

**University of Massachusetts Lowell
Campus Recreation**



Intramural Basketball Rules

Current NFHS (National Federation of State High School Associations) & NIRSA (National Intramural Recreational Association) shall govern all intramurals rules used for basketball unless modified by the University of Massachusetts Lowell Campus Recreation Department for program needs. Persons subject to the rules are team representatives, including players, substitutes, replaced players, coaches, trainers, spectators & other persons affiliated with the team are subject to the rules of the game & shall be governed by decisions of officials assigned to the game.

1. Illegal / Prohibited Equipment is as listed but not limited to the following:
 - a. Shorts, pants or jerseys with any pocket (s), belt (s), belt loop (s), exposed drawstring or zippers
 - b. Jewelry: Includes earrings, rings, watches, bracelets, necklaces
 - c. Any exposed body or facial piercing must be taken out
 - d. Any item containing exposed knots: Includes bandannas, do-rags & stocking caps
 - e. Hard & unyielding leg & knee brace material

2. It is highly recommend for teams / individuals to arrive 10 minutes early before the scheduled game time. At the scheduled game time, if a team does not have the required number of players a 10-minute grace period is in effect. If a team/individual does not appear within the grace period, a win by forfeit will be accredited to the opposing team.

3. The game shall be played between 2 teams of 5 players
 - a. Men's, Women's & Open
 - i. 4 players are required to start the game to avoid a forfeit

4. The game shall consist of two 20-minute running halves with the clock stopping in the last 2-minutes of both halves on fouls, violations, free throws & time-outs.
 - a. Only players inbounds may request a time-out
 - b. If a team has a coach that coach must adhere to NFHS coaching regulations in regards to coach's box & the coach can request a time-out.

5. Halve-time will be 3-minutes in length

6. Time-Outs
 - a. Permitted 1 time-out per halve (full time out) which can carry over to second halve if not used

7. Substitutions may take place only during a dead-ball situation. Player must report to the scorer's table & after being acknowledged & beckoned by the official that player may enter the court.
 - a. Penalty: Technical foul
 - b. During multiple free-throw personal fouls, substitutions may be made only before the final attempt has been converted.

8. Scoring
 - a. All free throws are 1-point
 - i. On the seventh team foul, a team shall shoot bonus

- a. 1 free throw & if made an additional free throw
 - ii. On the tenth team foul, a team shall shoot double bonus = 2 free throws
 - b. All shoots made below the 3 point line will result in 2 points
 - c. All shoots made above the three point line will result in 3 points
 - i. The black line is the three point line
9. Pressing
- a. A team may press the entire game unless that team has attained a 15-point lead.
 - b. If a team presses during a 15-point lead that team may be subject to unsportsmanlike technical foul(s) based upon an officials judgment.
10. Mercy Rule
- a. Game will end when a team is 30 or more points ahead at any time in the 2nd halve
11. All technical fouls will count toward a team & player's total personal fouls. All unsportsmanlike technical fouls will result in two free throw attempts.
- a. Two unsportsmanlike technical fouls on the same person is an automatic ejection.
 - b. Four unsportsmanlike technical fouls or two ejections on a team results in an automatic forfeit, a zero sportsmanship rating, game is terminated & a team cannot advance to playoffs.
12. Dunking
- a. NOT permitted during warm-ups or halve time = technical foul
 - b. Permitted during the game
 - c. A player may only hang on the rim to avoid injury otherwise hanging on the rim is a technical foul.
13. Overtime shall only take place during playoffs
- a. Shall consist of a 5-minute overtime period with the clock stopping in the last minute of the period for fouls, violations, free-throws, time-outs & all personal & team fouls carry-over.
 - b. Each team is allowed a full time-out: Time-outs from regulation DO NOT carry over
 - c. If a third overtime is necessary, the team scoring first shall be declared the winner
14. Playoffs
- a. Halves shall consist of 20-minute running clock with the clock stopping in the last 2-minutes of the both halves on fouls, violations, free throws & time-outs.
 - b. If overtime occurs in playoffs, the game will be played with numerous overtime periods to declare a winner.

