

5 on 5 Basketball Rules

Any rule and situation not specifically covered are subject to the current **National Federation of High School Associations' Basketball Rules Book** and the judgement and discretion of the intramural sports staff.

All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.

Changes for the 2023-2024 Basketball Season:

Game Length

- ✓ The game will consist of four (4) ten-minute (10:00) quarters with a two-minute (2:00) halftime.
- ✓ With the exception of timeouts, the clock will run continuously for the entire first (1st) three (3) quarters and the first (1st) eight minutes (8:00) in the fourth (4th) quarter.
- ✓ During the last two minutes (2:00) of the fourth (4th) quarter, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies and procedures (fouls, violations, and timeouts).
- ✓ Since overtime is not played prior to the playoffs, regular season games **MAY** end in a tie.
- ✓ During the playoffs, each overtime period shall be three minutes (3:00) in length. For the duration of the overtime periods, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies.

Fouls

- ✓ Every five (5) team fouls per quarter will be considered a double bonus and the opposing team will shoot two (2) free throws.
 - There will not be any 1 and 1 free throws.
 - Team fouls reset each quarter.

Rule 1: Player Eligibility & Registration

Player Eligibility

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University with a current, active membership to the fitness center may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with a member of the IM staff.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league**. Once he or she checks-in for one (1) team, that player **CANNOT** transfer to another team in that league for the duration of the season.
- ✓ **For postseason eligibility, a player must have participated in at least one (1) regular season game.**
- ✓ Current varsity athletes cannot participate in their sport or related sport. Former varsity athletes cannot participate in their sport or related sport for one calendar year (365 days) after their official affiliation with a college or university team has ended.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

Registration

- ✓ Teams should register by the deadline by registering on FusionIM (recreation.tntech.edu).

Rule 2: League Format & Team Composition

League Format

- ✓ Each league will be broken into divisions. Teams in each division will play three regular season games, and playoff eligibility will be determined by the number of division teams as well as your division standing. Division standings will be determined by (1) Number of wins, (2) sportsmanship, (3) Head to head (4) Point Differential, and (5) Coin toss.

Leagues (Subject to Change Due to Number of Registered Teams)

- Men's - Elite, Recreational, Casual (**Casual leagues will NOT have a playoff and dunking is NOT allowed in this league**)
 - **A player is only allowed to play for one (1) single gendered league per season.**
- Women's
 - **A player is only allowed to play for one (1) single gendered league per season.**
- Co-Ed
 - **A player may play in one (1) single gendered league & one (1) co-ed league.**

Team Composition

- ✓ Each team will have five (5) players on the court at one (1) time, and a minimum of four (4) players are required to start the game.
- ✓ Each team shall designate a captain to serve as the point of contact between the team and IM staff.

Rule 3: Defaults, Forfeits, Grace Periods, & Protests

Defaults

- ✓ A default is a game not played without penalty (e.g. dropped from the league).
- ✓ To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00 PM on the day of the contest.**
- ✓ Sportsmanship Rating will be as followed:
 - Winning Team = 8
 - Defaulting Team = 5
- ✓ To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person. **Phone calls are not accepted.**

Forfeits

- ✓ A forfeit is defined as one (1) of the following:
 - Failing to field a team for an intramural contest without contacting the Intramural Sports Office.
 - The final score shall be 15-0.
 - Receiving three (3) or more conduct warnings before, during, and after an Intramural contest.
 - If the forfeiting team is ahead, the final score shall be 15-0 in favor of the opposing team.
 - If the non-forfeiting team has the higher score, the game shall end with the existing score.
 - Defaulting two (2) games during pool play.
- ✓ If a team forfeits its first (1st) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.
- ✓ **Forfeits automatically withdraws you from Post-Season play.**
- ✓ Sportsmanship Rating will be as followed:
 - Winning Team = 8
 - Forfeiting Team = 2
- ✓ A second (2nd) forfeiture may result in removal from the league.

Grace Period

- ✓ If at least **one (1)** team member is **checked-in** at game time, the team will be granted a **five-minute (5:00)** grace period.
- ✓ Once a team reaches the minimum number of players to start the game, the team **MUST** start when directed by IM staff.
- ✓ A team may not wait for additional players once the minimum number of players have arrived.
- ✓ If the team has **NOT** reached the minimum number of players required to play at the end of the grace period, a forfeit **WILL** be declared.

