

UNIVERSITY OF WASHINGTON
DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

BASKETBALL RULES

National Federation of State High School Athletic Association rules will govern play except for the U of W intramural rule modifications covered below.

I. PLAYERS AND SUBSTITUTES

- A. Each team consists of five players. A team must have at least four players to start a game and may continue to play with fewer than five players.
- B. When a team has the required number of players (4) present at the scheduled game time, the game shall begin. Players not available at the start of the game may enter the game under normal substitution rules.
- C. A substitute who desires to enter the game shall notify the official(s) and may only enter the game when an official beckons him/her on to the court.
- D. A player who is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform shall be directed to leave the game. The player may not return until the bleeding has stopped, an open wound is covered, or an excessively bloody uniform is changed.

II. SCORING AND TIMING REGULATIONS

- A. A successful try for goal by a player who is located behind the 3 point line counts 3 points. Any other successful goal counts 2 points.
- B. The game shall consist of two 20 minute halves. The clock shall run continuously, except for a time -out, until the last 2 minutes of each half when it will stop for all fouls and violations.
- C. Half-time intermission will be 4 minutes.
- D. Each team is allowed two time-outs per game. Each time-out is one minute.
- E. If the score is tied at the end of regulation play, a 3 minute overtime period shall follow. If a second overtime period is necessary, the first team to score shall be declared the winner. During an overtime period, no extra time-outs or fouls are given to the teams/players. The clock will stop on all dead ball situations during overtime periods.
- F. The Program Coordinator shall have the authority to modify the length of the game when necessary.

III. SCORE KEEPER

Each team must provide one person to serve as a score keeper. When a team does not provide a score keeper, the intramural administration will not consider a protest from that team if confusion arises concerning the tabulation of fouls or the final score. The score keeper(s) shall:

- A. Keep a running summary of the points scored by both teams.
- B. Record the personal and technical fouls called on each player and notify an official immediately when the 4th foul or 2nd technical foul is charged to any player and when the 6th team foul for each half has been charged to a team.
- C. Record the time-outs charged to each team and notify an official whenever a team is granted its second time-out.
- D. Record team possession for the alternating team possession procedure.

IV. STARTING PLAY

- A. Both teams must be ready to play within 10 minutes of the scheduled game time. Teams failing to show within this time period will be given a loss by forfeit.
- B. Each game shall begin with a coin toss (odd/even) to determine which team will be given ball possession to start the game. The ball shall be put into play at the mid-court division line to start the game and to begin the second half and any overtime period.

V. ALTERNATING POSSESSION

- A. In all jump ball situations the teams will alternate taking the ball out-of-bounds for a throw-in.
- B. The throw-in spot in all situations, except those involving technical fouls, shall be from the out-of-bounds spot nearest to where the situation occurred.

VII. VIOLATIONS

A violation is an infringement for which the ball is put in play from out-of-bounds. The penalties for all violations are taken at the sideline nearest to where the violation occurred. Violations include, but are not limited to, the following. A player shall not:

- A. Run (travel) with the ball, kick it, strike it with the fist, or cause it to enter and pass through the basket from below. Note: Kicking the ball is a violation only when it is a positive act; accidentally striking the ball with the foot or leg is not a violation.
- B. Be the first to touch a ball which he/she or a teammate caused to go from front court to back court.
- C. While closely guarded anywhere in the front court, hold or dribble the ball for 5 seconds.
- D. Remain for more than 3 seconds in the free-throw lane while his/her team is in possession of the ball.

- E. Throw for a basket when the ball is being put in play from out-of-bounds.
- F. Commit basket interference or goal tend.
- G. Excessively swing his/her arms or elbows even though there is no contact with an opponent. Note: if contact is made, the official must judge the severity of the act and possibly even determine intent. A player control foul, an intentional foul, or a flagrant foul may be called.
- H. Violate the free throw provisions:
 1. Fail to attempt the free throw within 10 seconds after the ball is placed at the disposal of a free thrower.
 2. Fail to cause the ball to touch the ring or enter the basket.
 3. Enter a restricted area before the release of the ball or until the free throw ends.
 4. Purposely fake a try.
 5. Enter or leave a marked lane space after the ball is placed at the disposal of a free thrower.
 6. Disconcert the free thrower.

VIII. FOULS AND PENALTIES

- A. Personal foul: a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements. A personal foul includes contact by or on an airborne shooter when the ball is dead. A player shall not:
 1. Hold, push, charge, trip, nor impede the progress of an opponent by extending an arm, shoulder, hip, or knee; nor use any rough tactics.
 2. Contact an opponent with his/her hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball.
- C. Technical foul: a foul by a non player; a non contact foul by a player; an intentional or flagrant contact foul while the ball is dead, except a foul by a airborne shooter. A player/team shall not:
 1. Delay the game.
 2. Have more than 5 players participating simultaneously.
 3. Request an excess time-out (the team does receive the time-out).
 4. Enter the court without being beckoned by an official or without his/her name on the game sheet.
 5. Grasp either basket during the time of the officials' jurisdiction, or dunk or stuff, or attempt to dunk or stuff a dead ball prior to or during any intermission. This rule applies to all team members. **NOTE: It is legal to dunk during a game.**
 6. Participate after having been disqualified.
 7. Intentionally or flagrantly contact an opponent when the ball is dead.
 8. Slap or strike the backboard or cause either ring to vibrate while the ball is in flight during a try or tap.

9. Commit an unsportsmanlike foul, such as:
 - a. disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
 - b. using profane or inappropriate language or obscene gestures.
 - c. baiting or taunting an opponent.
 - d. obstructing the vision of an opponent not in control of the ball by waving hands near his/her eyes.
10. Be charged with fighting. Fighting includes, but is not limited to such acts as:
 - a. an attempt to strike an opponent with a fist, hands, arms, legs or feet.
 - b. an attempt to punch or kick an opponent, regardless of whether contact is made.
 - c. an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.

