

**TWU Fitness and Recreation**  
**Intramural Sports**  
**5-on-5 Basketball Rules**

**\*\*www.twufitnessandrec.com\*\***

**ACCIDENT INSURANCE**

The State of Texas and Texas Woman's University cannot accept liability for injuries. Participants are encouraged to provide their own accident or personal insurance.

**BEHAVIOR AND SPORTSMANSHIP**

It is every player's responsibility to:

- ✓ Know the rules and abide by them
- ✓ Respect and cooperate with the officials

It is the responsibility of the team captain:

- ✓ To insure proper behavior on the part of his/her team's fans
- ✓ To be responsible for his/her team for all the above

Friendly competition and good spirited rivalry are expected, however:

- ✓ Officials and sport supervisors are university employees and will not tolerate verbal abuse or physical threats from or amongst players, captains or spectators.
- ✓ Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension to calling DPS.

Sportsmanship Ratings will be assigned by the captains, officials, and sport supervisor following each contest:

- ✓ A team must have a "B" average to be eligible for the play-offs, regardless of their win/loss record. During playoffs, a team receiving a sportsmanship rating lower than a "B," will not be allowed to advance regardless of victory.

**GENERAL**

You must show a valid TWU, Fitness and Recreation, or Texas ID to participate:

- ✓ ID cards will be collected by officials prior to contest
- ✓ No ID, no play, no exceptions
- ✓ Any problems with a lost or misplaced ID must be taken care of prior to game time in the Assistant Director's Office (Student Recreation Center room 113) between 10a.m. - 5p.m.

**Team captains, and only team captains, may address the officials:**

- ✓ May only address matters of rule interpretation or essential game information and must do so in a courteous manner
- ✓ Any verbalization directed toward an official other than outlined above, will result in a technical foul and dismissal from the game

A player may play on one men's or women's team. A player may play on a second team, provided that team is co-ed.

**TWU Fitness and Recreation**  
**Intramural Sports**  
**5-on-5 Basketball Rules**

**\*\*www.twufitnessandrec.com\*\***

**BLOOD RULE**

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is sufficiently covered (preferably by a trained individual) or all pieces of the uniform that have blood on them are removed and replaced.

**FORFEITS**

**Game time is forfeit time:**

- ✓ One forfeit during the season automatically removes you from playoffs and possibly from the rest of the season (unless the Student Recreation Supervisor says otherwise).
- ✓ Each team is allowed only one default. Notification of a default to the Student Recreation Supervisor before noon on the day of play will result in a loss but will not result in removal from playoffs, and possibly the rest of the season.

**PLAYERS**

Roster size is limited to 12 players:

- ✓ Players must be TWU students, Fitness and Recreation members, or faculty/staff
- ✓ Teams must have a minimum of 5 players to register a team
- ✓ Rosters are final at 5p.m. **the SECOND Friday after your first game.**

**RULES**

Intramural Basketball is structured to follow the NIRSA Intramural Basketball Rules with modifications made to suit constraints of the program.

**EQUIPMENT**

Jerseys:

- ✓ All players must have numbers on shirts – marker, iron-on, screenprint is **OK**
- ✓ **NO TAPED NUMBERS** - any team attempting to participate without proper uniforms will forfeit the contest.

Basketballs:

- ✓ Fitness and Recreation will provide game balls – **NO SUBSTITUTIONS.**
- ✓ A men's ball will be used for men's games.
- ✓ A women's ball will be used for women's and co-ed games.

**GAME SET UP AND TIME**

1. All games will consist of two - twenty (20) minute halves with a continuous clock. The final two minutes of the second half will be stop time.
2. If the point margin is twenty (20) or greater at, or after, the two minute mark of the second half the game will be called.
3. If necessary, a three-minute overtime period will be played. Stop time will be utilized during the last minute of overtime.

**TWU Fitness and Recreation**  
**Intramural Sports**  
**5-on-5 Basketball Rules**

**\*\*www.twufitnessandrec.com\*\***

4. If a second overtime is needed, the first team to score a point will be declared the winner.
5. Each team is allowed two time-outs per game:
  - ✓ Teams will be awarded one time-out for overtime, but may not carry over any unused time-outs from regulation play.
6. **Game time is forfeit time:**
  - ✓ According to the Student Recreation Supervisor's watch
  - ✓ Teams must have four players with appropriate identification, appropriate attire, signed in on the score sheet, and ready to play prior to game time.

