



UNIVERSITY OF WYOMING

Intramural Sports

5v5 Basketball Rules – Fall 2024

General Rules Adapted for Intramural Play; in other cases, rules of the National Federation of State High School Athletic Association will be in effect.

1. **The Game:** Teams will consist of 4(min) – 10(max) participants. You must have four participants on your roster to be moved from the waitlist and added to a division of your choice. A minimum of three (3) players must be present to start an official game. The opposing captain has the option of giving the team a ten-minute grace period, while the clock is running. If less than three players are present, the game will be declared a forfeit. A team may play with less than four players if they foul out, become injured during the game, or due to suspension. However, a team cannot continue the game with less than two players. Check the Intramural Sports Handbook carefully for all other eligibility rules that apply.
2. **Timing:** A game will consist of two, 20-minute halves. Each team will be entitled to two (2), 30-second time-outs each game. A team that requests a time-out after using all their allotted time-outs will be charged with a team technical foul.
3. The game clock runs continuously throughout the game, except during the final 2 minutes of the second half, when it will be stopped for all dead ball situations. Dead ball situations include: all fouls, held balls, out of bounds, violations and time-outs. This includes injuries, conferences with scorers, etc. During overtime periods, the clock will stop in all dead ball situations.
4. **Overtime:** ONLY DURING POSTSEASON TOURNAMENT - Overtime will begin with the ball put into play with a center jump. The first overtime period shall be three (3) minutes in length, and if necessary, additional 3-minute overtime periods will be played. ***If a game goes into overtime, POSTSEASON ONLY, each team may use any unused timeouts and will receive one extra 30-second time-out during each overtime period. All fouls (team and personal) carry over from the second half.**
5. **Mercy Rule:** If a team is ahead by 40 points at any point after the start of the 2nd half, the game will be called. If a team is ahead by 20 points or more in the last two minutes of the 2nd half, the clock will continue to run continuously, except during officials and team time-outs. If at any time point difference falls below 20 points within the last two minutes of the half, the clock will continue to run.
6. **Forfeit Time:** Game time is forfeit time. The opposing captain may elect to give the opposing team 10 minutes to get the required minimum number of players needed to start the game. The game clock will begin to run once the captain makes the election. This cannot be undone. Once the captain has elected to give the Grace Period, the team must wait the entirety of the 10 minutes.
7. The game will begin with a jump ball at the center circle. All subsequent held balls will be awarded on an alternating possession basis. All overtime periods will begin with a jump ball.
8. Both teams' captains must agree on a ball to be used in the game. If the captains cannot agree, a ball provided by the Recreational Sports Staff will be used.
9. **Free Throw and Fouls:**
 - A. Personal Shooting Fouls – Fouls against a shooter in act of shooting - free throws will be attempted if the player's try was not successful, and one additional free throw if the shot was successful.
 - B. Common Fouls - Ball awarded out of bounds until the 7th team foul.
 - C. 1-and-1 Bonus - 1 free throw will be awarded to the offended player on the 7th, 8th, and 9th team foul of each half. If successful, a second free throw will be attempted. Exception: There will be no free throws shot on Player Control Fouls.

