

ACTIVITY RULEBOOK

5v5 Basketball

5v5 Basketball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of 5v5 Basketball contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: *all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).*

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

Facility and Contest Set Up**a. Playing Location**

5v5 Basketball is played in the Recreational Eagle Center (REC). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

b. Courts

Courts are set up by staff only. All playing equipment is property of the Recreational Sports Department.

c. Officiating

All contests will be officiated by at least two (2) trained officials and one (1) trained scorekeeper. All decisions made by officials are final, except for those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our [“Become an Official” website](#).

d. Captain’s Meeting

Captains are to meet with the contest official(s) prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

Equipment

Intramural Sports will provide a game ball. If a team wishes to use a ball for warm-ups, they must check one out from the REC Info Counter or Rec Sports Office in Mitchell Hall (room 118) or provide their own. Participants must also wear jerseys with legal numbers (0-50 in ten’s digits, 0-5 in single digits). Jerseys can be checked out as well or participants may provide their own. Jerseys are available to check out as well and all participants must wear an appropriate shirt under all jerseys provided by Rec Sports (no baggy cut-offs).

Pockets ARE permitted on shorts/pants, however Intramural Sports administration reserves the right to change this rule at any time if an injury occurs and/or if this rule presents additional risk-related issues.

Participation

- Team rosters may have an unlimited number of participants
- Each participant on a roster and checked in to play MUST have a unique number assigned
- Teams will consist of five (5) players
- Teams may start with as few as four (4) players
- If a team is reduced to less than four (4) players at any time during the contest, a default will result

Eligibility**a. Sport Club Athlete**

- Current club members must play in the “A” league when available (leagues are considered to be “offered” even if “A” leagues are full)
- Two (2) club players may play on a team
- The most recent available club roster will be used to filter eligibility
- There are no restrictions on the number of previous club players per team
- Members of previous club teams (but no longer competing at the club level), are encouraged (but not required) to play in “A” leagues when offered
 - EXCEPTION – if previous club member played on a past intercollegiate team, individual MUST play in “A” league when offered (see rule on past intercollegiate athletes)
- There are no restrictions on the number of previous club players per team, as long as the previous members are no longer competing at the club or intercollegiate level
- If an intramural participant is trying out for a club team, the participant is eligible for intramural competition as long as they were not listed on the most recent club roster used by administration for eligibility checks
- Intramural Sports administration will search and filter club athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters
- When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

- Current members of the UWL Men’s and/or Women’s Basketball teams may not participate in any basketball-related intramural activity during the current academic year while on the team’s active roster (circumstances may apply to individuals on a practice or scrimmage squad). A player not on the official roster during the spring semester is permitted to play in an “A” league only. Roster verifications will be conducted with members of the UWL Athletics Department
- One (1) collegiate player from the previous academic year (including transfer students from other institutions) may participate on an intramural team and must play in the “A” league when offered (leagues are considered “offered” even if “A” leagues are full) permitted they are not on the roster during the current academic year
- An intercollegiate player from the previous academic year no longer on the roster (including transfer students from other institutions) and a current club player may not be on the same roster

c. Additional Athletes

- Please see the Intramural Sports participant handbook in regards to professional, amateur (i.e. AAU) and/or other athlete eligibility concerns
- Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters
- When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

Section 2: Playing the Contest**General Game Play**

Each contest will begin with a jump ball determining possession.

Games consist of two (2) 15-minute halves with a running clock.

Halftime will be three (3) minutes in-length.

The game clock will stop for timeouts, injuries and at any point at or within one (1) minute of the both halves (“dead ball” situations as determined by the NFHS rule book).

Made baskets will be worth two (2) or three (3) points depending on where the basket was attempted.

Free throws will be worth one (1) point each.

There are no scoring modifications for Co-Rec Basketball.

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General Game Play (continued)

The game will be called if one team is ahead by 25 points or more with two (2) minutes left in the second half. The mercy rule is applied during playoff contests. There is no differential in the mercy rule for Co-Rec Basketball.

