



University of Colorado Denver

INTRAMURAL 5 v 5 BASKETBALL
RULEBOOK

- I. Players and Eligibility
 - A. The game shall be played by two teams, each consisting of no more than FIVE (5) players on the court.
 - B. In order to start and continue a game, a team must have at least THREE (3) players present and ready to play.
 - C. There shall be one designated captain per team. The captain shall be the only team member who may approach an official on matters pertaining to the rules.
 - D. Players are NOT allowed to represent more than one team.
 - E. No more than TWO (2) Club Sports athletes from basketball, or a “like” sport, may play on a single team.

- II. Check-In
 - A. All players must present their (1) Lynx Card or (2) CU Denver Wellness Center membership card, along with a photo ID, to the Intramural Sports Supervisor before the game. NO EXCEPTIONS.
 - B. Any player posing as another team member on the roster will be subject to potential forfeiture of the game and disciplinary action from the Competitive Sports Coordinator.
 - C. The game clock will start at game time. If for any reason a team is not present or ready to play, they will be penalized. For every minute a team is late, 2 points will be awarded to the opposing team. After ten minutes, the game will be called and a final score of 20-0 will be recorded. A forfeit is an automatic sportsmanship rating of 1.0.

- III. Players and Equipment
 - A. No jewelry will be allowed during the game! This includes, but is not limited to: earrings, rings, necklaces, bracelets, rubber bands, recreational fitness watches or monitors and metal barrettes.
 - B. If a player elects to keep their jewelry on, it must be completely covered, prior to game time, with a bandage or athletic tape. This applies to piercings and other non-removable pieces. The Wellness Center WILL NOT provide bandages or tape to cover up jewelry. Any covered jewelry must be flesh with skin and cannot protrude out.
 - C. Medic alert jewelry must be taped down before game time.
 - D. Final calls on jewelry will be made by Intramural Sports Staff.
 - E. No hats, bandanas, or headbands with an exposed knot.
 - F. No hooded sweatshirts.
 - G. Jeans and cut-offs are not allowed.
 - H. No cut-off shirts or tank tops. Shirts with sleeves must be worn when utilizing our intramural jerseys.
 - I. All participants must wear shoes. Shoes must be athletic, non-marking, closed-toed shoes. Cleats and boots are NOT permitted

for play on our indoor courts. Five-finger shoes are not considered athletic shoes.

IV. Pre-Game

- A. The referees will call the captain of each team in for a meeting before the game starts. The meeting will go over some rules and policies as a reminder for teams and answer any questions the captain or team may have.

V. Game Play

- A. **TIME:** A game consists of two-20 minute halves. The clock will stop ONLY during the last two (2) minutes of the second half and for all time-outs. Half-time will be three (3) minutes unless otherwise determined by Intramural Sports staff.
- B. **STARTING THE GAME:** A tip-off is used to start the game and any extra periods. The alternating possession rule is used for all other jump balls to determine team possession.
- C. **TIME-OUTS:** Each team is limited to one timeout per half. Each timeout is 30 seconds in length. Requests for timeouts shall be signaled by any player in possession of the ball or when ball is out of bounds. Additional timeouts will be given for overtime during the post-season.
- D. **OVERTIME:** There is no overtime during the regular season. Overtime comes into play during post-season. After regulation period, one additional overtime period will played. Each overtime period is two (2) minutes. If the score remains tied after the first overtime period, an additional overtime period will be played until a winner is declared. A tip-off will be used to start the overtime period. All players' fouls will carry over, free throws will be awarded and the clock will be stopped with all dead balls.
- E. **JUMP BALLS:** Any two (2) opponents may jump the ball at the center circle at the beginning of the game or overtime periods. In all other jump ball situations, teams will alternate taking the ball out of bounds at the spot nearest to where the jump ball occurs. The team not obtaining control of at the initial jump ball will be awarded the next possession.
- F. **SCORING:**
- i. 3 points: A player must be leaving the floor from a spot entirely behind the 3-point line (the farthest line marked; at 20 feet, 9 inches)
 - ii. 2 points: All other field goals

- iii. 1 point: Free throw
 - iv. Do NOT hang on the rim.
 - G. **MERCY RULE:** The game will be ended before time expires when:
 - i. A team has a 50 point lead at any time during the second half
 - ii. A team has 30 point lead with five (5) minutes or less remaining in the game
 - iii. A team has a 20 point lead with two minutes or less remaining in the game
 - H. **SUBSTITUTIONS:** Substitutes must report to the scorekeeper first. Substitutes will enter the court only during dead ball situations and after an official motions the substitute onto the court.
- VI. Fouls and Free Throws
- A. A player will be disqualified (foul out) when he/she has accumulated five (5) fouls (any combination of personal or technical.)
 - B. One (1) free throw will be awarded for a player fouled out in the act of shooting and the two or three-point try is successful.
 - C. Two (2) free throws will be awarded for a player fouled in the act of shooting whose two-point try is unsuccessful. Three (3) free throws will be awarded for an unsuccessful attempt beyond the three-point line.
 - D. All technical fouls, intentional fouls, and flagrant fouls will result in two shots plus the ball (except double technical fouls which will result in a jump ball situation.) Technical fouls count as personal fouls. The only case that a technical foul is not considered a personal foul is if a double technical foul occurs.
 - E. Bonus free throws (one-and-one) for each common foul (except player control) will be awarded on the offending team's 7th personal foul during each half. Two (2) free throws will be awarded for every foul on or after the 10th team foul of each half.
 - F. Three behavioral technical fouls committed by one team in a game will result in the immediate forfeiture and end of that game. Additional sanctions may be imposed.
 - G. Two behavioral technical fouls, or 1 behavioral flagrant foul committed by one player in one game will result in that player being ejected from that game, plus a behavioral suspension of a period to be determined by the Assistant Director of Competitive Sports.
 - H. On all free throw attempts (not the first of a two-shot sequence), offensive (excluding the shooter) and defensive players may enter the lane when the free throw attempt has been released.