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- D. Double Bonus – 2 free throws will be awarded to the offended player on the 10th team foul, and all subsequent team fouls of each half. Exception: There will be no free throws shot on Player Control Fouls.
 - E. Free Throw Substitution – During multiple, personal foul, free throws, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted.
 - F. Player/Team-Control Fouls - The official shall award the ball to the offended team at a place out of bounds nearest to the point where the foul occurred. No free throws are awarded, nor can any points be scored on player-control fouls.
 - G. Intentional Foul – All intentional fouls will result in two free throws for the offended team, and the offended team will receive the ball at the point of interruption. The free throws will be shot by the player offended. An intentional foul will be called in the following situations: a player's obvious advantageous position is neutralized by another player unnecessarily; a foul is committed on a player when the defender is not playing the ball; when there is obvious, excessive contact with an opponent when playing the ball; or if there is contact with a thrower-in while carrying out an act.
 - H. Technical Fouls - All technical fouls will result in two free throws for the offended team. The offended team then gets possession of the ball at mid-court after the two free throws. The offended team may choose any of their players on the court to shoot the technical free throws. An official may call a technical foul for any reason in his/her judgment where he/she feels the situation or play merits calling a technical foul. Examples are, but not limited to unnecessary roughness, dirty play, foul language, abusive language from players, coaches, managers, or crowd, coaches running on court during play, intentional tripping, fighting, intentional delay of game other than by regular play, intentionally slapping the backboard, requesting a time-out without a time-out remaining, etc. Any official has the authority to eject, from the game and the gym, a player, players, coach, Rec Sports Supervisor, or fan any time in his judgment he deems such action is necessary in order to maintain a wholesome playing situation for the other participants in the game.
 - I. Substitutions - Players may substitute only during dead balls AND after they have checked in with the scorekeeper and been beckoned in by one of the officials. No “on-the-fly” substituting will be allowed. If a player enters the game illegally, a team technical foul will be assessed. The offended team will shoot two free throws and be awarded a throw-in at half court.
 - J. Entering the Lane – On a free throw, all players lined up along the lane lines may enter the lane area when the ball is released by the shooter. The shooter shall not enter the lane area until the ball has contacted the rim. All players behind the three-point line and free throw line extended shall not enter inside the three-point arc until the ball has contacted the rim. (Penalty: Free throw violation.)
10. Violations and Penalties:
- a) Dunking is permissible during games ONLY. No dunking should occur before games in warm-ups or after games. Dunking during warm-ups will result in a technical foul. Dunking after the game will result in immediate dismissal from the gym and a low sportsmanship rating.
 - b) Grabbing and hanging from the rim will be prohibited and penalized with a technical foul. If it happens twice involving the same player, it will result in ejection from the game and the gym for the remainder of the evening. **EXCEPTION:** *Grasping the rim to prevent injury is not a violation. This call is based on the judgment of the officials.*
 - c) Swearing and abusive remarks directed toward opponents, officials, or supervisors shall result in the offending player receiving a technical foul and possible ejection from the game.
 - d) The third technical foul for misconduct called in one game against one team will cause the game to end with the opposing team receiving the win. The team that was forced to forfeit must also meet with the Recreational Sports Coordinator before participating in any other Intramural Sports activities.
 - e) Fighting directly or indirectly, or abusing opponents, officials, or supervisors in any way is prohibited. Failure to comply with this rule will result in a suspension or complete dismissal from playing.
11. Out-of-Bounds: If the ball passes over the top plane of the backboard or touches the running track, it is considered out-of-bounds. In a throw-in situation from the baseline, the dotted baseline will be used to account for the overhead of the running track. As soon as the ball is touched in bounds, the line will revert to the original baseline. *This rule applies to games played in the Historic Gym. Most 5v5 games will be played in the MAC Gym where normal out-of-bounds rules will apply.*

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- 12. A player must leave the game after he/she has received **five (5)** personal fouls (or 2 technical fouls). A second **unsportsmanlike technical** is considered flagrant and the offender is automatically disqualified and banished from the gymnasium. **Any ejected player will also be suspended for the next scheduled game.** Failure to leave may result in a team forfeit. Before participating in any further Intramural Sports activities, the ejected participant is expected to meet with the Recreational Sports Coordinator.
- 13. Jewelry: **NO JEWELRY WILL BE ALLOWED ON THE COURT.** This includes, but is not limited to watches, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry, you will not be allowed to participate. **Any player in the game found wearing illegal jewelry must immediately be replaced by a substitute. The player may not re-enter the game until all jewelry has been removed.** If there is no substitute available, the offending player cannot re-enter the game until the first substitution opportunity after the clock has properly started. Continual violation of the jewelry rule can result in a technical foul charged to the player.
- 14. Headgear: Players may wear the following styles of headgear - bandannas; headbands no wider than 2 inches and made of non-abrasive, elastic, fiber, soft leather, or rubber; rubber or elastic bands used to control hair. Players are **not** permitted to wear baseball caps or any headgear with a bill or a hard outer surface.
- 15. Protests: All game protests must be made by the protesting team's captain in the presence of the officials and the opposing team's captain *at the time and place of the incident*. The protest of the play in question must happen immediately and before the ball has been put into play. The officials shall call the supervisor and the supervisor makes the decision on the court. If the decision cannot be made at the time by the supervisor, the game shall continue to be played under protest and with the original ruling. Any player eligibility protests should be submitted in writing to the Rec Sports Office on the next working day. Judgement calls made by the officials are not able to be protested.

COREC LEAGUE - RULE ADAPTATIONS

The University of Wyoming Intramural Sports Basketball rules will be used in addition to the following Co-Recreational rules.

- 1. Players: A minimum of three (3) players must be present to start an official game, so long as the gender difference is always no more than 1 on the court. Each team will consist of three (3) players of one gender and two (2) players of the other gender on the court at a time (unless a team drops below because of injury/disqualification/suspension, in which case they cannot be replaced by the opposite gender).
- 2. A women's size ball is to be used unless both teams agree to use a men's size ball.

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