

Intramural 5v5 Basketball Rules

The following set of rules addresses gameplay for 5v5 Basketball. Any additional situations that arise will be governed by the NFHS basketball rulebook. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The [Intramural Handbook](#) can be found online.

- Postings:** Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.
- Eligibility:** All students are eligible to participate in the Intramural Sports Program, provided they are enrolled during that semester/block at St. Olaf.
- All faculty, staff, and spouses are eligible provided they have a current Recreation Pass, have signed the necessary waivers, and paid the necessary pass fees.
- All eligibility protests must be presented to the supervisor before the game or when the protested player first enters the game.
- Pre-Game:** All participants must initial next to their name on the scoresheet. Players who participate in an intramural game without initialing next to their name are agreeing to the state indemnity and release that is stated on the intramural scoresheet.
- Equipment:** The intramural staff will provide pinnies with numbers. However, teams may provide their own jerseys, so long as there is a number on either the front or the back.
- Intramural staff reserve the right to request equipment be removed if it is deemed dangerous.
- Forfeits:** To avoid a forfeit, teams must have the minimum number of players checked in by five (5) minutes past game time.
- Players:** Teams consist of 5 players on the court at all times. Teams must have at least 4 players to begin a game.
- If a team loses player due to injury or fouling out, play may continue so long as the team has 2 players and a legitimate chance to win the game.
- Timing:** A game consists of two 20 minute halves with a 3 minute halftime. The clock will only stop in the first 18 minutes of the each half for timeouts.

In the last 2 minutes of each half, stoppage time will be used. The clock will stop for all whistles and will restart on the officials' signal as governed by the NFHS basketball rulebook.

Timeouts: Each team is allowed 2 timeouts per half. Timeouts do not carry over from the 1st half to the 2nd half. However, they do carry over from the 2nd half to overtime, and each team is awarded one additional timeout for the entire overtime.

Mercy Rule: The game will end if one team is ahead by 30 points with fewer than five minutes remaining in the game.

Overtime: **During league play**, if at the end of regulation time the score is tied, there will be one (1) 4-minute overtime period.

The clock will run continuously for the first three minutes and then will stop on each whistle for the remaining minute. If the score is still tied at the end of the overtime period, the game will end in a tie.

For playoffs, if a game ends in a tie at the end of regulation time, there will be as many 4-minute overtimes as necessary to determine a winner.

The ball will be put into play with a center jump ball.

All overtime periods are considered an extension of the 2nd half for foul counts and team directions.

Substitution: **Substitutions are only allowed during a dead ball.** Substitutes should inform the table of the substitution, but they must wait to be waved in by an on court official.

There are no substitutions after the last made free throw, except during stoppage time.

3-Point Arc: For all related rule and scoring purposes, the NCAA men's three point arc will be the one used.

Travel: A player holding the ball may not lift their pivot foot before beginning their dribble.

A player may lift their pivot foot to pass or attempt a try, so long as they release the ball before returning the pivot foot to the floor.

Illegal Dribble: A player may not dribble a second time after ending their first dribble unless the player has lost control due to an attempted try, a pass that has been touched by another player, or a fumble caused by an opponent's contact with the ball.

Carry: A player may not let of their hand pass under the ball or let the ball come to rest in their palm while dribbling.

Kick Violation: A player may not deliberately contact that ball with their leg, foot, or closed fist.

Closely Guarded: An offensive player in the front court may not hold or dribble the ball for five seconds consecutively, when they are guarded by a defender fewer than six feet away.

Backcourt: Once the ball is in the front court, the team in possession cannot cause the ball to go into the backcourt and be the first team to touch the ball once in the backcourt.

There is an exception during a throw-in or jump-ball.

Fouls: Players will foul out on their 5th personal foul in one game. A technical foul also counts as a personal foul and team foul.

Bonus begins on the 7th team foul in each half.

Double bonus begins on the 10th team foul in each half.

Intentional Foul – The offended player is awarded 2 Free Throws and the ball to be inbounded at the point of interruption. The lane is cleared during these free throws.

Flagrant Foul – The offended player is awarded 2 Free Throws and the ball to be inbounded at half court. The lane is cleared during these free throws. Additionally, the offending player is ejected from the game.

Technical Foul – The offended player is awarded 2 Free Throws and the ball to be inbounded at half court. All other players must remain behind half court during these shots.

A player who receives two technical fouls in one game will be ejected from the game. A team that receives three technical fouls in one game will forfeit the game.

Restricted Area: When marked on the court, the restricted area will be used.

In the restricted area, defensive players are not permitted to establishing guarding position for the purposes of taking a charge. If the defender is stationary in the restricted and the amount of contact warrants a foul, a blocking foul will be called.

However, defensive players may legally attempt to block a shot while in the restricted area. Assuming the defensive player jumps straight up, contact with the shooter in the restricted area is legal.

Lastly, if the defender establishes guarding position outside of the restricted, the defender may retreat into the restricted and still be able to take a charge.

Technical Fouls:

A technical foul will result in two free throws and the ball being awarded to the non-offending team. Additionally, any player who receives a second technical foul will be ejected from the game.

The following acts will result in a technical foul:

1. Use of obscene gestures or language
2. Delay of game
- 3. Slapping the backboard unnecessarily**
4. Illegal Substitution
5. Illegal Equipment
6. Calling a timeout when all timeouts have been exhausted

Free Throws:

On the last free throw, players in marked lane spaces may enter the lane when the shot is released.

Players behind the three point arc may not enter the three point arc until the ball strikes the rim.

The shooter may not enter the lane until the ball strikes the rim.