

SPRING 2026 5v5 BASKETBALL RULES

Updated 7/30/2025

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the NFHS 2024-25 Basketball Rule Book except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

Rule 1: Facility

1. All games will be played in the Gallogly Campus Recreation Center on Courts C & D (unless otherwise specified).

Rule 2: Eligibility

1. The Intramural Sports Program is open to all –University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. The Semester Sport Pass can be purchased for \$20 per semester or \$15 Basketball Sport Pass per activity (league/event).
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural

Rule 3: Team Composition

1. The game shall be played between 2 teams of 5 players each. 3 players are required to start the game and avoid a forfeit. The game may continue with less than 3 players if a team drops below that requirement due to injury.
 - a. Co-Rec: Teams are composed of either 3 women and 2 men, or 3 men and 2 women on the court. The ratio cannot be greater than 1. Teams may also play with a minimum of 3 players; 2 men and 1 woman or 1 man and 2 women.

Rule 4: Equipment

1. Ball Size: The ball size requirements for each league are noted below. Prior to each game, both team captains must agree on a basketball to be used in the game. If captains cannot agree, a ball will be provided by the Sport Programs Staff. 29.5 inch balls are those used in men's college basketball, while 28.5 inch balls are those used in women's college basketball.
 - a. Men's Leagues: 29.5 inch
 - b. Women's Leagues: 28.5 inch
 - c. Co-Rec: 28.5 inch
2. Clean, dry, non-marking court shoes are recommended to be worn.

3. All teams will be required to wear numbered jerseys during Intramural play.
4. Teams may bring their own jerseys/t-shirts as long as they are the same color and are legally numbered.
5. A player who has any visible amount of blood on their uniform shall be removed from the game immediately for appropriate treatment and/or changing of clothes.
6. Players wearing glasses should have shatterproof lenses and straps.
7. Absolutely **no jewelry** shall be worn. A warning will be issued to a team for an infraction of this policy. If a 2nd infraction arises in a given contest a technical foul will be assessed to the team in question. ****Exception - medical ID tags which must be taped to the body****.
8. No braces or hard casts are allowed on the wrist or arms. Leg/knee braces with exposed hard materials will only be allowed if they are sufficiently covered with soft padding (i.e. an ace bandage).

Rule 5: Timing & Starting a Game:

1. Two (2) twenty-minute running halves will constitute a game. The clock shall run during the first and second half even on fouls and free throws except for the last 2 minutes of the second half. During the last two minutes of the second half the clock will stop on all dead ball situations. A maximum of three minutes will be allowed for half time. Teams shall be allowed three (3) 60 second time-outs per game.
2. The game clock will stop for charged time-outs. Any team granted a time-out with none remaining, will receive a technical foul.
3. There will be a 10-minute grace period for teams that have not arrived by game time. If after 10 minutes have passed and one or both teams do not have the minimum number of eligible players to start a game, then the game will be forfeited
 - a. The input score for a forfeit will be 10-0.
4. Regulation and overtime will start with a jump ball.
 - a. In Co-Rec, the jumpers shall be of the same identity. If captains can't agree on jumpers then a coin toss will determine the jumpers.
5. A four-minute overtime period will be played in the case of a tie during playoffs **ONLY**. At the end of regulation time in the regular season, a tied game will be final.
6. If the overtime period ends in a tied score, then an additional four-minute extra period is played. This process will continue until a winner is determined. Each team shall be granted one additional time-out in the overtime period. Unused timeouts accumulate and may be used at any time.
7. Weather
 - a. If for any reason the game must be called before completion, it will be called official if one full half of the game has been completed.

Rule 6: Scoring

1. The official score will be kept by the scorekeeper. In the event of a discrepancy, the score kept on the score sheet will be considered the official score.
2. When the shooter is fouled on an unsuccessful 3-point shot, 3 free throws will be awarded.



