

University of Miami
Intramural Sports
5v5 Basketball
Rule Book

**NFHS Basketball Rules will govern play for any rules not covered in these rules.

Rule 1. Players, Substitutions, and Equipment

A. The Team

1. Each team consists of five (5) players, one of whom is the captain.
2. A team may start with a minimum of four (4) players. The game may continue with three players as long as that team still has a chance to win.
3. Everyone playing must have his/her name, I.D. number, and jersey number on the score sheet before he/she enters the game. PENALTY: team technical foul to the offending team.
4. Both teams must have their benches on the same side of the court, one team on each side of the scorer.

B. Substitutions

1. A substitute can only enter the game when the ball is dead, after they report to the scorer's bench, and after the official beckons him/her into the game.
2. A substitute may enter between halves, during a time-out, or any other dead ball situation. If done during free throws, they can enter before the final attempt in the sequence and after the final attempt has been converted.
3. A player who has been withdrawn or directed to leave the game shall not re-enter before the next opportunity to substitute after the clock has been started properly.
4. Substitutes must go to the substitution box in front of the scorer's table to check in. If bench players are in the substitution box, they must enter the game. PENALTY: 1st offense: Delay of Game Warning; 2nd Offense: Team Technical Foul
5. A player, who is injured or is bleeding, has an open wound, or has an excessive amount of blood on the uniform, must leave the game.

C. Uniforms and Equipment

1. Team uniforms are required. Teams will assign themselves a different color when they sign-up. These colored shirts will be required before regular season begins. If a team shows up without enough players with same-colored shirts, they will receive a forfeit. Teams are also to bring an alternate-colored shirt for playoffs.
2. Team jerseys are required to have a one- or two-digit number printed or written (without tape) that does not conflict with another player on the same team, Penalty: Team Technical Foul
3. Athletic shoes with non-marking soles must be worn.
4. No jewelry or hats are permitted.

Rule 2. Definitions

- A. **Airborne Shooter:** A player who has released the ball on a try for goal and has not returned to the floor. They are considered in the act of shooting.
- B. **Alternating Possession Arrow:** This device is used to determine possession during jump balls and to begin the second half. The team not winning the initial jump ball will receive the direction of the arrow. Once a jump ball occurs, the possession will go to the direction of the arrow. Once the ball is put into play, the arrow will switch directions. The scorer's table will run the possession arrow.
- C. **Basket Interference:** Occurs when someone touches the ball or any part of the basket while the ball is in the basket, within the imaginary cylinder of the basket, or they reach through the basket from below and stops the ball. It can also include slapping the backboard to disrupt the shot.
- D. **Blocking:** Illegal personal contact which impedes the progress of an opponent.
- E. **Charging:** Illegal personal contact caused by pushing or moving into an opponent's torso. A player who is moving with the ball is required to avoid contact with a defensive player if they have obtained legal guarding position

- F. **Bonus:** Begins on the 7th team's foul in each half and 1 and 1 free-throw is awarded. Beginning on the team's 10th foul in each half 2 shots will be awarded. (All non-shooting fouls).
- G. **Frontcourt:** The end of the court that has their goal that they attempt to score.
- H. **Backcourt:** The rest of the court including the division line and opponent's goal.
- I. **Incidental Contact:** Any contact with an opponent which is permitted, and which does not constitute a foul.
- J. **Kicking the Ball:** Intentionally striking the ball with the knee or any part of the leg or foot.
- K. **Legal Guarding Position:** A defender must have two feet on the floor facing the offensive player. The defender must be in the path of the offensive player and "beat him/her to the spot". A defender must be legal prior to the offensive player becoming airborne.
- L. **Screen:** A legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position. The screener may face in any direction, and they must remain stationary, except when both are moving in the same path and the same direction.
- M. **Verticality:** Legal position straight up whether the defender is on the floor or not.

