

USU Intramural 5v5 Basketball Rules

Participation Warning

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe and fun program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of each sport 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.

The Game

1. Two (2) teams of five (5) players
2. Minimum to start is four (4) players
3. Co-Rec must play with at least two male and two female players at all times
 - a. Acceptable ratios include: 2M/3F, 3M/2F, 2M/2F
4. Four, 10-minute quarters (changed from two, 20 minute halves)
5. The clock does not stop except the last two-minutes of the 4th quarter provided there is a less than a 20-point differential
6. The game will end if there is a 20-point differential at 2 minutes or at anytime in the last 2 minutes
7. Teams will have a five (5) minute grace period from game time to meet the required minimum

Eligibility Requirements

1. Current USU students, faculty and staff, spouses of students/faculty/staff who have purchased membership to the ARC.
2. Players must bring a valid physical ID to EVERY game
 - a. NO ID = NO PLAY, NO EXCEPTIONS!
3. Current USU Varsity basketball players are not eligible
4. Two (2) club basketball players are eligible per roster. Current practice players count towards this limit.
5. Varsity basketball players are not eligible to participate in their respective or alike intramural sport, activity or event until a period of one year has passed following completion of all activities for the Department of Athletics. After the period has passed, former intercollegiate athletes must participate at the highest level of competition offered in their respective sport
6. Professional athletes, current or former, may not participate in their respective or alike sport, activity or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team and/or compensated for trying out for a team.

Equipment

1. NO JEWELRY is permitted!
 - a. The only exception is fitness watches or medical bracelets
2. Jerseys can be provided by the intramural program
3. Teams may provide their own matching shirts/jerseys, but they must all be the same color and have permanent, visible numbers. Jerseys must have legal basketball numbers (0-5, 10-15, 20-25, 30-35, 40-45, 50-55)

4. Proper footwear and attire are mandatory
5. Any articles that may endanger other players are not permitted (I.e. jewelry, plaster casts exposed metal on braces, etc.)

Scoring

1. The high school 3-point line (19ft 9in) will be used for all intramural contests
2. All ties stand at the end of league games
3. PLAYOFFS: if tied at the end of regulation there will be a 3 minute "stop time" overtime
4. 3-minute "stop time" overtimes will continue until a winner is determined
 - a. If still tied after 3 overtimes, we will move to a sudden death period. First team to score 2 points wins. This period will start with a jump ball just like any other overtime period.

Time-Outs

1. Two (2) 30-second timeouts per game that can be used at any time
2. In playoffs, during an overtime period, each team will be allowed one (1) 30-second timeout per overtime period. Timeouts do not carry over to subsequent overtime periods

Free Throws

1. When attempting a free throw, defense must occupy positions on lane closest to basket, above the blocks
2. Players must occupy a lane space or be positioned behind the top of the key, free throw line extended
3. Maximum of four (4) defensive and two (2) offensive players allowed in lane spaces
4. Players on the blocks may enter the lane on the release. Shooter and behind on the rim
5. Ten (10) seconds per free-throw attempt
6. 5 team fouls per quarter = two bonus free throws (no more 1 and 1) - team fouls reset per quarter

Substitutions

1. Unlimited substitutions on a dead ball (must be beckoned on by the official)
2. If a player subs out of the game, time must go off the clock before they can sub back in

Out of Bounds

1. Backside of the backboard, and any point on or outside the boundary lines are out of bounds
2. Ball going over the backboard is out of bounds
3. All four (4) sides of the backboard are still in bounds
4. Cannot score from out of bounds

In-Bounding Pass

1. Player must throw in from designated spot except after when a field goal is awarded then the in-bounding player can run the baseline
2. Players have five (5) seconds to inbound the ball
3. Clock starts on the touch in the last two (2) minutes

Violations and Penalties

Result in change of possession

1. Illegal Dribble
2. Traveling
3. Ten (10) second backcourt violation
4. Offensive three (3) second in the key (unless ball is in backcourt or in flight towards the basket)
5. Entering or leaving lane/circle during free throw or jump ball
6. Goal tending (defensive player touching basket or ball when: ball is on or in basket, within the cylinder of the basket, during downward arc of field goal try)
7. Basket interference (player on offense attempts to put the ball back in before the ball comes out of the cylinder or touches the rim or net)
8. Five (5) seconds closely guarded in the front court
9. Intentionally contacting the ball with any part of the body below the waist (I.e. kicking)
10. Excessively swinging elbows without contact

Fouls

Administered in order of occurrence

Personal fouls – 5th foul disqualifies player from the game

1. Hitting
2. Pushing
3. Blocking
4. Hand Check
5. Player Control
6. Team Control
7. Double Fouls will be administered from the point of interruption
8. All common, technical, intentional, and flagrant fouls count towards the team foul count in each half