**COURT PLAY**

1. Substitutions are allowed provided the ball is dead and the courtside official has given permission to enter the court. Players arriving late to the game may be added to the score sheet without penalty after presenting their I.D. to the scorekeeper.
2. Dunking, or attempting to do so, before or during a game, will result in a technical foul on that player. **IT ALSO MAY RESULT IN A LOWER SPORTSMANSHIP GRADE AT THE DISCRETION OF THE OFFICIAL.**
3. All jump-ball situations, with the exception of the initial toss and at the beginning of any overtime periods, will follow the alternate possession format.
4. Turn Over:
  - ✓ If the team on offense does not shoot the ball or the ball does not hit the rim within 30 seconds (Co-Ed) or 35 seconds (Men's) (according to the shot clock) the ball will be turned over to the opposing team
5. The three-point rule:
  - ✓ All shots must be taken from behind the arc
  - ✓ A shot made with toes-on-the-line will not count as a score
  - ✓ Men must be behind the white arched line for the 3 point shot to count
  - ✓ Women must be behind the tan arched line for the 3 point shot to count
6. Free throws:
  - ✓ Shooting team is allowed the free throw shooter plus two more team members in the lane
  - ✓ The non-shooting team is required to have the bottom two lane spaces occupied. They are also allowed to have up to two more people in the lane area.
  - ✓ The lane spaces that are closest to the free throw shooter must remain unoccupied.
  - ✓ The non-shooters may enter the lane on the release of the ball, the shooter and all players outside the lane area may not enter until the ball hits the rim.
  - ✓ Offensive and defensive players may enter the lane when it is the last free throw in the sequence
7. Half-time and intermission:
  - ✓ 5 minutes
  - ✓ 2 minute intermission between the end of the 2<sup>nd</sup> half and overtime, as well as subsequent overtime periods.

**TWU Fitness and Recreation**  
**Intramural Sports**  
**5-on-5 Basketball Rules**

**\*\*www.twufitnessandrec.com\*\***

**FOULS**

1. The intentional foul rule:
  - ✓ Any foul that is not a legitimate attempt to directly play the ball
  - ✓ Running into the back of a player that has the ball, wrapping the arms around a player, grabbing a player around the hips
  - ✓ Any time a player holds, pushes, or grabs a player away from the ball.
  - ✓ All intentional fouls will result in two shots and the ball out of bounds for the opposing team.
2. Players are disqualified after his/her **FIFTH** foul (any combination of personal or technical)
3. Free throws:
  - ✓ Will be awarded for a player fouled in the act of shooting and the two or three-point try is successful
  - ✓ Two free throws will be awarded for a player fouled in the act of shooting whose two-point try is unsuccessful
  - ✓ Three free throws will be awarded for an unsuccessful attempt beyond the three-point-line
4. Team fouls:
  - ✓ The seventh foul per half on either team will result in a bonus free throw, and on all common fouls thereafter, will result in a one-and-one (except when the offensive team has control)
  - ✓ The tenth foul, and all common fouls thereafter, will result in a double bonus (two foul shots).
5. Technicals:
  - ✓ Any two technical fouls on one player will result in dismissal from the game for misconduct
  - ✓ Any player dismissed from a game for misconduct will not be allowed to participate in the next played contest, or in any Fitness and Recreation event thereafter, until he/she has met with Student Recreation Supervisor.
  - ✓ All technical fouls will result in two shots and the ball out of bounds at half court for the opposing team.
  - ✓ Dunking or slamming the basketball to the floor (out of joy or anger) is considered bad sportsmanship and may result in a technical foul situation.
6. Flagrant fouls:
  - ✓ Will be called for unnecessary or excessive roughness, unsportsmanlike conduct, or dangerous intentional fouls
  - ✓ Will result in dismissal
7. **Any participant dismissed for misconduct must leave the facility immediately.** Failure to comply will result in a team forfeiture of the game and a call to DPS will be made.

**TWU Fitness and Recreation**  
**Intramural Sports**  
**5-on-5 Basketball Rules**

**\*\*[www.twufitnessandrec.com](http://www.twufitnessandrec.com)\*\***

**CO-ED RULES**

- A. Co-ed teams may have no more than two men on the floor at the same time.
- B. Points per basket will stay the same as in regular play.
- C. Male players are not allowed to block a female player's shot. Violators will be assessed a technical foul.
- D. A female ball will be used for co-ed games.