportsmanlike conduct penalty will receive no higher than a "3" rating.

### **2 = Average Conduct and Sportsmanship**

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Manager exhibits minor control over team and/or spectators, but is in control of himself/herself.
- Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "2" rating.
- Team is unable to produce a team at game time resulting in a forfeit.

### **1 = Below Average Conduct and Sportsmanship**

- Team continually dissents the officials and/or opposing team from the court and/or sidelines.
- Team manager exhibits little or no control over team and/or spectators or himself/herself.
- Teams who have a player rejected will receive no higher than a "1" rating.

### **0 = Poor Conduct and Sportsmanship**

- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any Campus Recreation facility/equipment.
- Multiple player ejections or causing a contest to be forfeited by any reason other than not having enough players will receive a "0" rating.
- Any threatening behavior (verbal or nonverbal) towards any player, spectator, or campus recreation employee.

**Teams receiving a "0" rating during tournament play will not be allowed to advance.**

**Teams receiving a “1” rating during tournament play must have their manager meet with the Intramural Director before their next scheduled game.**

**Teams that do not maintain a 3-point average during tournament play will be required to meet with the Intramural Director before their next scheduled game.**

Further information on intramural participation policies can be found in the USU Intramural Sports handbook.

### **Rules of Play**

National Federation Rules will govern play with the following exceptions:

#### **Team Regulations**

1. Five players will constitute a team. Four players are required at the start and end of the game to avoid a forfeit.
2. Additions to the roster may be made throughout league play; however, a player may not play for more than one team in the same division (i.e., men's A, B, open, 6' & under, women's, co-rec). New players must be added to the roster prior to playing. Once you have filled your roster, you will not be allowed to add or remove any players from it. There will be no more additions to rosters after regular season is completed.
3. We have made marks on the wall and the floor where individuals will stand with the inside of their feet on the marks, with heels against the wall to be measured for 6' and under. Any player under 6'1" is eligible to play.

#### **Equipment and Jerseys/Clothing**

1. A game ball will be provided; however, teams are to furnish their own practice balls and will NOT be allowed to use the game ball during warm-ups or half-time.
2. Players are strongly recommended that a mouth piece be worn.
3. All players must wear non-marking gym shoes.
4. The Intramural Office will provide jerseys for team identification; however, **t-shirts with sleeves must be worn under the provided Campus Recreation jersey or you will not play.**
5. Jeans of any sort will not be allowed. Shorts or sweats with belt loops are not allowed.
6. Teams are encouraged to supply their own uniforms with *proper legal numbers*.

#### **Playing Time**

1. Each game will consist of two 20 minutes halves. The clock will start on the scheduled time, even if teams are waiting for players.
2. When games are behind schedule due to injury or other extenuating circumstances, Intramural Staff have the right to shorten half-time.
3. Teams are expected to be ready to play at the scheduled time. Teams with less than four players will be given a *five-minute leeway*. A forfeit will then be assessed to teams with less than four players. Each team shall have two time-outs per half. Time-outs are 30 seconds and cannot be carried over from half to half. For every minute late, one point will be awarded to the prepared team.

## Officials

A scorekeeper and officials will be provided for each game. The supervisor/scorekeeper/officials has jurisdiction over each contest with the authority to eject players, coaches, and/or spectators from the playing area or building for abusing the rules and/or any unsportsmanlike behavior.

## Game Rules

1. *All sportsmanship technical fouls count as personal fouls and as a team foul.*
2. After the seventh team foul, a one-and-one situation shall be awarded. After the 10<sup>th</sup> team foul a double bonus situation occurs. Charges and offensive fouls are not team fouls.
3. All substitutions can only be made during a dead ball situation. *Substitutions must report to the score table, kneeling down, and wait to be beckoned on the court by the official.* Illegal substitutions result in a technical foul (two foul shots, plus the ball for opposing team).
4. ***Dunking will only be allowed during a game; Never*** during pre-game, time-outs, half-time, or post-game. A technical foul, personal and team foul will result for dunking during pre-game, time-outs, half-time, or post-game.
5. All players in the 6' & Under division are required to be measured *prior* to their first game. *Players can be re-measured if the intramural staff feels there is just cause.* Remember, the rule states 6' and under -- **NO EXCEPTIONS**
6. Free Throws: On the release, players may enter the key. Player shooting the ball and players not in marked key positions can enter after the ball hits the rim. Players cannot touch the shooter until the ball hits the rim.
7. Mercy Rule: The clock will not stop when a team is ahead by 20 points or more within the last two minutes of the second half. If a team is ahead by 25 points within the last two minutes of the second half, the game will officially be over and the team with the lead will claim the win.
8. Overtime: There is overtime in regular season play as well as tournament. A 2-minute overtime will be played if the game results in a tie. Each team will be given one additional timeout for each round of overtime played (timeouts from the game or from separate timeout rounds do not carry over). Double overtime will be 1 minute. Triple overtime will be played as sudden death. The first team to score wins the game.

## Co-Rec A Rules

**The rules stated above will govern play with the following exceptions:**

1. **Safety comes first: You are expected to use your best judgement and consider safety first for all other player (i.e. non-excessive fouls). Intramural staff have the right to enforce consequences as they deem appropriate.**
2. Teams are made up of three women and two men. Teams may start a game with four players. Teams must always have at least one male and two females on the court at all times.
  - a. Example: You can play with one man and four women. If this occurs, the other team will be allowed to designate a man to guard one of their women; however, a team must finish a game with at least one man and one woman.
3. A regulation women's basketball will be used.
4. Man-to-man defense is mandatory for male players (***they must be within a 6' radius of the player they are guarding***) ***A Male cannot match up with a female.*** A male can play defense temporarily

against a female. A male can match up with a female for 5-seconds only. Violation of this rule will result in a foul.

5. Within the 5-seconds a male is allowed to block or steal the ball from a female (as help defense), but is not allowed to continue to guard her for more than 5 seconds (except in the case that a female is substituting for a male player).
6. A legal screen is action by a player who, *without causing the contact*, delays or prevents an opponent from reaching a desired position.

### Co-Rec B Rules

**The rules stated above will govern play with the following exceptions:**

1. Teams are made up of three women and two men. Teams may start a game with four players. Teams must always have at least one male and two females on the court at all times.
  - a. Example: You can play with one man and four women. If this occurs, the other team will be allowed to designate a man to guard one of their women; however, a team must finish a game with at least one man and one woman.
2. A regulation women's basketball will be used.
3. Man-to-man defense is mandatory for male players (***they must be within a 6' radius of the player they are guarding***) ***A Male cannot match up with a female.*** A male can play defense temporarily against a female. A male can match up with a female for 5-seconds only. Violation of this rule will result in a foul.
4. Men cannot block or steal the ball away from a female player at any time. Blocked shots results in a foul (guarding) and the basket will be awarded. Steals will result in a foul. Any passed ball can be stolen while in flight.
  - a. The definition of a block: when a male player touches or impedes the ball while in the air after being shot by a female player or is still in the hands of a female player.
  - b. The definition of a steal: when a male player touches or steals the ball away from a female player while dribbling or in possession of the ball.
5. A legal screen is action by a player who, *without causing the contact*, delays or prevents an opponent from reaching a desired position.