Technical Fouls

1. Unsporting foul – technical foul which is given for unfair, unethical or dishonorable conduct (if deemed excessive can result in ejection after first technical)
2. Illegal substitution
3. Excessive timeout
4. Grasping the rim during warm-ups, a time-out, halftime, after the game or any stoppage in play; hanging on the rim during a live ball
5. Delay of game
6. Illegal equipment
7. Bench personnel leaving the bench area during an altercation on the court
8. Intentional Foul – personal foul with no intent on playing the ball
9. Flagrant Foul – violent or unsporting (automatic ejection)

Two (2) technical fouls will result in the player automatically being ejected from the game. One (1) flagrant foul will result in the player automatically being ejected from the game. Three (3) technical fouls for unsporting conduct on one team will result in the game being forfeited.

Overtime- Playoffs Only

1. Overtime will be three (3) minutes long
2. Clock stops on every whistle during the final two (2) minutes of overtime.

3. During the regular season, if the game is tied at the end of regulation, the final score is a tie with no overtime.
4. Each team will receive one (1) time-out during the three (3) minute overtime period – playoffs only.
5. During the postseason, teams will continue to play three-minute overtime periods until a winner is determined. If a team uses a timeout in overtime period 1, they will have 0-timeouts remaining for any additional overtime periods.

Unified Modifications

1. Player dominance – no single player shall continually dominate play without involving their teammates. This can be dominance through continued field goal attempts and makes or continued dominance on defense (always stealing the ball/blocking opponents). While there is no exact amount, usually if teammates are not involved on 4 to 5 straight possessions, a warning for player dominance will occur. The player must involve teammates on the next possession or they will be removed from the game.
2. No team may ever have more than three (3) partners on the court at one time
3. Equal involvement – all players on the active roster are expected to receive an equitable amount of playing time

Injured Player(s) Policy

If someone on your team becomes injured, please contact the Intramural Program staff at intramurals@usu.edu or 435-797-8388. 24 hours before your next scheduled game to inquire about replacing the injured player on your team. Doctor or Athletic Trainers note may be required. Intramural Sports Program staff has the authority to determine if an injured player will be allowed a substitute. There are limitations when it comes to who can substitute during tournament play. If someone becomes injured during the tournament, an eligible participant may play in their place. Once the injured individual becomes approved to play again, that substitute is then removed from the team roster.

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 a contest is included in each rating. Each team captain is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average in order to qualify for tournament play. Teams must receive AT LEAST a 3.0 or higher during each tournament game in order to advance.** The Intramural Staff will determine the score for the teams after each intramural contest. The Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Captains inquiring about their team's sportsmanship rating can do so in a few ways:

- Contacting the Coordinator of Competitive Sports or Graduate Assistant of Competitive Sports by emailing intramurals@usu.edu the next day
- Asking the Supervisor at halftime of the game that is currently being played
- Checking online in the "Rankings" area of FusionIM

Sport Code	Description
4.0	Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, 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.
3.0	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 this rating. A team defaults the contest, meaning they contact the Intramural Sports office before noon on the day they are scheduled to play to let them know they will not attend.
2.0	Team shows verbal dissent toward officials and/or the opposing team throughout the game, which may or may not result in an unsportsmanlike conduct penalty. There may be one player who consistently question calls in a rude behavior or speak negatively towards the opposing team throughout the game. A penalty may not be enforced as no one instance may warrant that, but the overall behavior may award the team this rating in sportsmanship. Team captain exhibits minor control over team/spectators, but is in control of himself/herself. Teams receiving more than one unsportsmanlike conduct penalties will receive no higher than this rating. Team is unable to produce a team at game time resulting in a forfeit.
1.0	Team continually dissents the officials and/or opposing team from the court/sidelines. There may not be an unsportsmanlike penalty enforced as no one scenario may mandate that, but if multiple players exhibit rude or negative behavior toward the staff or the opposing team, they will be awarded this rating. Team manager exhibits little or no control over team/spectators or himself/herself. Teams that have a player ejected will receive no higher than this rating. The team captain will be required to meet with a Competitive Sports Administrator
0	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. At least one player ejection or causing a contest to be forfeited by any reason than not having enough players will receive this rating. Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee. The team captain will be required to meet with a Competitive Sports Administrator

Teams that receive a sportsmanship rating lower than a 3.0 during any Tournament contest will automatically be disqualified from the tournament.

For full details and our entire Intramural Sports Program Manual, please visit
https://www.usu.edu/campusrec/intramural_sports/homepage_intramural

Everything is at the discretion of the Coordinator of Competitive Sports and/or the Graduate Assistant of Competitive Sports. If you have any questions, contact them at intramurals@usu.edu or 435-797-8388.