Dunking is allowed during the contest. Dunking is prohibited during pre-game, halftime and post-game periods. Dunking during these periods will result in an automatic unsporting technical foul.

Hanging on the rim or net is not allowed at any time. A player may hang on the rim to avoid injury or landing on another player after an attempted dunk.

Intramural Sports does not recognize coaches, although teams are welcome to have someone assist a team.

All bench personnel must be signed in and on the team roster (even a “coach”). These individuals are also subject to all Intramural Sports rules, policies, and procedures.

Fans clearly identifying with a specific team must also abide by Intramural Sports conduct rules. Teams and/or captains are responsible for their fans and are subject to in-game or post-game penalties for unruly behavior from spectators.

Timeouts

Each team will be allowed two (2) full timeouts per game. These timeouts may be taken at any time throughout regulation. In the event of overtime, timeouts will not carry over.

Timeouts may be called by any team member, including those on the team bench, permitted bench personnel have checked in and are eligible per the participant handbook.

Teams will be granted one (1) full timeout in the event of overtime. Timeouts will not carry over from the second half. I

Team Possession and Held Ball Situations

The game is started with a jump ball. Following the initial jump ball, any held ball situations and the start of the second half will use the alternating possession procedure.

Substitutions

Teams may sub players as often as they desire.

All subs must report to the scorekeeper prior to entering the contest.

Subs may only enter the contest during a dead ball situation after being beckoned by the official. Illegal substitutions will result in an administrative technical foul and will result in three (3) points plus the ball for your opponent.

Fouls

Defined: Infraction of the rules other than a serious violation (usually resulting from physical contact)

General Foul Guidelines:

- Players foul out after five (5) personal fouls committed during the contest
- Bonus free throws (1-and-1) are awarded once the offending team reaches seven (7) total team fouls in a half
- Double-bonus free throws are awarded once the offending team reaches ten (10) total team fouls in a half
- Prior to the bonus free throws, any common foul will result in an inbound pass from the out-of-bounds foul spot

Most Common Fouls Include:

- Block/Charge (Player Control)
- Pushing – there is no such foul as “over the back”
- Hit – there is no such foul as “reaching in” – players can “reach in” as long as they do not create contact with the player in-possession of the ball
- Hand-Check

Other types of fouls will be called; the fouls outlined above are the most common in Intramural Sports.

Team Control Fouls

A throw-in will be awarded to the offended team after all team control fouls (no free throws will be awarded). A team control foul is any foul on an offensive player when his/her team is in control of the ball.

Clarification: free throws may still be awarded for all defensive and loose ball fouls (including rebounding fouls) when the bonus situation is in effect.

Free Throws

Marked lane spaces may be occupied by a maximum of four (4) defensive and two (2) offensive players. The first marked lane spaces must be occupied by defenders. The second marked lane spaces on either side may be occupied by the offense, and the third marked lane spaces on either side may be occupied by defenders. The fourth lane spaces on either side (below the block) shall not be occupied. The thrower and all players not in a marked lane space may not break the plane of the 3-point line until the free throw legally ends. All other players in a marked lane space may play the ball upon its release (shot).

Players occupying a marked lane spot during a free throw may not enter the semi-circle above the free throw line. Violating this rule results in the thrower being granted a new free throw attempt (permitting the previous attempt was missed by rule). If a defender comes in-contact with the thrower, a contact foul AND violation will result and the ball will be administered accordingly.

Clarification: It will be a violation for a free thrower to consume more than ten (10) seconds after the ball is placed at his/her disposal or for any player entering the free throw lane early (before the shot).

If a team calls a time-out prior to or during a free-throw situation, the clock will start once the ball is inbounded after a made free throw or once the ball touches a player in-bounds on a missed attempt.