Rule 3. **Scoring and Timing**

- A. Scoring
 - 1. Free Throw = 1 point
 - 2. Field Goal = 2 points
 - 3. 3-Pointer = 3 points
- B. Timing
 - 1. Each game will consist of two twenty-minute halves, and a three-minute half time.
 - 2. The clock will run continuously for the entire first half. During the last two minutes of the second half, the clock will stop on all whistles. The clock will resume when the ball is first touched by any player.
- C. Mercy Rule and Forfeits
 - 1. If a team is leading by 20 points or more in the final two minutes of the game or 35 at any point in the second half, the mercy rule will be put into effect and the game will end.
 - 2. The forfeit score will be 20-0.
 - 3. Game time is forfeit time. There will be no exceptions.
- D. Overtime
 - 1. If overtime is needed a new jump-ball will begin a three (3) minute overtime period. The last one (1) minute of the period will be stopped clock.
- E. Timeouts
 - 1. Each team gets 3 timeouts per game
 - 2. Teams will receive one full timeout per overtime period.
 - 3. The clock stops during all time-outs.
 - 4. Timeouts may be called by either team in possession of the ball, on any dead ball or after any made basket by either team providing the ball is not at the disposal of the opposing team.
 - 5. If a team calls for a time-out and they don't have any left, they will receive the time-out and the opposing team will shoot 2 technical shots and the team will be charged with a non-unsportsmanlike technical foul.
- F. Timing Errors
 - 1. In the event there is a timing error, the officials may correct it by running the clock or stopping it as needed.

Rule 4. **Out of Bounds, Throw-in, and Free Throw**

- A. The ball is out of bounds when it touches:
 - 1. A player who is out of bounds.
 - 2. Any other person, the floor, or any object on or outside a boundary.
 - 3. The supports or back of the backboard.
 - 4. The ceiling, overhead equipment or supports.
 - 5. If the ball passes over the top of the backboard.

- B. The ball will always be put in bounds at the same spot that it goes out of bounds. If a time-out, foul, or violation is called, it will be taken from the nearest spot from the foul or violation.
- C. The player throwing the ball in may not have any part in-bounds or take more than 1 step from the spot out of bounds or it will be a throw-in violation. The only time the thrower may move is after a made basket from their end line.
- D. All players who are lined up on the free throw lane may not move once the ball has been given to the shooter by the official. They may move once the ball is released from the shooter's hands. If the ball doesn't touch the rim, it is a violation.
- E. There are only 3 spots on each side of the lane and the shooting team may only occupy one on each side and the defensive team is required to fill the first 2 lane spaces above the block. The bottom blocks are to remain open.
- F. All players not in marked lane spaces (shooter included) must remain behind the free throw line extended and 3 point line and may not penetrate the free throw line extended until the ball touches the rim. If the defensive team commits a violation, shooting team receives additional free throw (if the shot was missed).
- G. Players have ten (10) seconds to attempt a free throw. If the attempt is not made in that time period, the player forfeits the free throw.

Rule 5. **Fouls and Violations**

- A. Team fouls 1 through 6 (each half) are common fouls with no free throws awarded, unless the foul occurred in the act of shooting.
- B. Team fouls 7 through 9 (each half) are common fouls with one free throw plus a bonus being awarded.
- C. Team fouls 10 and over (each half) are common fouls resulting in two free throws awarded to the offended team.
- D. All fouls count as team fouls except non-participant technical fouls, which will be credited to the captain.
- E. A player will be disqualified from the game upon committing his/her fifth personal foul. A player may not re-enter the game once he/she fouls out.
- F. Other situations in which free throws are awarded:
 - 1. Player is fouled during the act of shooting: If the basket is missed, the player is awarded two (2) shots. If the basket is made, the basket counts, and the player is awarded one (1) free throw. If a player is fouled on a three-point attempt and missed the player is awarded three (3) free throws.
 - 2. Intentional or flagrant fouls: the fouled player is awarded two (2) free throws plus the ball at the nearest point out of bounds to where the foul occurred. This is done regardless of whether the basket was made. For flagrant fouls, the offending player is immediately ejected.
 - 3. Technical fouls: two (2) shots, plus the ball at half-court.
 - 4. Player/team control fouls will negate a basket; the offended team is not awarded free throws regardless of number of fouls for that team for that half.
- G. Technical fouls can be called for any of the following but not limited to:
 - 1. Comments that undermine the integrity of an official.
 - 2. Profanity usage.
 - 3. Demonstrative acts in resentment to a call or no call (inappropriate gesturing, waving arms, or clapping at an official).
 - 4. Continuous or continual complaining/criticism directed to or about an official.
 - 5. Excessive inquires.
 - 6. Physical contact with an official or IM Supervisor (1 technical foul and automatic ejection)
 - 7. Hanging on the rim
 - 8. Any misuse of any IM equipment.
 - 9. Illegally playing for a team.
 - 10. Not appearing on the score sheet before going into the game. (Team Technical foul)
 - 11. Celebration, self-promotion, and taunting.
 - 12. Any other misconduct that is deemed inappropriate by the game official or the site supervisor.
- H. Violations are all penalties that result in change of possessions, and they are:

