

Men's and CoRec Basketball Rules

Season League

Games are played at the Recreation Center

Number of Players: 5 vs. 5

MAXIMUM OF 10 PLAYERS ON A ROSTER

1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the National Federation Basketball Rules and Interpretations except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

3. PREGAME

- a. All participants will need to bring their ID card or a mobile ID to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in a meeting with the officials prior to game time.
- d. Teams must have jerseys with numbers (each player must have their own number). Team jerseys may be checked out by officials.

4. GENERAL

- a. All participants **must** bring their current UCCS ID to each game. Participants without proper identification will **not** be allowed to play. Other forms of photo identification (driver's license, passport etc.) will be accepted. **Every player must sign in at least once to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- d. Regulations published in the Intramural Sports Captain's Manual will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested.

SPECIFIC GAME RULES AND SITUATIONS

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1. PLAYERS:

- a. Each team shall have a minimum of three (3) players and a maximum of ten (10) players on the roster.
- b. Substitutions can only occur on dead balls. The scorekeeper must be notified, and the court official will signal player into the game.
- c. Captains are responsible for controlling their team, fans, and coach during a game. Captains are encouraged to approach officials and supervisors with a calm attitude and an open mind.

2. EQUIPMENT:

- a. Clean, dry, non-marking court shoes are recommended to be worn.
- b. All Co-Rec and Men's teams will be required to wear numbered jerseys during Intramural play.
- c. Teams may bring their own jerseys/t-shirts as long as they are the same color and are legally numbered.
- d. 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.
- e. Players wearing glasses should have shatterproof lenses and straps.
- f. 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****.
- g. 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).

3. STARTING GAMES & TIMING:

- a. Two (2) twenty-minute running halves will constitute a game. The clock shall run during fouls and free throws. A maximum of two minutes will be allowed for half time. Teams shall be allowed three (3) time-outs per game, each not exceeding one-minute in length.
- b. The game clock will stop for charged time-outs. Any team granted a time-out with none remaining, will receive a technical foul.
- c. Five minutes after game time is forfeit time.
- d. Beginning games and overtime will start with a jump ball.
- e. The clock will stop in the last two minutes of the second half for all dead ball situations.
- f. A three-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.
- g. If the overtime period ends in a tied score, then an additional three-minute extra period is played. This process will continue until a winner is determined. Each team shall be allowed one time-out (non-cumulative from regulation play) in the overtime period.
- h. **Weather**
 - i. 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.

4. PLAYING RULES & SCORING:

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- a. 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.
- b. 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.
- c. A team has 5 seconds to release an inbound pass (throw-in). Failure to do so results in a change of possession.
- d. The back court rule is in effect (over and back, ten (10) seconds in the back court).
- e. When the shooter is fouled on an unsuccessful 3-point shot, 3 free throws will be awarded.
- f. **Mercy Rule**
 - i. The game will be ended before the time expires when:
 1. A team has a 35-point lead at any time during the second half.
 2. A team has a 15 point lead with two minutes or less in the game.
- g. Goal tending will be called when:
 - i. 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.
- h. Basket interference will be called when:
 - ii. 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.
- h. 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.

5. **FOULS, VIOLATIONS, & PENALTIES:**

- a. **OVER THE BACK, AND REACHING, ARE NOT FOULS IN ANY LEVEL OF BASKETBALL.**

Note: Physical contact which provides an advantage is a foul, however, simply being taller than 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. A **technical foul** shall be assessed for persistent complaining related to "over the back," and "reaching."
- b. All players are limited to five (5) personal fouls per game.
- c. Fouls resulting in free throws:
 - i. Fouls committed by the defense during the act of shooting.
 - ii. 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.
 1. The player, or their substitute, shall attempt the free throws.
 - iii. Each team's 7th, 8th, or 9th foul for the half will result in one-and-one free throws.
 - iv. Each team's 10th foul for the half will result in two free throws.

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- d. All other fouls will be recorded on the score sheet and the team against whom the fouls were committed will have the ball out of bounds.
- e. **Note:** No free throws for double or simultaneous technical fouls. Alternating possession throw-in is awarded.
- f. For non-shooting fouls the ball will be put into play at the nearest side-line following a violation.
- g. **Technical Fouls**
 - i. In the event of a technical foul, the offended team will get two free throws and possession of the ball at mid-court.
 - ii. Technical fouls will be counted on the team total and individual total. Three technical fouls on a team will result in a forfeit and the team will receive a “0” for sportsmanship. Two technical fouls for a player and they are ejected, and the team will receive a “1” for sportsmanship. A player can also be ejected, and the game forfeited without a technical foul being issued.
 - iii. Technical fouls can be issued for:
 - a. Climb on a teammate to obtain greater height.
 - b. Knowingly attempt a free throw to which a player is not entitled.
 - c. Players have unsportsmanlike conduct (profanity, taunting, slamming the ball to the ground, throwing the ball high in the air, arguing with officials, etc.).
 - d. 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.
- h. **Free Throw Possession**
 - i. Free throw made – out-of-bounds to opponents unless shooter is entitled to additional free throw.
 - ii. Free throw missing the basket entirely – out-of-bounds to opponents unless shooter is entitled to additional free throw.
 - iii. Free throw missed after touching basket – ball in play unless shooter is entitled to additional free throws.
 - iv. Players may enter the key to the court once the shooter releases the ball.
- i. **Personal fouls and ball possession:**
 - i. 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).
 - ii. 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.
 - iii. 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.
 - iv. 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

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ejected from the game. A second team flagrant foul by a given team will result in immediate game stoppage and forfeiture of contest.

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

6. CO-REC MODIFICATIONS:

- a. 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.
- b. Women's baskets are scored the same as men's.

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