PLAYING REGULATIONS 2004-2007
POINTS OF EMPHASIS & UPDATED RULES

1. Team control fouls guidelines:
- a. A common foul that is committed by a member of a team that has control of the ball
 - b. Takes place when a team or player is in control of the ball
 - i. Control continues when or a team remains in control:
 - 1. Ball is passed among teammates
 - 2. During an interrupted dribble
 - 3. A loose ball
 - 4. Continues until the ball is in flight during a try or tap for a goal
 - c. Consistent with a player control foul
 - d. Ball will be awarded to the offended team @ the nearest spot the foul occurred
 - e. Bonus free throws, WILL NOT BE SHOT

2. Closely Guarded

- a. Occurs when a team has control / possession of the ball
- b. Front court status has been obtained
- c. Defender (s) maintain a defensive stance within a 6 foot distance from opponent
- d. Clarifies that a closely guarded count is terminated when an offensive player in control of the ball gets their shoulders past a defensive player
- e. A player shall not hold or dribble the ball for five (5) seconds while closely guarded
- f. A player may legally consume a maximum of 12 seconds while begin closely guarded:
 - i. Hold, Dribble, Hold
 - a. Hold ball for four (4) seconds
 - b. Dribble ball for four (4) seconds
 - c. Hold ball for four (4) seconds

3. 1 delay warning per game

- a. Only one warning will be given for any of the four delay situations before a technical foul is assessed.
 - i. Warnings are as follows:
 1. Excessive time taken during a free throw huddle
 2. Slapping the ball away after a made basket
 3. Breaking the plane during a throw-in
 4. Excessive water on a court during a time out
- b. Once a warning has been given, the next warning is an automatic technical foul

4. Unsporting Acts/ Fouls

- a. Unsporting fouls can be non-contact technical fouls that involve behavior not in accordance to the spirit of fair play.
- b. Flopping
 - i. The defensive player (s) or screener (s) acting as though they have been charged / contacted by opponent, when in fact has not been, has a definite impact on the game.
 - ii. Actions, especially continuous & excessive, are detrimental to the game, incite spectators & will be penalized according to rule, which can result in a wide range of fouls against the defensive player (s).
- c. Inappropriate Language
 - i. Applies to all team representatives
 - ii. Minimal tolerance for this behavior will be used by game officials / intramural supervisors
 - iii. Unsportsmanlike penalties or ejections can occur

5. Removing the jersey

- a. In an act of disgust over an officials call or poor sportsmanship a team member is prohibited from removing their jersey / shirt or pants / shorts within the confines of the playing area.
 - i. Results in an unsportsmanlike foul

6. Bench Personnel Flagrant Foul

- a. Bench personnel will be charged with a flagrant foul if they leave the confines of the bench when a fight MAY break out

7. Leaving the court for unauthorized reason

- a. Leaving the court during play & returning to the field of play

- i. i.e. Offensive player chooses to run out of bounds around a screen to avoid the defender & gain an advantage
- b. A violation shall occur & be the opponents ball @ the spot of the violation

8. Player Positioning / Status

- a. Players must play the game within the confines of the playing court
- b. Legal Guarding position along sideline or end line / baseline
 - i. A defensive player must maintain a legal guarding or defensive position while on the playing court / within the boundary lines thus maintaining an inbounds status
 - ii. If a player, positions themselves into an out of bounds status, by rule that player is considered out of bounds & if contact occurs from the offense that is not deemed excessive or illegal by an official, a foul shall be called against the player who positions themselves out of bounds

9. Time-Out Administration

- a. All time-outs must be acknowledged by a game official (s) before granted
- b. A team / player must be in control of the ball before a time-out can be granted
- c. Exception is a dead-ball situation = any team can request a time-out

