



**UNIVERSITY OF WISCONSIN-EAU CLAIRE  
RECREATION & SPORT OPERATIONS – INTRAMURAL SPORTS  
Basketball**

**Players & Player Equipment**

- Teams will consist of five (5) players with a maximum of ten (10) players on the roster.
- To start a game, a team must have at least three (3) players on the court ready to play.
- All players must wear athletic attire.
- Jerseys will be provided and checked out at the Open Recreation Office
- Jewelry is not allowed. All jewelry must be removed before playing, no exceptions.

**Rules**

**Game, Field & Field Equipment - Game, Court, & Court Equipment**

- Only players and one (1) coach may be on the sideline. All other fans and spectators must remain in the spectator viewing areas designated by the Competitive Sports staff. Any player, coach, or fan that interferes with the play of the game is subject to a technical foul or removal from the playing area.

**Length of Game & Time Constraints**

- The game consists of two 20-minute halves with a running clock during the first 18 minutes except for official and team timeouts. The clock will stop on every whistle during the last two minutes of each half.
- Each team is allowed two (2) time-outs per half (1 minute in duration) which may be taken at any time during regulation. (Time-outs can only be taken when you have possession or during a dead ball period). The coach may call time-out.
- TIME OUTS DO NOT CARRY OVER FROM HALF TO HALF.
- Time between halves is five (5) minutes.
- Each team will receive one (1) time-out during the three (3) minutes overtime period. The clock will stop on every whistle during the last two minutes of overtime.

- The game shall end if one team is ahead by 30 points or more with 10 min. remaining or any time thereafter.
- Clock will run continuously if a team is up by 15 points or more at any point with 2 minutes or less left in the game.
- Game time is forfeit time. Teams should be ready to play at the scheduled game time.

### **Substitutions & Tiebreakers**

- Free substitution will be allowed after a foul, violation, or time-out (dead ball) if it does not interfere with the game's progress. Substitutions are not permitted while the ball is in play. The official MUST beckon the substitute into the game. Penalty: Technical foul will be assessed to the team.

### **Definition of Playing Terms**

- No dangerous equipment will be allowed, and athletic shoes must be worn. Knee braces must be wrapped, and no metal is to be exposed. A guard, cast, or brace made of hard unyielding leather, plaster, plastic or any other hard surface may not be worn on the elbow, hand, finger, wrist or forearm.
- Player Control Foul:
  - Foul committed by a player while he/she is in control of the ball or while he/she is an airborne shooter. Penalty: taking the ball out of bounds.
- Bonus Shot:
  - A team will reach the bonus beginning with the seventh (7th) team foul in each half. During a non-shooting foul, the player will receive a 'one & one' opportunity, if the player makes the first shot, he/she is given another.
- Double Bonus:
  - On the teams tenth (10th) foul the opposing team will be shot two (2) shots.
- Technical Foul:
  - A foul by a non-player or a player foul, which does not involve contact, or a foul involving unsportsmanlike conduct. (Two (2) shots and the ball out-of-bounds at half court). This is also a personal foul.

- Intentional Foul:
  - Personal or technical foul designed to neutralize and opponent's obvious advantage, a contact foul that is excessive in nature as deemed by the game officials, or any combination of the above. Two shots and the ball out-of-bounds at the point of interruption. This is a personal foul.
- Flagrant Foul:
  - Personal or technical foul that the official judges deemed to be especially dangerous or unsportsmanlike. (Two (2) shots and the ball out-of-bound at half court, and the offender is removed from the game)
- Player Control:
  - A player is in control when he/she is holding a live ball or dribbling it.
- Team Control:
  - A team is in control when players of the team are in control and while a live ball is being passed between teammates.
  - Team control continues until:
    - The ball is in flight after a try for a basket; or an opponent secures control; or the ball becomes dead.
    - A ball, which is in contact with a player or with the court, is in back court if either the ball or the player is touching the backcourt. It is in the frontcourt if neither the ball nor the player is touching the backcourt.
- Held ball is declared when...
  - Opponents have hands so firmly around the ball that control cannot be obtained without undue roughness.
  - An opponent places his/her hands on the ball and prevents an airborne player from throwing the ball or releasing it on a try.
- Screen:
  - A legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.
- Free-throw violation
  - If a violation is by the free thrower or his teammates only, no point can be scored by that throw. The ball becomes dead when the violation occurs. If the violation is by the free thrower's opponent ONLY, then:
    - If the try is successful, the basket will count then the violation is disregarded.

- If the try is not successful, the same thrower under conditions the same as for the throw for which it is substituted shall attempt a substitute throw.
- (Special Note) During a free throw attempt, the ball is live after it has contacted the rim. Everyone outside of the three-point line must be above the foul line extended and the shooter must also wait for the ball to hit the rim.  
(Special Note) Any free throw which fails to contact the rim is a dead ball violation.
- A player shall not excessively/dangerously swing his/her arms or elbows to clear space. Penalty: Personal Foul
- Awarding Free Throws
  - One free throw for a foul against a shooter whose try is successful.
  - No free throws for:
    - A double foul
    - A double foul, one or both fouls which are flagrant or intentional.
    - Each common foul before the bonus is in effect.
    - A player-control or team-control foul.
    - The lower boxes on each side will be vacant.
- Dunking:
  - **No dunking at any time will be allowed.** The basket will not count. Any dunking during a play will result in the following: *Technical foul assessed, immediate ejection from contest, and a mandatory 1 game suspension. Participants dunking before or after the game will be removed from the facility.*
- Hand Checking:
  - Not incidental contact. It is a foul (illegal use of the hands) regardless of whether it is by the offense or defense.
- Three Second Rule:
  - A player shall not remain for more than 3 seconds in the area of his/her free throw lane between the end boundary and the farther edge of the free throw line while the ball is in control of his/her team in his/her frontcourt. Allowances shall be made for a player who, having been in the restricted area for less than 3 seconds, dribbles in to try for a basket; the 3-second restriction applies to a player who has only one foot touching the lane boundary. It does not apply while the ball is dead or is in flight during a try for a basket.

## BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

- If the ball goes out-of-bounds and was last touched simultaneously by 2 opponents, or if the official is in doubt as to who last touched the ball, or if the officials disagree, play shall be resumed by awarding the ball entitled to the next possession (jump ball).
- It is a jump ball if the ball becomes lodged in between the rim and the basket.

## **Co-Rec Rules**

### **Minimum Requirements**

- Will be played according to NFSHSA rules and UWEC regulations with the following inclusions and exceptions:
- Each team will consist of five (5) players: You may have a maximum of 3 women and 2 men.
- The possible combinations are as follows: 3F/2M, 2M/2F, 2F/1M
- The game shall end if one team is ahead by 35 points or more at 10 min. mark or any time thereafter.

## **Miscellaneous Rules**

### **Scoring**

- All field goals shall be worth 2 points; or 3 if behind the three-point arc
- All free throws shall be worth 1 point

## **Player Conduct**

### **Sportsmanship, Cards & Ejections**

- Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
- Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.