

University of Minnesota Intramural Basketball Rules

Intramural Basketball will be played by the following rules. Team managers are responsible for the eligibility and conduct of all their players. Every participant is responsible for the rules and regulations in the Intramural Handbook <http://www.recsports.umn.edu/intramurals/index.html>.

Postings: Schedules for leagues are posted on the bulletin board inside of Cooke Hall outside of room 106.

Pre-Game: All players must check in at the table with their Student ID's. This is to be done before game time.

Player Eligibility: Players may play for **ONE TEAM ONLY**. One may be on ONE men's or women's team and ONE co-rec team. Players playing for more than one team will lose their eligibility and cause forfeiture for their team's games. All players on the team must play in one regular season game to be eligible for playoffs.

Uniforms:

1. All teams must wear a t-shirt of the same color.
This is mandatory. Those teams who do not follow this rule will be charged a team technical foul.
2. Gym shoes must be worn.
3. The following items are not allowed on the basketball court
 - **No** pockets or belt loops on pants or shorts
 - **No** tear away pants
 - **No** metal barrettes or bobby pins
 - **No** Hats
 - **No** bandannas
 - **NO JEWELRY!!!**

Game time is Forfeit time. You must have 4 players present to start the game. If during the game your team consists of less than 3 players the game is defaulted. If your team has one player arrive at the game or call the Intramural Office to inform them of the inability to play, the game is a **DEFAULT**. If no one shows up for your team and there is no contact with the Office prior to the game the game is a **FORFEIT**.

Default: Recorded as a loss for the team however the team is still eligible for the playoffs.

1st Forfeit: Team is no longer eligible for playoffs.

2nd Forfeit: Team is automatically removed from the league.

Playing Period: A game consists of two halves, 20 minutes each (**RUNNING TIME**) with 4 minutes between halves. The clock will **NOT** stop for any substitution, foul, violation, or jump ball except during the last 2 minutes of the **SECOND HALF**. The clock will only stop during other times for an official time-out, team time-out, or injury time-out.

Time Outs: Each team is allowed one time-out per half. Time-Outs do not carry over into other halves. However, second half time outs will carry over into overtime and each team will be awarded one additional time out per overtime period. Maximum two time outs per overtime period.

Mercy Rule: The game will be end if one team is ahead by **30 points at the 10 minute mark in the second half or any time after**. If a team is ahead by at least 20 points and no more than 30 with 2 minutes remaining in the second half there will be no stop time.

Overtime: During league play, if at the end of regulation time the score is tied, there will be one 5 minute overtime period. The clock will run continuously for the first 4 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, there will be a second overtime period, which will be **SUDDEN DEATH**, the first team that scores will win. For playoffs, if a game ends in a tie there will be as many 5-minute overtimes as necessary to determine a winner. For all overtime periods play will begin with a jump ball. Teams will keep the same basket throughout overtime as in the last half of regulation and all fouls from the second half will carry over as team fouls.

Substitution: **Substitutions are ONLY allowed on a dead ball. Subs must inform the table of a substitution.** No substitutions on the run or for a free throw shooter.

Illegal Substitutions: Result = Team Technical Foul

Dunking: Dunking or hanging on the rims is **NOT** permitted at the University of Minnesota-Recreation Center. It is also **NOT** permitted in Intramurals. Any team that has a player dunk or grasp the rim, except in the case to avoid a serious injury, will immediately forfeit the game. This will not mean a team is ineligible for the playoff but the forfeiting team will receive a default and an “E” sportsmanship rating for that game. The participant who dunks will be ejected from that game, as well as being suspended for the next game following a meeting with the Intramural Director. This rule is in effect before, during, and after the game.

Fouls:

1. Five personal fouls per player maximum per game. A technical foul also counts as a personal and team foul.
2. Personal Fouls – The Basketball is thrown in from out of bounds nearest the point of the foul.
3. Personal Fouls in the act of shooting - If the shot is missed then 2 or 3 free throws are awarded. If the shot is made 1 free throw is awarded.
4. Intentional Foul – 2 Free Throws and the ball.
5. Flagrant Foul – 2 Free Throws and the ball, along with ejection for the offending player.
6. Technical Foul – 2 Free Throws and the ball.
7. Two Technical Fouls in 1 game by the same player = Automatic Ejection.
8. On the team's 7th foul the bonus comes into affect. Any Player fouled shoots 1 and 1. After 10 team fouls, any player fouled shoot, 2 Free throws.

