



## BASKETBALL RULES

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*All players must show their Blugold ID Card before every game to participate.*

### A. PLAYER ATTIRE

- a. All players must wear athletic attire.
- b. Teams must wear the same color jerseys and must also bring an alternate color.
  - i. Jerseys can be checked out from the Open Recreation office prior to participation if needed
- c. Jewelry is not allowed. All jewelry must be removed before playing – no exceptions.
- d. No dangerous equipment will be allowed, and athletic shoes must be worn. Knee braces must be wrapped in a soft, pliable material, 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.

### B. THE GAME

- a. Teams will consist of five (5) players with a maximum of ten (10) players on the roster.
- b. To start a game, a team must have at least three (3) players on the court ready to play.
- c. Each team shall designate a captain. The captain will act as the spokesperson for the team and help make necessary decisions. Only the captain should talk to officials.

### C. CLOCK

- a. 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.
- b. Half Time is 5 minutes.

### D. TIMEOUTS

- a. 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.
  - i. TIME OUTS DO NOT CARRY OVER FROM HALF TO HALF.

### E. OVERTIME- *Playoffs Only*

- a. Overtime will be three (3) minutes long
- b. Clock stops on every whistle during the final two (2) minutes of overtime.
- c. During the regular season, if the game is tied at the end of regulation, the final score is a tie with no overtime.
- d. Each team will receive one (1) time-out during the three (3) minute overtime period – playoffs only.
- e. During the postseason, teams will continue to play three-minute overtime periods until a winner is determined. If a team uses a timeout in overtime period 1, they will have 0-timeouts remaining for any additional overtime periods.

### F. SUBSTITUTIONS

- a. Free substitutions 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.*

### G. SCORING

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

### H. MERCY RULE

- a. The game shall end if one team is ahead by 30 points or more with 10 minutes remaining or any time thereafter.
- b. 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.

- c. Game time is forfeit time. Teams should be ready to play at the scheduled game time.
- I. PLAYER CONDUCT
- a. Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the court of play will result in suspension.
  - b. Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.
  - c. A team will be made ineligible for the playoffs if their sportsmanship score is less than a 4
- J. DUNKING
- a. **No dunking at any time will be allowed.** The basket will not count. Any dunking before, during, or after play will result in the following: *Technical foul assessed, immediate ejection from contest, and a possible suspension. Participants dunking before or after the game will be removed from the facility.*
- K. POSSESSION
- a. A jump ball will decide the first possession of regulation and all overtime periods.
  - b. Jump ball is declared when...
    - i. Opponents have hands so firmly around the ball that control cannot be obtained without undue roughness.
    - ii. An opponent places their hands on the ball and prevents an airborne player from throwing the ball or releasing it on a try.
  - c. 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).
  - d. It is a jump ball if the ball becomes lodged in between the rim and the basket.
- L. TEAM BOX
- a. Only players and one (1) coach may be on the sideline.
  - b. 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.
- M. DEFINITION OF PLAYING TERMS
- a. Player Control Foul:
    - i. Foul committed by a player while they are in control of the ball or while they are an airborne shooter. *Penalty: taking the ball out of bounds or free throws*
  - b. Bonus Shot:
    - i. 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, they are given another.
  - c. Double Bonus:
    - i. On the teams tenth (10th) foul the opposing team will be shot two (2) shots.
  - d. Technical Foul:
    - i. 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.
  - e. Intentional Foul:
    - i. 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.
  - f. Flagrant Foul:
    - i. 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)
  - g. Player Control:
    - i. A player is in control when they are holding a live ball or dribbling it.
  - h. Team Control:
    - i. A team is in control when players of the team are in control and while a live ball is being passed between teammates.
    - ii. Team control continues until:

1. The ball is in flight after a try for a basket; or an opponent secures control; or the ball becomes dead.
  2. 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.
- i. Screen:
    - A legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.
  - j. Free-throw violation
    - i. 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:
      1. If the try is successful, the basket will count then the violation is disregarded.
      2. 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.
    - k. 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. Any free throw which fails to contact the rim is a dead ball violation.
    - l. A player shall not dangerously swing their arms or elbows to clear space. Penalty: Personal Foul
  - m. Awarding Free Throws
    - i. One free throw for a foul against a shooter whose try is successful.
    - ii. No free throws for:
      1. A double foul
      2. A double foul, one or both fouls which are flagrant or intentional.
      3. Each common foul before the bonus is in effect.
      4. A player-control or team-control foul.
      5. The lower boxes on each side will be vacant.
  - n. Hand Checking:
    - i. Not incidental contact. It is a foul (illegal use of the hands) regardless of whether it is by the offense or defense.
  - o. Three Second Rule:
    - i. A player shall not remain for more than 3 seconds in their free throw lane between the end boundary and the farther edge of the free throw line while the ball is in control of their team in their 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.

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## CO-REC BASKETBALL

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### A. PLAYERS

- a. The game shall be played by two teams of five players, each team having two men and three females OR three males and two females.
- b. 3W/2M or 3M/2W
  - i. If playing down with four (4) players or three (3) players – 2W/2M or 2W/1M, 2M/1F

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