

UNIVERSITY OF MASSACHUSETTS  
INTRAMURAL SPORTS

**MEN'S, WOMEN'S & CO-REC BASKETBALL RULES**

The *National Federation Rules for High School (NFHS) Basketball* will govern play with intramural modifications.

Each player must present his/her [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Captains Guide](#).

Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.

**I. TEAM**

A. A team shall consist of five (5) players.

1. A game cannot begin without at least **three (3) players**. Once three (3) players are present, the game **must** begin.

*For co-rec, two (2) women & one (1) man are required to legally begin a game. Two (2) women and two (2) men can legally begin a game. Three (3) women and two (2) men can also legally begin a game. No other gender combination is legal.*

2. If, at any time during the game, a team does not maintain the minimum number of players, that team shall forfeit the game regardless of the score.

**II. EQUIPMENT**

A. The official ball is the one supplied for the intramural program. Both team captains must agree to substitute a different ball for the Intramural ball prior to the **start** of the game. *In co-rec, a women's ball must be used.*

B. The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Also, hats and bandanas are not permitted. Taping of earrings or other jewelry is not permitted regardless of the reason. Medical emergency bracelets/necklaces may be worn but **must** be taped to the person.

**III. GAME**

A. PLAYING TIME shall consist of two (2) twenty minute halves.

1. The game clock will run continuously in the first half with the exception of time-outs. In the second half the game clock will run continuously with the exception of timeouts and during the last two (2) minutes of play.

**The clock shall not stop with one minute or less to play after successful field goals.**

2. There shall be a two (2) minute intermission after the first half of play.

3. "Mercy Rule" – If the score differential is 20 points or more with five (5) minutes or less to play in the second half, the game shall end.

B. SUBSTITUTIONS

1. During any dead ball situation with the referee's acknowledgment.

2. *For co-rec, substitutions are allowed on a male-for-male or female-for-female basis.*

C. TIMEOUTS

1. Two (2) timeouts of one (1) minute duration are allowed per team per game.

D. TIE GAMES

1. **League Play** - the game will be decided in the following manner:

a. If the score is tied at the end of the second half, an extra period of five (5) minutes duration will be played. Time will be stopped for the last two (2) minutes. The bonus rule continues and one (1) additional timeout is allowed.

b. If the score is tied after the extra period, the game is declared a tie.

2. **Championship Play** - as many five (5) minute overtime periods as necessary.

- a. Each five (5) minute overtime period shall consist of three (3) minutes running time followed by two (2) minutes stop time.
- b. The overtime period shall begin with a jump ball at the center circle.
- c. The bonus rule shall continue through all overtime periods.
- d. One additional timeout per period is permitted. Unused timeouts from regulation carry over into the overtime period(s).

E. BONUS FREE THROWS

- 1. Beginning with the team's 7<sup>th</sup> foul in each half, the bonus free throw(s) is/are awarded.
- 2. Beginning with the team's 10<sup>th</sup> foul in each half, two free throws are awarded.
- 3. Foul shots are not awarded on player control or team control fouls.

F. PLAYER CONDUCT

- 1. A player who commits a fifth foul (including personal, unsporting and contact technical fouls) will be disqualified.
- 2. **No Mouth Rule**
  - a. Players are required to act in a civil manner toward other players and officials. **Any player "mouthing off" shall be ejected from the contest.** Taunting and "talkin' trash" will not be tolerated. Captains may ask for a rule interpretation if it is done in a courteous manner. Further, two players ejected for the same reason shall cause their team to forfeit the game.
  - b. It is up to the discretion of the official(s) if a substitute shall be permitted to replace the ejected player.
  - c. An ejected player, and her/his team, shall be suspended from further play until he/she meets with the Campus Recreation staff.

Rationale: This rule seeks to prevent players from "baiting" and "taunting" each other and/or berating the game officials and staff. Such behavior could create bad feelings and lead to potentially explosive situations. This is an attempt to prevent players from committing unsportsmanlike acts toward each other and/or the officials.

- 3. **Technical Foul** - a foul by any player (active or not), coach or other team attendant that does not involve contact with an opponent **while the ball is dead.**

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|----------|--------------------|--|
| PENALTY: | PLAYER TECHNICAL - | Two points <u>awarded</u> plus possession of the ball. Throw-in at half-court/division line  |
|          | BENCH TECHNICAL -  | Two points <u>awarded</u> plus possession of the ball. Throw-in at half-court/division line. |

- 4. **Flagrant Foul** - a personal foul that involves violent contact with an opponent.  
PENALTY: Two points awarded plus possession of the ball; player committing the foul shall be ejected and will receive at least a one game suspension. The throw-in will occur at the designated spot nearest the foul.

- 5. **Intentional Foul** - a personal foul, which, in the judgment of the official, appears to be designed or premeditated and/or is not a legitimate attempt to directly play the ball or player. It is not based on the severity of the act. Holding or pushing in order to stop play or pushing a player in the back to prevent a score when there is no possibility of getting into position to guard are examples of intentional fouls.

PENALTY: Two-shot penalty plus possession of the ball for a throw-in at the designated spot nearest the foul.

- 6. If a team (including bench personnel and spectators) **receives 3 unsporting technical fouls** (including flagrant fouls) in one game, the game shall be ended and the opponent given the win by score or forfeit if the offending team is ahead by score. Examples of unsporting conduct include:

- disrespectfully addressing officials and staff
- using profanity, vulgarity or obscene gestures; taunting, baiting or ridiculing another player or bench personnel
- grasping or hanging on the rim illegally (ex: 'showboating') during the game
- delaying the game by preventing the ball from being promptly made live or by preventing continuous play

G. JUMP BALL

1. The game and any overtime periods shall begin with a jump ball at the center circle. Teams shall not change baskets for the overtime period(s).
2. In all other jump ball situations, the ball will be awarded to the team based on the alternating possession arrow. To begin the second half, the team awarded the ball based on the alternating possession arrow will inbound the ball at the half-court division line.

H. BACKCOURT

1. All divisions-men, women & co-rec – backcourt (over-and-back) and 10-second backcourt violations are enforced.

I. DUNKING

1. There is no dunking (in Boyden) or hanging on the rims allowed. An *attempted* dunk will result in a technical foul.

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