C. Intentional foul: a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act.

A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent.

D. Flagrant foul: a personal or technical foul of a violent or savage nature, or a technical non contact foul which displays unacceptable conduct. It may or may not be intentional. Fighting is a flagrant act.

PENALTY: The offended player is awarded free throws as follows:

1. No free throws for:
 - a. each personal foul before the bonus rule is in effect.
 - b. a double personal foul.
 - c. a player control foul.
2. One free throw if fouled in the act of shooting and 2 or 3-point try is successful.
3. Bonus free throw (the 2nd free throw awarded for a common foul, except player control):
 - a. beginning with the team's 7th foul in each half and for the 8th and 9th foul, awarded only if the first attempt is successful.
 - b. beginning with a team's 10th foul in each half the bonus is awarded whether or not the 1st free throw is successful.
4. Two free throws if intentional, flagrant or technical plus the ball for throw-in at the division line.
5. Fouled in the act of shooting and try is unsuccessful:
 - a. two free throws on a 2-point try.
 - b. three free throws on a 3-point try.

E. Disqualification: Five fouls (personal and technical combined), two technical fouls or one flagrant foul shall be cause to disqualify a player from the game.

F. Technical fouls are counted as team fouls to reach the bonus.

NOTE: An official may forfeit a game if any player or bench personnel fails to comply with any technical foul penalty or repeatedly commits a technical foul or other act which makes a travesty of the game.

CO-REC BASKETBALL RULES MODIFICATIONS

I. PLAYERS AND SUBSTITUTES

A. Each team consists of five players: 2 males and 3 females. A team must have at least four players (2 males and 2 females) to start a game. The game will be forfeited and not continue if a team has less than 1 female and 1 male player remaining on the court.

II. FREE THROW LANE RESTRICTION

A. Male players are allowed in the area of the free throw lane (key area) on either end of the court with the following restrictions:

1. While in the free throw lane, male players are not allowed to rebound or attempt a try for goal. This restriction includes a tap (tip) towards a player's own basket. (After ball hits floor rule #3 applies)
2. A male shooter must be behind (both feet) the free throw lane boundary lines to attempt a shot. An airborne shooter must leave the floor from behind the free throw lane boundary lines but may land in the lane after the release of the ball.
3. Male players may control the ball, dribble, or pass while in the free throw lane.
4. Players may not defensively guard, or take or tap the ball from, an opponent of the opposite sex while in the free throw lane area.

B. Male players **may not** occupy lane spaces during free throw attempts.

PENALTY: A personal foul shall be charged to the male committing the infraction. If the foul is called on the offense, the defense gets the ball. Any successful goal shall not be allowed. If the foul is called on the defense, the offense retains possession of the ball. The ball shall be thrown in from a spot nearest the foul. Free throws shall be awarded according to the rules as with any personal foul.

POINTS OF EMPHASIS

1. Each player is required to identify himself/herself to the score keeper when a foul is called on him/her. Failure to do so may result in a technical foul.
2. The team captain is the representative for his/her team and may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or for permission to leave the court.
3. Officials are required to declare a contest forfeited when an individual or team displays flagrant poor sportsmanship or is involved in a physical altercation. In each case the team or individual will be immediately dropped from further competition. See the *Intramural Sports Handbook* for additional details.
4. Exhibit respect for the officials:
The officials are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are part of the game. One should not rationalize his/her own poor or unsuccessful performance or behavior by placing the responsibility on an official. The rule of good sportsmanship is to accept and abide by the decisions made.
5. Gain an understanding and appreciation for the rules of the contest:
The necessity to be well informed is essential. Know the rules. If one is uninformed, he/she should refrain from expressing opinions on officials' or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent, as well as the letter of a given rule. As a part of this appreciation for the rules, however, it is important to understand that at times a participant in a game, just like in life, may be wronged or an error may be made.
6. Players are not allowed to wear any equipment which may be dangerous to other players. This includes, but is not limited to, items such as: a guard, cast or brace made of any hard substance--even though covered with soft padding--when worn on the elbow, hand, finger, wrist or forearm; head decorations, headgear (baseball caps), and jewelry (exception: head bands made of soft material may be worn).
7. Taunting and baiting. Taunting and baiting prevents the game from being played in a sportsmanlike atmosphere, which is a basic requirement at the intramural level. A high priority in intramural sports is good conduct and good sportsmanship. When team captains and officials allow taunting and baiting to take place, sportsmanship takes a back seat. Such acts include players demonstrating when fouls and violations are called by officials. Captains should be informed by the game officials that once a game begins, there should be no interchange between players that is taunting or baiting in nature. Any demonstration of showing up an official or opponent will be a technical foul. If a player makes a good play and then is in the face of the opponent, pointing, hollering, or chesting up it is a technical foul. Likewise, to celebrate after blocking a shot or dunking against an opponent and seeking out that opponent is a technical foul. The use of ridiculing motions, pointing fingers and gesturing are ways in which opponents are taunted. These actions often incite opposing players and fans to react in an unsportsmanlike manner.

The team captain must take a visible leadership role in this issue. Captains must stress respect for opposing players and officials and tolerate no conduct which demeans or embarrasses others.

Taunting and baiting an opponent is contrary to the basic concept of fair play and honorable competition. Taunting an opponent is exactly opposite of the type of conduct and behavior which intramural participation is intended to teach. This type of behavior simply cannot be tolerated as part of an intramural program and recreational experience.