

## NCTA INTRAMURAL SPORTS

### 5 ON 5 BASKETBALL

#### GENERAL RULES

1. All players must be NCTA students or faculty/staff/spouses.
2. Each team will consist of 5 players (3 men and 2 women or 3 women and 2 men). Teams must have at least 4 players (2 men & 2 women) to avoid a forfeit. A team must have three players to finish the game. A team is allowed to have one more of either gender on the floor at any time.
3. Scoring: All field goals by a female will count as 1 point extra. (Hint: It is advantageous to get females open for shots). If a female is fouled on a missed shot, she will be given 3 or 4 free throws, depending on the shot. If she made the shot, she will be awarded one extra shot.
4. A five (5) minute grace period will be allowed. Teams must be checked into the floor supervisor, with jerseys checked out before the grace period or they shall forfeit the game. Teams must have at least four (4) players to start the game. Three (3) players are allowed to finish the game.
5. A game will consist of four (4) seven-minute periods. A five-minute break will be allowed at half time. The clock will stop on every whistle. (EXCEPTION: If either team is ahead by fifteen (15) points or more in the second half, the clock will not stop. If a team is ahead by thirty (30) points at any point in the second half, the game shall be called). A two-minute overtime period will be played in case of a tie. The clock will stop on all whistles during the overtime period.
6. Each team will be allowed three (3) thirty-second time-outs per game. The clock will stop during all time-outs. Each team will be allowed one time-out in each overtime period. Unused timeouts will not carry over to any subsequent overtime period. All timeouts must be called by players on that are playing, bench personal will not be granted timeouts if requested.
7. The score sheet shall be the official score. Scoreboards will be used as a supplement to the score sheet. The officials may correct any error any time it is brought to their attention.
8. **Dunking and/or hanging on the rim is not allowed at any time.** Any player dunking or hanging on the rim will be charged with a technical foul and ejected from the game, and any basket made by the offending team will not count. (NOTE: Intentionally grasping the rim without hanging results in a common technical foul only, unless an additional violation such as basket interference also occurs, in which case both infractions are penalized). Dunking during pregame will have the same penalty, but the game will start with two points awarded and the ball at mid-court for the non-offending team.

9. Any players ejected from a game must leave the playing facility immediately. Failure to follow this rule will result in team disqualification. All ejected players must arrange to meet with the Student Life Manager before they are eligible for further competition.
10. If a player is wearing illegal equipment, the game will be stopped and the offended team will be charged a time-out. If any other illegal equipment is found a technical foul will be given to the offending player. Illegal equipment may be, but is not limited to: a guard, cast or brace made of hard and unyielding leather, plaster, metal or any hard substance; jewelry of any kind; and headwear or head decorations.
11. Officials, scorers and/or supervisors may stop or forfeit a game at any point in the interest of participant safety or in the event of gross misconduct by players and/or spectators.
12. Lane Rules: Males may be anywhere on the floor.
- 13.

### **PLAYERS AND SUBSTITUTES**

1. All substitutes must check in at the scorer's table and may not enter the court until beckoned by an official.
2. Each player is allowed five (5) fouls per game before being disqualified. Every foul, personal or technical, counts toward player disqualification and total number of team fouls per half.
3. During multiple free throw attempts the substitute may not enter until after the first free throw has been attempted.
4. A player who has been withdrawn or directed to leave the game (including an injury) shall not re-enter before the next opportunity to substitute after the clock has been properly started following his/her placement.
5. If a player is bleeding, the game will be stopped and the player must come out of the game. The bleeding must be stopped and the wound covered before the player can re-enter the game.

### **FREE THROWS**

1. No player may enter the lane on a free throw attempt until the ball has touched the rim.
2. Players cannot occupy the bottom lane space.
3. The seventh, eighth and ninth team fouls will constitute one free throw shot to the offended player. If made, an additional bonus shot shall be allowed. On the tenth team foul, and all fouls thereafter for each half, two free throw shots will be awarded to the offended player.
4. Player control and technical fouls are counted as team fouls to reach the bonus.

5. No players shall shoot free throws for player/team control fouls.

## **FOULS**

1. Personal-A player foul that involves illegal contact with an opponent, while the ball is live or committed by or on an airborne shooter, when the ball is dead.
2. Common-A personal foul that is neither flagrant nor intentional nor committed against a player trying for a field goal.
3. Intentional-A personal foul or technical foul designed to stop or keep the clock from starting, or to neutralize an opponent's obvious advantageous position. A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent. RESULT: TWO SHOTS & THE BALL.
4. Flagrant-May be a personal or technical foul of a violent or savage nature, or a technical non-contact foul, which displays unacceptable conduct. If personal, it involves violent contact such as striking, kicking, kneeling, etc. If technical, it involves dead ball contact or non-contact at any time, which is extreme or persistent, vulgar, or abusive conduct. Fighting is always a flagrant act. RESULT: TWO POINTS & THE BALL. AUTOMATIC EJECTION.
5. Technical Foul-Can be any one or all of the following:
  - a. A foul by a non-player
  - b. A non-contact foul by a player
  - c. An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter.
  - d. RESULT: TWO POINTS & THE BALL. TWO TECHNICAL FOULS FOR ANY ONE PLAYER ON A TEAM RESULTS IN THAT PLAYER'S EJECTION. TEAMS RECEIVING A TOTAL OF THREE TECHNICAL FOULS WILL BE FORFEITED FROM THAT GAME.
  - e. Obscene Language/Swearing: Any language that the referee determines is obscene and inappropriate shall be handled in the following manner:
    - i. A team warning shall be issued.
    - ii. A technical foul shall be assessed to the individual after each ensuing action thereof.