1. Free-throw violations include crossing into the lane before the release of the ball from the shooter's hand. The free thrower and anyone not in the paint may not cross their respective restriction lines until the ball hits the rim.
2. Throw-in violations include crossing into the field of play before releasing the ball into play by the throw-in. Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court.
3. Traveling violations occur when a player in possession of the ball takes more than 2 steps or 1 step after the pivot.
4. Accidentally striking the ball with the foot or leg is not a violation.
5. Illegal dribble is when a player dribbles for the second time after his/her first dribble has ended, unless it is after he/she has lost control of the ball by shooting, passing, batted by an opponent, or a fumble which was touched by an opponent or another player on the same team.
6. 3-second violation is when a player remains in the lane for 3 seconds while his/her team is in control of the ball. The count begins when the ball is in the frontcourt and ends either when they leave the lane, or a shot is attempted.
7. 10 second violation is when a team cannot get the ball into their own frontcourt while in continuous control for 10 seconds.
8. Backcourt violation occurs when the offensive team enters their own frontcourt with all 3 points (the ball and both feet of the player in possession of the ball) returns one of the points to the backcourt.
9. Basket interference and goaltending violations (including slapping the backboard) all will result in either an awarded goal or a change of possession, respectively.
10. Closely guarded violations may only occur in the frontcourt. The count continues even during a defensive switch and distance of 5 feet is maintained.

Rule 6. Point of Emphasis

- A. Any form of unsportsmanlike behavior, (i.e., trash talking, arguing with officials, taunting, or fighting) will not be tolerated, and may be grounds for immediate ejection from the game.
- B. When a player contacts an opponent with his/her hands as an aid in starting, stopping, driving around, defending a screen, controlling or anticipating the opponents next move it will be considered hand checking, it is a foul.
- C. While in the act of dribbling, the player may not allow the ball to come to rest in their hand. This is considered a carry. High dribbling is allowed so long as players' hand remains atop the ball.
- D. Jump balls will occur only at the beginning of the game and any overtime period(s). All other situations will be awarded based upon the alternating possession arrow.
- E. When an offensive player uses the "swim move", pushes, pins, elbows, forearms, holds, clears with the body or demonstrates rough physical movements or tactics, this is a foul on the offensive player.
- F. A legal screener must be stationary prior to contact with hands and arms close to the body. When these 2 requirements are not met, and when there is a sufficient contact by the screener to bump, slow or displace, it is a foul on the screener.
 1. **Note:** When screening a stationary opponent from behind (outside visual field), the screener must allow the opponent one normal step backward without contact.
- G. Teams have ten (10) seconds from the time they in-bound the ball to move the ball across half court. If they fail to do so, the ball is awarded to the opposing team. The ten second count begins when they possess the ball in bounds. It ends when they have possession in the front court.
- H. In the event of a double foul or double technical foul, the ball is given to the team in possession at the point of interruption.

Rule 7. Conduct of Players

- A. If a player receives two technical fouls in one game, he/she will be ejected from the game. Ejected participants must meet with the Assistant Director or Director of Recreational Sports before he/she are allowed to participate again.
- B. Any team, which receives three unsportsmanlike technical fouls in one game, will automatically forfeit the game, and be suspended from play until they meet with the Assistant Director or Director of Recreational Sports.

Rule 8. **Co-Recreational Rule Modifications**

A. All normal basketball rules apply except for the following:

1. Teams must consist of EITHER 2 males and 3 females OR 3 males and 2 females. Four players is the minimum for co-rec and there must be 2 males and 2 females.