



ST. CLOUD STATE UNIVERSITY

INTRAMURAL SPORTS



5 on 5 BASKETBALL RULES

POSTINGS: Schedules for the league will be posted on the Intramural Sports website at http://www.stcloudstate.edu/intramurals/intramural_listing.asp

PRE-GAME: Teams must sign in all players 5 minutes before the scheduled game time.

ID'S ARE REQUIRED. There will be a 5-minute forfeit time.

FORFEITURE: Players may play for one team only. Individuals may be on ONE men's or women's team and ONE coed team. Players playing for more than one team will lose their eligibility and cause forfeitures of their team's games. Ineligible players will be suspended for the remainder of the season. **All players on the team must play in 1 league game to be eligible for the playoffs.**

1st Forfeit: \$5 re-entry fee, which must be paid within 24 hours of the forfeit.

2nd Forfeit: Team is automatically out of the league.

EQUIPMENT: Gym shoes must be worn. Rubber soled street shoes will not be allowed. No pockets or belt loops are allowed on either pants or shorts. No tear away pants are allowed. No metal barrettes or bobby pins. No hats, No bandannas and absolutely NO JEWELRY!!! NO EXCEPTIONS! This rule is in place for your safety and that of others. If you choose not to follow this rule, you WON'T PLAY! It's your choice. Soft scrunches and rubber bands in your hair (not around your wrist/ankle) are legal.

STARTING THE GAME: A game will start by a jump ball at the center circle. A team consists of 5 players, however, a team may start with as few as 4 players. If for some reason during your game your team consists of **less** than 4 players, the game will be forfeited.

PLAYING PERIOD: A game will consist of two halves of 20 minutes each (**running time**) with 2 minutes between halves. The clock will **NOT** be stopped for any substitution, foul, violation, or jump ball except during the last 2 minutes of **EACH HALF**. The clock will stop for a team time out, an official's time-out, technical fouls and injury time-outs **ONLY** during running time.

MERCY RULE: The game will be stopped as soon as one team is ahead by **30 points at half time or at any time in the 2nd half** or if both teams are not playing to full capability.

OVERTIME: During league play, if at the end of regulation time the score is tied, there will be one (1) 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 at the end of regulation time, there will be as many 5-minute overtimes as necessary to determine a winner. The ball will be put into play with a center jump ball. Teams will not change baskets for overtime. In overtime, the clock will stop on all whistles in the last minute. Fouls will be administered as if during a regulation period.

SUBSTITUTION: Substitutions are **ONLY** allowed at a dead ball. Subs must check in at the scoretable. *YOU MUST BE BECKONED IN BY AN OFFICIAL or it is an illegal substitution.* No substitutions on the run. A player may re-enter as many times as desired unless removed from the game by the officials or if they foul out. No substitutions for free throw shooter.

Illegal substitutions: Result = Technical Foul.

TIME OUTS: 2 Time-outs per half per team will be allowed. Second half time-outs will carry over into overtime and each team will be issued 1 additional time out per overtime period.

SLAPPING THE BACKBOARD: Dunking is legal, however, a technical foul will be assessed when a DEFENSIVE or OFFENSIVE player slaps the backboard with EXCESSIVE force. The official will determine the scoring of the shot.

FOULS:

1. Five personal fouls per player maximum per game. A technical foul **does** count as a personal and team foul

2. The only fouls followed by free throws are:
 - a. Personal fouls in the act of shooting. If shot is missed then 2 or 3 (depending on the shot) free throws are awarded. If shot is made 1 free throw is awarded.
3. Intentional foul – automatic 2 points + the ball.
4. Flagrant foul – automatic 2 points, and automatic disqualification of the offending player + the ball.
5. Swearing at an official = Automatic Ejection from contest and suspension
6. Technical foul – automatic 2 points, plus shooting team's possession at mid-court.
7. Two Technical fouls in 1 game by the same player = Automatic Ejection from contest
8. Ejection – Automatic 1 game suspension (includes the game that you are ejected from and the next scheduled game)
9. All other fouls are thrown in from out of bounds nearest the point of foul by the offended team.
10. On the team's 7th foul the bonus comes into affect. Player fouled shoots 1 and 1. After 10 fouls, player fouled shoots 2 shots.

TECHNICAL FOULS:

The following situations may result in a technical foul:

- a. Illegal substitution; subbing without reporting into game.
- b. Swearing, delay of game, unsportsmanlike conduct, or challenging the officials.
 - Swearing: The use of profane language is not necessary and will not be permitted during Intramural Sports activities at St. Cloud State. Excessive profanity is unacceptable and will be penalized. A technical foul will also be assessed to any player that displays poor sportsmanship and/or uses loud, blatant swearing.
 - **If the swearing is loud enough for the official to hear, it will be called as a technical**
- c. Interference or verbal abuse from the team bench or crowd supporting that team.
- d. Illegal equipment (Jewelry/Pockets).

Technical fouls are **not** limited to these situations alone.

If a player receives 3 technical fouls in the season/league (including playoffs) that player will be SUSPENDED FROM THE REMAINDER OF THAT SEASON/LEAGUE! (Suspension is up to the discretion of the Intramural Coordinator)

If a team receives 3 technical fouls in the same game (including playoffs) that game will be automatically FORFEITED!

SUMMARY OF PENALTIES

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

Player Ejected – Automatic 1 game suspension and player must petition in writing and set up reinstatement hearing in order to be reinstated to the Intramural Sports Program. (Player MUST petition for reinstatement before any further participation is allowed in the Intramural Sports Program)

Fighting – player(s) ejected, must petition in writing and set up reinstatement hearing (meeting).

Fight with Official – players ejected, must petition in writing and set up reinstatement hearing (meeting) and legal action may be taken.

Official Threatened/Abuse by Spectators – team that spectators are identified with will be ejected, must petition in writing and set up reinstatement hearing (meeting) and legal action may be taken.

2 Players on a Team Ejected – team forfeits game.

Person Asked to Leave Gym and Doesn't or Returns to Gym – team forfeits game.

Person Plays for More Than One Team – player will lose their eligibility and cause forfeitures of their team's games.

Flagrant Foul – player ejected, must petition in writing and set up reinstatement hearing (meeting)