Technical Fouls:

The following situations may result in a technical foul:

- a. Illegal substitution; subbing without reporting in at the table.
 - b. Swearing, delay of game, unsportsmanlike conduct
Swearing: The use of profane language is **NOT** necessary and will **NOT** be permitted during Intramural activities. A technical foul will also be assessed to any player that displays poor sportsmanship.
 - c. Interference or verbal abuse from the team bench or crowd supporting the team.
 - d. Illegal equipment.
- *Technical fouls are **not** limited to these situations alone.*
 - ***If a player receives 3 technical fouls in the season that player will be SUSPENDED FROM THE REMAINDER OF THAT SEASON/LEAGUE!** (Suspension is up to the discretion of the Intramural Director)*
 - ***If a team receives 3 technical fouls in the same game (Including playoffs) that game will be automatically defaulted and the captain must meet with the Intramural Director before the teams next scheduled game.***

Summary of Penalties:

Player receives 2 Technical Fouls in one game – player ejected.

Player Ejected – Automatic one game suspension, player must set up reinstatement hearing in order to be participate in the Intramural Sports Program.

Fighting – Player(s) ejected, must set up reinstatement hearing.

Fight With Official - Player(s) ejected, must set up reinstatement hearing and legal action may be taken.

Official Threatened/Abuse by Spectators – Spectators that are identified with a team will be ejected, captain must set up reinstatement hearing and legal action may be taken.

2 Players on a Team Ejected – Team defaults game.

Person Asked to Leave Gym and Doesn't or Returns to Gym – Team defaults game.
Person Plays on More Than One Team – Player loses his eligibility and cause forfeitures of their team's games.
Flagrant Foul – player ejected, must petition in writing and set up reinstatement hearing.

National Federation of State High School Association Rules
Apply in all situations not specifically covered by Intramural Rules.

University of Minnesota Intramural Policies and Procedures

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty **MUST** present a valid U of M identification card; non-affiliates **MUST** present a valid non-affiliate card and picture I.D. to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification and/or a valid non-affiliate card they will **NOT** be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals **MUST** meet with the Intramural Director for possible reinstatement into the Program.

Player Add Policy and Procedure

1. All players **MUST** be officially added to the team roster by completing a roster add form. The forms are available at the Intramural Office in building 1901 room 110.
2. The add form must be completed and returned to the Intramural Office by **12 NOON** the day of the scheduled match for the players to be eligible. For matches scheduled on Sundays, forms must be completed and returned by **12 NOON** Friday.
3. As well, players may be added via email by contacting imrosters.umn.edu. Please submit the participants first and last name along with their Student ID #. As well, make sure to include the team name, sport, night of play, and league identifier/time of play.
For example : John Smith 1234567
Scorpions, Flag Football, Wednesday, Open B at 8:00pm
*Similar time restrictions listed above must be adhered to in order for participants to be eligible.
4. Captains are responsible to ensure the eligibility of all players added. This includes insuring that all added players are **NOT** on another team's roster.
5. Players not added to the roster will **NOT** be allowed to participate.

Co-Rec Rules:

1. Each team must play with 3 males and 2 females for the first half and 2 males and 3 females for the second half or vice versa. Teams will flip a coin to determine the ratio of the sexes for each half before the game.
2. A women's basketball will be used for these games.
3. Females **MUST** jump the opening tip of each game.
4. Teams **MUST** play man-to-man and woman-to-woman defense only. Defensive players must remain within 10 feet of their respective offensive player. Zone defense is not allowed (One warning will be given, and then a technical foul will be assessed for each additional violation).
5. Any player may attempt to secure a loose ball, rebound, or deflected pass. Once a player secures control of the ball, all opposite sex players must return to regular defense. Held balls between opposite sex players on loose balls or rebounds shall be treated as normal alternate possession held balls.
6. Males may **NOT** steal the ball directly away from a female; however they may steal or deflect a pass made by a female.
7. All 2-point baskets made by females equal 3 points and all 3-point baskets made by females equal 4 points. This includes free throw attempts. Females will be awarded 3 free throw attempts for a standard 2-point shot attempt.
8. A male participant may not leave his feet to block or defend a female participant's shot attempt. The male participant may defend with feet placed on the ground and arms outstretched.

If male does leave his feet and blocks a female's shot attempt, the ruling will be that of goaltending and the female participant's team is awarded the appropriate amount of points.

In the case of a fast break situation in which a female offensive player is attacking the basket, a male may only defend the female in the act of shooting.
9. In the case a female is fouled in a non-shooting attempt, which results in a single bonus penalty (i.e. 1 & 1), she will only be allowed to attempt a 1 & 1, not a 1 & 1 & 1.