Protests

- ✓ Intramural Sports Graduate Assistants and Professional Staff will consider protests.
- ✓ During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.
- ✓ Protests regarding the judgement of the game officials will **NOT** be recognized.
- ✓ When protesting player eligibility:
 - *Regular season:* The eligibility of any player **MAY** be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
 - *Postseason Tournament:* Player eligibility **MUST** be protested before the start of the contest.**Protests made after the start or end of the game will NOT be recognized**

Rule 4: Playing Area & Equipment

Playing Area

- ✓ All games **WILL** be played at the Marc L. Burnett Student Recreation and Fitness Center.

Team Benches

- ✓ Campus Recreation & Fitness Center, teams shall occupy the table side of the court. Spectators may be seated anywhere around the court besides the baselines but **CAN NOT** block fire exits or the entrance to the court.
- ✓ The Campus Recreation & Fitness Center staff and the TN Tech Intramural Staff has the right to block off portions of the seating area and/or the right to designate specific seating areas.

Game Ball

- ✓ The Intramural Sports Office will provide a basketball for each contest.
- ✓ The captains of both teams must agree to use an alternative game ball.
- ✓ Intramural sports staff reserve the right to declare any ball legal or illegal for play and request that a team use a ball deemed legal.

Team Jerseys

- ✓ Teams are **REQUIRED** to wear color-matching jerseys with visible legal numbers on the back or front
- ✓ Opposing teams **MUST** wear distinguishing colors.
- ✓ **While strongly recommended**, teams are not required to furnish their own jerseys.
- ✓ If teams cannot furnish their own legal jerseys, the Intramural Sports Office will provide game jerseys.

Clothing & Equipment

- ✓ All attire and equipment are subject to the approval of Intramural Sports staff. Any clothing or equipment that is deemed unsafe or illegal **MUST** be removed prior to competition.
- ✓ IM staff reserves the right to ask participants to remove or conceal clothing that, in the opinion of IM staff, displays offensive or demeaning language or imagery.

- ✓ **Proper athletic attire is required.** Non-athletic clothing including but not limited to jeans, dress pants, dresses, khakis, and blouses is **PROHIBITED.**
- ✓ Footwear
 - Players are **REQUIRED** to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes).
 - Footwear including but not limited to boots, cleats, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**
- ✓ Jewelry
 - Religious or medical jewelry is **PERMITTED** and **MUST** be taped down against the body.
 - All watches and necklaces **MUST** be removed prior to the contest.
- ✓ Headwear
 - Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
 - Headwear including but not limited to baseball caps, bandanas with knots, hard plastic hair devices, bobby pins, and safety pins is strictly **PROHIBITED.**
- ✓ Pads/Braces
 - Leg & knee braces covered with soft, pliable material and free of any sharp edges are allowed.
 - **Casts are prohibited.**
 - Any device made of hard and unyielding materials may not be worn above the waist.
- ✓ Blood
 - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game. The bleeding **MUST** be stopped, the open wound **MUST** be covered, and/or the bloody uniform **MUST** be changed before the player can return to the game.

Rule 5: Timing

Game Length

- ✓ The game will consist of four (4) ten-minute (10:00) quarters with a two-minute (2:00) halftime.
- ✓ With the exception of timeouts, the clock will run continuously for the entire first (1st) three (3) quarters and the first (1st) eight minutes (8:00) in the fourth (4th) quarter.
- ✓ During the last two minutes (2:00) of the fourth (4th) quarter, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies and procedures (fouls, violations, and timeouts).
- ✓ Since overtime is not played prior to the playoffs, regular season games **MAY** end in a tie.
- ✓ During the playoffs, each overtime period shall be three minutes (3:00) in length. For the duration of the overtime periods, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies.

Timeouts

- ✓ Each team will receive three (3) sixty-second (0:60) time-outs for the regulation game.
- ✓ Teams will receive one (1) sixty-second (0:60) time-out per overtime. Timeouts will **NOT** carry over from regulation and from preceding overtime periods.
- ✓ To prevent miscommunication, players currently on the court **MUST** request a time-out. Time-out requests from the bench will **NOT** be recognized.
- ✓ Game stoppages due to blood, injury, and unexpected events are official timeouts and will not be charged to either team.

Mercy Rule

Point Differential	Time Remaining	Result
Fifty (50) or more points	Twenty minutes (20:00) or less in 2 nd half	End of game
Thirty (30) or more points	Ten minutes (10:00) or less after the 3 rd quarter.	End of game
Twenty (20) or more points	At Any Time	No backcourt pressure
Twenty (20) or more points	Two minutes (2:00) or less in 4 th quarter	End of Game

Rule 6: Playing Rules

Jump Ball

- ✓ Regulation and each overtime period will begin with a jump ball in the center restraining circle.