3. Mercy Rule: If a team is up by 20 or more points within the last two minutes of the second half then there will be a continuous running clock unless the losing team's deficit becomes under 10 points.
4. A stoppage of clock due to a team's rule protest not upheld by the Intramural Supervisor will result in a time-out being charged to the protesting team. If the team has no time-outs, a delay of game warning will be given to the protesting team if the protest is not withheld

Rule 7: Fouls, Violations, & Penalties

1. OVER THE BACK, AND REACHING, ARE NOT FOULS IN ANY LEVEL OF BASKETBALL.
 - a. Note: Physical contact which provides an advantage is a foul, however, reaching over another player and gaining possession is not illegal. Similarly, attempting to steal possession from a dribbler by reaching in to contact the ball is not illegal.
2. All players are limited to five (5) personal fouls per game.
3. All fouls will be recorded on the score sheet and the team against whom the fouls were committed will have the ball out of bounds.
4. For non-shooting fouls the ball will be put into play at the nearest side-line following a violation.
5. **Violations**
 - a. Closely guarded players (in the frontcourt, opponent within 6 feet) that hold or dribble the ball in place for 5 seconds will result in a violation and the defense gets the ball at the nearest side-line.
 - b. A team has 5 seconds to release an inbound pass (throw-in). Failure to do so results in a change of possession.
 - c. The back court rule is in effect (over and back, ten (10) seconds in the back court).
 - d. Goal tending will be called when a player touches the ball during a field goal try while the ball is in its downward flight and has a possibility of entering the basket.
 - e. Basket interference will be called when the ball is on the rim and is touched by either team, or, if the net is touched when the ball is on the rim.
 - f. Travel Violation: A player shall not travel with the ball. Traveling is defined as moving a foot or feet in any direction in excess of prescribed limits.
 - i. A player who catches the ball with both feet on the floor may pivot using either feet.
 - ii. A player who catches the ball while moving or dribbling may stop and establish a pivot foot.
 - iii. After establishing a pivot foot the pivot foot may be lifted but not returned to the floor, before the ball is released for a pass or try.
 - g. Kick Ball Violation: A player may not intentionally kick a ball.
 - i. Note: Kicking the ball is only a violation when it is an intentional act.
 - h. Illegal Dribble: A player shall not dribble a second time after the player's first dribble has ended, unless the it is after the player has lost control because of:
 - i. A shot attempt
 - ii. A touch by an opponent
 - iii. A pass or fumble which has then touched or been touched by another player.
 - i. Three Second Violation: A player shall not remain in the paint for 3-seconds.
 - j. Excessive Swinging of Arm/Elbow: A player shall not excessively swing their own arms or elbows even without contacting an opponent.

- i. A player may extend arms or elbows to hold the ball under the chin or against the body.
- 6. Technical Fouls
 - a. In the event of a technical foul, the offended team will get two free throws and possession of the ball at mid-court.
 - b. Technical fouls will be counted on the team total and individual total. Three technical fouls on a team will result in a forfeit. Two technical fouls for a player and they are ejected. A player can also be ejected, and the game forfeited without a technical foul being issued.
 - c. Technical fouls can be issued for:
 - i. Climb on a teammate to obtain greater height.
 - ii. Knowingly attempt a free throw to which a player is not entitled.
 - iii. Players have unsportsmanlike conduct (profanity, taunting, slamming the ball to the ground, throwing the ball high in the air, arguing with officials, etc.).
 - iv. Any behavior by a fan or coach that is deemed unsportsmanlike by an official (i.e., profanity, taunting, etc.) will result in a team bench technical foul. If this conduct is continued, the individual in question may be removed from the game and/or facility and the game may be forfeited.
- 7. Personal fouls and ball possession:
 - a. A player shall not hold, push, charge, trip, or impede the progress of an opponent by extending arms, shoulders, hips, or knees, or by bending the body into other than a normal position; nor use any rough tactics.
 - b. Player control foul – personal foul charged - ball awarded out-of-bounds to opponents (a shot made by that player before or after the foul will not count).
 - i. No free throws are awarded, nor can any points be scored on player-control fouls.
 - c. Team-Control Fouls: Any common foul committed by the team that has team-control of the ball. 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 team-control fouls. Team control does not exist on jump balls or during a shot attempt.
 - d. Foul in act of shooting – 2 or 3 free throws awarded if shot from field is unsuccessful. One free throw is awarded if the shot is successful.
 - e. An intentional foul – 2 free throws (3 points if committed on a 3-point try) and ball out of bounds nearest the spot of the foul. Intentional fouls are fouls that are committed in an intentional, but non-flagrant act, are not counted as technical fouls, and are NOT grounds for ejection.
 - f. Flagrant fouls – flagrant fouls are very serious fouls committed in an extremely physical fashion and may include an intent to injure. It is the official's decision to decide if a foul is intentional or flagrant. If deemed flagrant, the player will be ejected from the game. A second team flagrant foul by a given team will result in immediate game stoppage and forfeiture of contest.
- 8. A player must leave the game after they have received five fouls (personal or technical). A second unsportsmanlike technical is considered flagrant and the offender is automatically disqualified and must leave the facility. Any ejected player will also be suspended for at least their next scheduled game, plus any other Intramural events within that time frame. Failure to