BASIC BASKETBALL RULES

- 1) Teams shall begin the game playing towards baskets opposite their bench.
- 2) The game shall begin with a jump ball between any two players, one from each team; after possession (securing control of the ball) has been gained the alternating possession arrow shall be used in all jump ball situations.
 - a. During a jump ball if a jumper catches the jump ball that team shall not be penalized by a loss of possession through the alternating possession arrow method.
 - i. The team of the jumper shall be awarded the next jump ball.
 - ii. The offended team shall be awarded the ball out-of-bounds at the nearest spot.
- 3) Out-of-bounds is an area outside of the playing court
 - a. A player shall stand in a designated throw-in spot out-of-bounds.
 - b. A throw-in spot does not apply after a made basket in which the player of the team awarded the ball by rule is allowed to run the baseline.
 - c. A player cannot be called for travel violation out-of-bounds.
- 4) Throw-in is the method of putting the ball in play from out of bounds.
 - a. The throw-in & throw-in count begin when the ball is at the disposal of a player of the team entitled to the throw-in.
 - b. The designated throw-in spot is 3-feet wide with no depth limitation & the thrower must keep one foot on or over the spot until the ball is released.
 - c. The throw-in ends when the ball is released, passed by the thrower or is legally touched by, another player inbounds or out of bounds other than the thrower.
- 5) Control
 - a. Applies to the following situations:
 - i. A player is holding or dribbling a live ball inbounds.
 - ii. Passing the ball between teammates.

- iii. An interrupted dribble which occurs after deflecting off the dribbler or the ball momentarily gets away from the dribbler.
- b. Control continues until the following situations:
 - i. Dead ball, throw-in, jump ball & rebounding situations.
 - ii. Ball is in flight during a try or tap for a goal.
- c. Control does not exist in the following situations:
 - i. The ball is in flight during a try or tap for a goal.
 - ii. An opponent secures the ball.
 - iii. The ball becomes dead (goes out-of-bounds)

6) Dribble occurs when a player inbounds controls the ball & pushing, throwing or batting the ball to the floor starts a dribble.

- a. A dribble ends when the dribbler does the following:
 - i. Catches the ball
 - ii. Palms/ carries the ball
 - iii. Simultaneously touches the ball with both hands
 - iv. An opponent bats the ball
 - v. Ball becomes dead
- b. A dribbler cannot travel while dribbling the ball.
- c. A player is not dribbling while slapping the ball during a jump, when a pass rebounds from their hands, during a fumble & batting a rebound or pass away from players.
- d. A player shall not dribble, catch the ball & then dribble the ball this is a violation = double dribble.
- e. A fumble is an accidental loss of player control when the ball unintentionally drops or slips from the player's grasp.
 - i. A player CAN always fumble, dribble & fumble.
 - ii. A player CANNOT dribble, fumble & dribble = double dribble.
- f. An interrupted dribble occurs after deflecting off the dribbler or the ball momentarily gets away from the dribbler.
 - i. During an interrupted dribble the following CANNOT occur:
 - 1. Closely-guarded count shall not start & shall be terminated
 - 2. Player-control fouls
 - 3. A time-out cannot be granted
 - 4. Out-of bounds violation
 - ii. During an interrupted dribble the following CAN occur:
 - 1. A three-second violation can be called on the team in control of ball = offensive team

7) Three seconds occurs when a team in control of the ball / offensive team have crossed over the halve-court line / division line into the frontcourt & a player remains in the free throw lane.