- I. A maximum of 3 players are allowed along each side of the lane during a free throw, occupying the top 3 spots.
- J. No free throws will be awarded for the following:
 - i. Each common foul before the bonus rule is in effect
 - ii. A double foul
 - iii. A player control foul
 - iv. A double technical foul
- K. Only Captains may address the Intramural Staff on matters of interpretation and discussion.

VII. Special Foul Situations

A. **Double Foul and Simultaneous Fouls:**

- i. A double personal/technical foul is a situation in which two (2) opponents commit personal/technical fouls against each other at approximately the same time.
- ii. A simultaneous personal/technical foul is a situation in which there is a foul by both teams at approximately the same time, but are not committed by opponents against each other.
- iii. In the case of a double personal, double technical, or simultaneous foul, fouls are recorded, no free throws are awarded, and play resumes at the point of interruption—no alternating possession.

B. **Intentional Foul:** A personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, and contact away from the ball or when not playing the ball.

C. **Technical Foul:** A foul by a non-player, non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead. Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury.

D. Any individual having been assessed 2 technical fouls as a result of unsportsmanlike actions will be ejected from the game. In addition, any team receiving 3 technical fouls as a result of unsportsmanlike action will immediately forfeit the game.

E. **Flagrant Foul:** May be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs, the player is ejected from the game.

F. **Player-Control & Team-Control Fouls:**

- i. A player-control foul is a common foul committed by a player while he/she is in control of the ball or by an airborne shooter.

- ii. A team-control foul is a common foul committed by a member of the team that has possession of the ball.
- iii. When a player-control or team-control foul is committed, no points can be scored; no free throws will be awarded; the ball will be awarded to the offended team at a spot nearest to where the foul occurred.

VIII. Violations

- A. **Back-court:** Teams may not be in continuous control of a ball in their backcourt for 10 seconds. Once the ball has been established across the half-court line (both feet and the ball), it is a violation to cross back over into the back-court. Penalty: Turnover.
- B. **Three Seconds:** An offensive player cannot be inside of or in contact with the free throw lane (known as the key) for more than three seconds while the ball is in his/her team's front-court. Penalty: Turnover.
- C. **Kicking:** Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.
- D. **Elbowing:** Swinging of the elbows while in possession of the ball without pivoting either foot will result in a turnover.
- E. **Throw-In:**
 - i. The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.
 - ii. The thrower must pass the ball into the court within five seconds of the start of a throw-in. Penalty: Turnover.
 - iii. The thrower may step on but not over the sideline.
 - iv. The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense. The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball. Penalty: Technical Foul.
 - v. The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional Foul.

IX. Sportsmanship

- A. No player or substitute shall act in a manner that is seen as poor sportsmanship by an official.

- B. Teams are given a sportsmanship rating at the end of their match.
- C. The sportsmanship rating scale ranges from 1-5, 5 being the best score you can receive.
- D. Sportsmanship rating will be determined by referees and staff.
- E. A team must have a season average of 3.0 or greater to be eligible for playoffs.
- F. Sportsmanship rating will serve as the first tie breaker for regular season standings and playoff seeding.
- G. During playoffs, a rating below a 3.0 results in elimination from the remainder of playoffs.
- H. Unsporting acts will result in a lower sportsmanship rating.
- I. A team is responsible for the actions of all members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or flagrant unsportsmanlike conduct may be automatically suspended, along with the entire team.
- J. The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.

X. Playoffs

- A. Playoffs will be held during the final week of the season, where the top four seeds are eligible to compete for the championship.
- B. The top four seeds are determined by record. In the event of ties, the following tie-breakers will be applied:
 - i. Sportsmanship rating
 - ii. Head-to-head
 - iii. Team point difference
 - iv. Coin flip
- C. The first seed team will play the fourth seed team, while the second seed team will play the third seed team. The winners of each game will move on to the championship game on the same day.

XI. General Rules

- A. The Intramural Sports staff reserves the right to stop any game whenever such stoppage is in the best interest of all players, their safety, and the mission of the program. The Intramural Sports staff reserves the right to combine divisions and move teams to another classification for tournament competition.