leave the facility following an ejection may result in a team forfeit.

9. Captains are expected to ensure proper behavior by their players and spectators should an altercation develop.

Rule 7: Free Throws

1. Shooting Fouls: Fouls against a shooter in the act of shooting – two or three free throws will be attempted if the player's try was not successful, one free throw, if the shot was made
2. Fouls resulting in free throws:
 - a. Fouls committed by the defense during the act of shooting.
 - b. Intentional fouls: If a player commits an intentional foul, the opposing team shall receive two free throws, and the ball back nearest the point of interruption. If a player is attempting a 3 point try, they will get 3 free throws.
 - i. The player, or their substitute, shall attempt the free throws.
 - c. Each team's 7th, 8th, or 9th foul for the half will result in one-and-one free throws.
 - d. Each team's 10th foul for the half will result in two free throws.
3. Lane Space Occupants During Free Throws: The first two lane spaces adjacent to the end line may not be occupied. The spaces above the blocks must be occupied by opponents of the shooter. If the offense desires the third spaces, it may have them. If the defense desires the fourth spaces, nearest the shooter, it may have them. If a player entitled to the third or fourth spaces does not occupy that space, an opponent may be in the space (within the number limitations, four defense and two offense). EXCEPTION: Lane spaces will be unoccupied during free throws resulting from Technical or Intentional fouls.
4. During a free throw, players in the lane spaces may not enter the free throw lane until the ball is released. The shooter and all players outside the 3-point line may not enter the lane/3-point area until the ball touches the rim.
5. Note: No free throws for double or simultaneous technical fouls. Alternating possession throw-in is awarded.
6. Free Throw Possession
 - a. Free throw made – out-of-bounds to opponents unless shooter is entitled to additional free throw.
 - b. Free throw missing the basket entirely – out-of-bounds to opponents unless shooter is entitled to additional free throw.
 - c. Free throw missed after touching basket – ball in play unless shooter is entitled to additional free throws.
 - d. Players may enter the key to the court once the shooter releases the ball.

Rule 13: Forfeit Scoring

1. Should a team win by forfeit, the reported score for the game will be 10-0.

Rule 14: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. We have criteria on sportsmanship that are meant to keep teams accountable for their behavior during play. The criteria for sporting-like restrictions are the following:
 - a. 2 UCs on a player in a game = Ejection
 - b. 3 UCs on a team in a game = Forfeit
 - c. 3 UCs on a player in a season = Removal (even in playoffs)



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- d. 4 UCs on a team in a season = Removal (even in playoffs)
- 2. Sports Programs Staff will be keeping the amount of UC a person/team receives in our records. Additionally, you will be able to see how many UCs your team has via FusionPlay on your team name.