- a. Three seconds applies to a player who only has one foot in the lane

8) Traveling occurs when a player is holding the ball & moves a foot or feet in any direction excess of prescribed limits which are not limited to the following:

- a. Traveling occurs when a player runs with the ball
- b. Establishes a pivot foot, lifts that foot & puts that foot back to the floor before dribbling, passing or shooting the ball
- c. Exceeds two steps with the ball; excludes receiving the ball after a pass or after a dribble while attempting a lay-up

- 9) Verticality applies to a legal position & the following basic components are:
- a. A legal position is when a player is occupying space within their own vertical plane
 - b. A vertical plane applies to the width of a player from the floor to the ceiling.
 - c. A player establishes legal guarding position when 2 feet are touching the playing court & the player's torso is facing an opponent.
 - d. After legal guarding position has been established:
 - i. The defender may rise or jump vertically, raise their arms or hands within their vertical plane & shall not be penalized for doing either
 - ii. Neither the defender nor offensive player may "clear out" or "belly up" their opponent.
 - iii. The player with the ball is to be given no more protection or consideration than the defender.
 - e. The offensive player shall not while on the floor or in the air cause contact within the defender's vertical plane.

10) Basket Interference & Goaltending

- a. Can occur by the offense or defense
- b. Basket interference refers to touching the ball while the ball is above & within the basket cylinder, while the ball is on the ring, touching the net while the ball is on the ring & pulling down a movable ring so that the ring contacts the ball before the ring returns to its original position.
 - i. If done by the offense the point (s) is disallowed
 - ii. If done by the defense the point (s) is allowed
- c. Goaltending refers to a player touching the ball during a try or tap, while the ball is in a downward flight, above the basket ring, has the possibility of entering the basket & the ball is not touching the cylinder / basket ring.

11) Closely guarded applies when defender is within 6 feet of an opponent while the opponent holds or dribbles the ball for 5-seconds.

12) Airborne shooter is a player who is considered to be in the act of shooting & has released the ball on a try for a goal & has not returned to the floor.

13) Kicking Rule = Intentionally striking the ball with ANY part of the leg or foot is a kicking violation

FOULS

1) Any player who accumulates 5 personal fouls shall be disqualified from the game.

2) Blocking & Charging

- a. Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball
- b. Charging is illegal personal contact caused by pushing or moving into an opponent's torso
 - i. A player moving with the ball is required to stop or change direction to avoid contact if a defensive player in their path has obtained a legal guarding position.
 - ii. The player with the ball must get their head & shoulders past the torso of the defensive player & if contact occurs on the torso of the defensive player, the player with the ball is responsible for the contact.

- iii. There must be reasonable space between two defensive players or defensive player and a boundary line to allow the dribbler to continue in their path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact.
- iv. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot or dribble.

3) Screen is a legal action by a player without causing contact, delays or prevents an opponent from reaching a desired position.

- a. Legal screening position
 - i. The screener may face any direction
 - ii. Time & distance are relevant
 - iii. Screener must be stationary, except when both screener & player to be screened are moving in the same direction
- b. Screening a stationary opponent from the front or side, the screener may be anywhere short of contact
- c. Screening a stationary opponent from behind, the screener must allow the opponent one normal step backwards without contact.
- d. Screening a moving opponent, the screener must allow the opponent time & distance to avoid contact, the distance need not be more than 2 strides.

4) Technical foul results in two free throw attempts by the offended team:

- a. Both teams must stand on the other side of halve court while the free throws are being attempted.
- b. The ball shall be placed at the disposal of the offended team @ halve-court.

5) Intentional & flagrant fouls shall result in two free throw attempts by the offended team & the ball will be placed at the disposal of the offended team at the spot of the foul.

- a. A player shall be disqualified on all flagrant fouls

FREE THROWS

1) No players are permitted on the marked lane spaces closest to the free throw shooter during free throws. Only 4 defensive & 2 offensive (not including the free throw shooter) shall occupy the marked land spaces.

2) Players shall move to obtain a rebound on the release of the shot

3) If a player in the marked lane spaces violates/ moves before the ball is released:

- a. By the offense, the basket is immediately disallowed
- b. By the defense, the basket shall be shot again provided the basket is not made & the ball hits the rim.
- c. If a violation occurs by the defense & the shot does not hit the rim
 - i. The alternating possession arrow shall be used & the ball will be placed at the disposal of the team in possession at a throw-in spot.
- d. A double violation has to occur simultaneously, if an official can determine who violates first, prescribed free throw rules shall apply.