Possession Arrow

- ✓ The possession arrow will be determined by the jump ball to begin regulation and each overtime period.
- ✓ The possession arrow will determine the result of held balls. The team entitled to a throw-in to begin the second (2nd) half, and the team entitled to a throw-in after instances when team and player control does not exist or cannot be determined.

Violations

- ✓ Violations shall be enforced in accordance with NFHS basketball rules and TN Tech Intramural policies.

Fouls

- ✓ Fouls shall be enforced in accordance with NFHS basketball rules and TN Tech Intramural policies.
- ✓ Players that are charged with five (5) personal fouls and/or two (2) non-administrative technical fouls are disqualified for the duration of the contest.
- ✓ Players ejected due to flagrant and technical fouls **MUST** exit the facility within **ONE-MINUTE (1:00)**. Failure to comply may result in forfeiture by that player's team.
- ✓ Ejected players are suspended from future participation in **ALL** intramural sports **UNTIL** they contact the Intramural Sports Office to set up a meeting and meet with a professional staff member.
- Intentional foul
 - The offended team will be awarded two (2) points and a throw-in nearest to the spot of the foul.
 - **If a goal was successful during the foul, the offended team will be awarded four (4) points and a throw-in nearest the spot of the foul.**
- Flagrant Foul
 - The offended team will be awarded two (2) points and a throw-in nearest to the spot of the foul.
 - **If a goal was successful during the foul, the offended team will be awarded four (4) points and a throw-in nearest the spot of the foul.**
 - The offender is ejected and is subject to further disciplinary action.
 - **Fighting and physically contacting an official are examples of flagrant fouls.**
- Technical foul
 - Technical fouls may be assessed because of contact or non-contact fouls that occur during a live ball or dead ball situation.
 - The offended team will be automatically awarded two (2) points and a throw-in at midcourt.
 - Player Technical Fouls:
 - **Any player or coach that is assessed two (2) technical fouls during a single contest shall be ejected and must leave the playing area and facility.**

- Common examples:
 - Disrespectfully addressing an official, opponents, and spectators
 - Loud and excessive profanity directed at or not directed at another person
 - A player grasps the rim excessively unless trying to prevent injury.
 - Intentionally slapping or striking the backboard to disrupt a shot attempt
 - Intentionally contacting an opponent when the ball is dead
 - Entering the court during a fight (Flagrant Foul)
- Team Technical Fouls:
 - Any team that is assessed three (3) non-administrative technical during a single contest will **IMMEDIATELY** forfeit the game.
 - Common examples:
 - Disrespectfully addressing an official, teammates, opponents, and spectators
 - Inciting undesirable crowd reactions
 - Disruptive and inappropriate spectator behavior (Teams are responsible for the actions of their spectators).
 - Team members and/or spectators entering the court during a fight
 - Flagrant Foul
- Administrative Technical Fouls:
 - Administrative technical fouls **DO NOT COUNT** towards the team's technical foul limit.
 - Common examples
 - Wearing improper attire
 - Requesting an excess time-out
 - Have more than five (5) players participating at one time
 - Failure to supply the scorekeeper with the correct names and numbers of all players
 - Two (2) players with identical numbers
 - Illegal equipment

Ejections

- ✓ When two (2) members of a team is ejected, that team shall forfeit the contest.
- ✓ Ejected players must leave the Fitness Center and/or Intramural Fields immediately and cannot return to play **ANY** sport until he/she has been cleared for participation by a professional staff member of the Intramural Sports Office.

Co-Ed Modifications

- ✓ All regular basketball rules apply unless stated below.
- ✓ Numbers of players on the court will be 5v5.
- ✓ Each week, a gender advantage will rotate.
 - One week will be Female Advantage week. This means there will be 3 Females & 2 Males on a court for each team. We will also be using a 28.5" Women's Ball.
 - The next week will be Male advantage week. This means there will be 3 Males & 2 Females on a court for each team. We will also be using a 29.5" Men's Ball.
- ✓ Blocking of Shots
 - No opposite gender blocking allowed. Males cannot block female's shots and females cannot block male's shots at any point.
 - You cannot alter the shot of the opposite gender.

- If a shot is blocked or altered, it will be treated as Goal Tending and they will receive the points as if the shot went in.

✓ Scoring

- All scores will be worth same as regular basketball regardless of gender.
 - All shots inside the arc will be worth two (2) points.
 - All shots outside the arc will be worth three (3) points.
 - All free throw shots will be worth one (1) point.

