

Sonoma State University

Campus Recreation

Intramural Sports

664-4386

[www.sonoma.edu/campusrec](http://www.sonoma.edu/campusrec)

## **INTRAMURAL 5 on 5 BASKETBALL**

The official NFHS Basketball Rule Book shall govern all rules not covered by this supplement.

**FOR THE BASKETBALL TOURNAMENT 15 MINUTE HALVES WILL BE PLAYED INSTEAD OF 20.**

### **SECTION 1 - THE GAME**

1. The game shall be played by two teams of five players on each.
2. Each team must have a minimum of four players to start the game.
3. Official Roster must be completed by the **3<sup>rd</sup> regular season** game.
4. Game Card must be filled out before game time.
5. Players must have numbers on either front or back of jersey at least 4 inches tall.
6. Game time is forfeit time.
7. During a free throw players must wait for the ball to touch the rim or the backboard before leaving to try to rebound.

### **SECTION 2 - SCORING & TIMING**

1. A goal is made when a live ball enters the basket from above and remains in or passes through.
2. A goal scored shall be awarded two points, three points if taken from behind the three - point arc. A free throw score shall be awarded one point.
3. Playing time shall be two 20-minute running halves. The clock shall stop only during a charged time out; or during the last two minutes of the game on every whistle, unless there is a 15-point or greater difference between the teams.
  - a. **Each team shall be permitted to a One (1) 60-second time-out per half. Unused time outs shall not be carried over in to the overtime.**
  - b. **One (1) 30-second time out per overtime period.**
4. There shall be a two-minute intermission between halves.
5. If the score is tied at the end of the second half, play shall continue without change of baskets for one five-minute extra period. Fouls shall be administered as a continuation of the second half. The clock will stop only during the final 2 minutes.
6. Each team will provide a (1) scorekeeper for each game.

**7. If 1 team does not have a scorekeeper present the opposing team will receive 10 points to start the game. If both teams do not have a scorekeeper, both teams will forfeit the game.**

### **SECTION 3 - FOULS & PENALTIES**

1. Technical foul-a player shall not:

- a. Participate after being disqualified.
- b. Grasp either basket.
- c. Causing the opponent's backboard to vibrate while the ball is in flight during a try, touching the backboard, on the rim, or above the cylinder.
- d. If a player commits two technical fouls he/she will be ejected from the game.
- e. Three technical fouls by any one team will result in forfeit.

2. Use of unsportsmanlike tactics, such as:

- a. Disrespectfully addressing an official.
- b. Using profanity.
- c. Baiting an opponent or obstructing vision by waiving hands near his/her eyes.
- d. Knowingly attempt a free throw to which he/she is not entitled.

note: If a player is with a flagrant technical foul and in the referees judgment by continuing the game the player has potential to cause further problems, he/she will be ejected from the game.

3. Team Foul

- a. Each team is allowed six team fouls.
- b. The bonus (1 and 1) situation occurs on the seventh team foul. On the 10<sup>th</sup> team foul= 2 shots.

4. Personal Foul

- a. A player is allowed five personal fouls.
- b. A player shall not hold, push, charge, trip, nor impede the progress of an opponent by extended arm, shoulder, hip, or knee or by bending the body into other than normal position; or use any rough tactics.

Penalty: Offender is charged with one foul and if it is his/her fifth personal foul, or if it is flagrant, he/she is disqualified. The offended player is awarded free throws as outlined in Rule Section.

### **SECTION 4 - FREE THROW**

1. Personal fouls shall be charged against the offending player.

2. Personal fouls shall be taken out-of-bounds by the offended team at the nearest out-of-bounds spot except under the following conditions:

- a. Against a player in the act of shooting (1,2, or 3 throws).
- b. Technical foul (2 throws). Bench technical (2 throws).
- c. Intentional foul (2 throws).

**3. During a free throw players must wait for the ball to touch the rim or the backboard before leaving to try to rebound.**

#### **SECTION 5 - FORFEIT**

1. GAME TIME IS FORFEIT TIME!

#### **SECTION 6 - UNIFORM**

Players should bring both white and dark jerseys, or a color that will distinguish them from their opponent.

All jerseys should have a number on the front or back of the jersey. Numbers will be at least 4 inches tall.

#### **SECTION 7 - SUBBING**

All players must check in with the Referee before entering the game.

Players may only sub in during a dead ball.

#### **SECTION 8 - COED SPORTS**

1. Each team must have at least two women players on the court at all times.
2. Women making a shot outside the key will be awarded 3 points.
3. Women making a 3-point shot counts as 3 points.
4. Women fouled in the act of shooting from outside of the key:
5. 1st free-throw will be awarded 1 point.
6. 2nd free-throw will be awarded 2 points.

#### **SECTION 9 - MENS A LEAGUE**

Only 1 red shirt player or intercollegiate player may play for a single team.

#### **Section 10 - PLAYER ELIGIBILITY**

Official Roster must be completed by the **3<sup>rd</sup> regular season** game.

Team rosters will be with a supervisor for every game. It will have to be filled out by the 3<sup>rd</sup> game or the player is not eligible to play in playoffs.

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