Technical and Intentional Fouls

Technical fouls result in an automatic three (3) points plus possession for the opposing team. Technical fouls are cumulative throughout an individual season. Technical foul rules apply to postseason play as well and are tracked by administration. Technical fouls may be rescinded upon appeal and decisions rendered by administrative staff are considered final.

1st Technical foul: The player is warned and may be asked to meet with the Intramural Coordinator and Graduate Assistant based on severity.

2nd Technical foul: The player is ejected from the contest, must meet with the Intramural Coordinator and Graduate Assistant before his or her next game. He/she will serve a mandatory one-game suspension.

3rd Technical foul: The player is suspended for the remainder of the season and/or the following season based on the severity.

Intentionally slapping the backboard to alter a shot attempt or to express discontent will result in a technical foul. Slapping of the backboard deemed incidental by contest officials is permissible by rule.

Three (3) unsporting technical fouls by a team during an individual game will result in an automatic forfeit.

Administrative technical fouls (uniform violations, improper substitutions, ineligible player, etc.) will follow protocol, but are considered less severe.

Intentional fouls will be called in accordance with WIAA and NFHS rules. These fouls will result in two (2) free throws plus possession for the offended team.

Violations

Defined: A Basic infraction of the rules usually resulting in a loss of possession (turnover).

Most Common Violations Include (but are not limited to):

- Ball Out-of-Bounds
- Traveling
- 3-Second Violation (3 in the Key)
- 5-Second Violation (on an inbound pass, picked up dribble, closely guarded)
- 10-Second Violation (Backcourt Violation)
- Double-Dribble and Carrying
- Kicked Ball
- Goaltending – Players cannot slap the backboard to alter a shot attempt

Overtime

Regular Season

- If the score is tied at the end of regulation, a one-minute intermission will be followed by one (1) three-minute overtime period (the clock will run continuously except for the last minute)
- Teams will stay at the same basket as the 2nd half and will be allowed to call one (1) timeout only
- If the score remains tied after the first overtime, the game will result in a tie (ties will count as a win when it comes to playoff qualification, although ties are counted as a half-win and half-loss in standings and impact a team's potential playoff position)

Post-Season

- If the score is tied at the end of regulation a one-minute intermission will be followed by a three-minute overtime period (The clock will run continuously except for the last minute)
- Teams will stay at the same basket as the 2nd half and will be allowed to call one (1) timeout only
- If the score is tied after overtime #1, play will resume using the overtime format until a winner is declared

Section 3: Co-Rec Specifications

All Co-Rec teams must have two (2) males and two (2) females in the contest at all times.

Co-Rec advantage: Each week, “advantage” will change from a male-to-female ratio of 3:2 or 2:3

- For male advantage, a team may play with a 3:2 or 2:2 male-to-female ratio
- For female advantage, a team may play with a 3:2 or 2:2 female-to-male ratio
- Advantage works backwards from the championship round for playoffs

NOTE: During advantage play in Co-Rec leagues, contests will be played with an official ball fitting size regulations set by the NFHS for the gender favored by the advantage schedule.

<u>Week</u>	<u>Fall Advantage Schedule</u>	<u>Spring Advantage Schedule</u>
1	Male Advantage	Female Advantage
2	Female Advantage	Male Advantage
3	Male Advantage	Female Advantage
4	Female Advantage	Male Advantage
5	Male Advantage	Female Advantage
Championship	Female Advantage	Male Advantage
Semifinals	Male Advantage	Female Advantage
Quarterfinals	Female Advantage	Male Advantage

Section 4: Winning Specifications

Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

Section 5: The Playing Surface

Contests are played on courts meeting dimension requirements for AAU tournaments.

Dunking is allowed during contests, but not during pre-game, halftime or post-game activities.

It is suggested participants leave personal belongings in free temporary lockers in areas around the Recreational Eagle Center in order to keep playing areas clear and belongings safe.

Other than the specifications listed in this rulebook, official [WIAA](#), [NFHS](#) and/or [NIRSA](#) rules will be followed.