



Basketball Rules

Basketball is a contact sport and injuries are a possibility. The Department of Campus Recreation and Intramural Sports assumes no responsibility for injuries; however, basic first aid will be available.

GENERAL RULES

MEN and WOMEN

RULE ONE: COURT AND EQUIPMENT

Game Equipment

1. Game balls will be provided by the Intramural Sports Department. Balls may be checked out from Reynolds Gym Rm. 204 for warm-ups. You may want to bring your own practice ball as well.
2. Teams must wear legal, numbered jerseys with numbers 0-99. Teams may not have both 0 and 00. If teams do not have legal jerseys, jerseys can be checked out on a per game basis from Reynolds Gym Rm. 204.
3. Athletic shoes must be worn on the court at all times. Boat shoes, dress shoes, boots, and other non-athletic footwear are prohibited.
4. No dangerous apparel or equipment is allowed (casts, knee braces with exposed metal or hard leather, hats or jewelry). Players who must wear metal braces on their knees are required to cover them with at least a ½ inch of closed cell, slow recovery rubber or other material of the same minimum thickness and having similar physical properties.
5. No inappropriate attire may be worn. Inappropriate attire includes, but is not limited to, excessively short shorts, excessively tight clothing, and clothing with inappropriate images or text. The officials have sole discretion to determine whether or not attire is appropriate. Team members who fail to wear appropriate attire will not be allowed to participate unless the attire is remedied.

RULE TWO: OFFICIALS AND THEIR DUTIES

1. Officials' judgment calls are final and cannot be protested.
2. The official shall have the power to make decisions on any points not specifically covered in the rules.
3. The officials are student employees of the university. Any verbal or physical abuse will bring about indefinite suspensions and may result in further disciplinary actions.

RULE THREE: PLAYERS AND ELIGIBILITY

- A. Responsibilities of the team captains
 1. Make sure all of your players and the opposing team's players are eligible.
 2. Maintain control of the behavior and sportsmanship of your players.
 3. Maintain control of the behavior and sportsmanship of your crowd and fans.
 4. Only the captain may address an official on matters of rule interpretations and game information.
- B. Eligibility
 1. Students, faculty, and staff, who have a valid Wake Forest identification card, are eligible to participate in the Intramural Sports program.
 2. A person may play for one Men's OR Women's team AND one Corec team only. Captains are responsible for their team's eligibility. Any protest that is upheld will result in a forfeiture of the game in question.
- C. Players
 1. Each team consists of five players- one of whom is the captain. A team must have four players in order to start a game. If players foul out or are ejected from a game, a team that is left with

only 3 participating players shall forfeit unless the supervisor on duty believes the team has an opportunity to win the game.

2. Prior to participating in a game, each player must enter his or her first and last name and sign the official roster sheet / waiver. The team captain must also verify that all of the players are listed on the official roster and signed in on the score sheet.

D. Substitutes

1. Substitutes are required to check in at the scorers table and will only be allowed to enter the game during a dead ball situation.

RULE FIVE: SCORING AND TIMING REGULATIONS

A. Scoring

1. Three points are awarded for a successful shot from the field by a player who is located behind the 19-foot 9-inch line on the court. All other goals from the field count 2 points.

B. Forfeit of a game

1. A team must have four (4) players on the court at the time the game begins, or the game will be declared a forfeit.

C. Game Time

1. The game will consist of two 20-minute halves with a continuously running clock. The clock will only stop on every whistle in the last minute of the second half.
2. Halftimes last a maximum of two minutes.

D. Mercy Rule

1. If a team leads a game by 30 or more points at any point in the 2nd half, the game shall be over.

E. Timeouts

1. Each team is entitled to 2 timeouts per half.
2. Timeouts do not carry over from the first half to the second half.
3. The length of each timeout is 30 seconds.
4. A player's request for a timeout must be given verbally.
5. An injured player may not be substituted for until the next dead ball situation.
6. If the official determines that a player is unconscious or apparently unconscious, he will not be allowed to participate in the remainder of the game, and the player may not return to play in future games without written authorization from a physician.
7. If a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, he or she must leave the game, and may not return until a game official permits him or her to do so.

F. Overtime

1. There will be no overtime period during the regular season.
2. Playoff Overtime will consist of successive 2 minute periods until the game has been decided.
3. The clock will stop on the whistle during the last minute of each overtime period.

RULE SIX: LIVE BALL, DEAD BALL, AND HELD BALL SITUATIONS

A. Live Ball

The ball becomes live when:

1. On a jump ball, the tossed ball leaves the official's hand;
2. On a throw-in, the ball is placed at the disposal of the in-bounder.
3. On a free throw, the ball is placed at the disposal of the shooter.

B. Dead Ball

The ball becomes dead, or remains dead, when:

1. A goal is made
2. A held ball occurs, or the ball lodges on the basket support
3. A player control foul occurs
4. An official's whistle is blown
5. Time expires for a half, except when a try or tap is in flight, at which point the ball becomes dead when the try or tap ends.

6. A foul (other than player control) occurs
7. A free throw violation by the throwing team occurs
8. A violation occurs

NOTE: The ball does not become dead due to the sounding of the horn, only the officials' whistles.

C. Held Ball

1. The team that does not obtain control of the initial jump ball shall start the alternating process when the next held ball situation occurs. That team will be awarded the ball at a designated spot nearest to where the held ball occurred. The opposing team will be awarded possession during the next held ball in the exact same manner, and this alternating procedure will continue throughout the game's entirety.
2. In overtime, an initial jump ball will be administered to start the period and after that, the alternating possession process will resume in the manner mentioned previously.
3. An alternating possession throw-in shall be awarded when:
 - a. The ball is simultaneously possessed by players on opposing teams.
 - b. A live ball lodges on a basket support
 - c. A double personal foul, double flagrant personal foul, double intentional personal foul or simultaneous personal foul occur when neither team has possession of the basketball.
 - d. A double free-throw violation occurs.
 - e. An inadvertent whistle occurs and there is no team control.
 - f. When the ball travels out of bounds after being touched simultaneously by players of both teams

RULE SEVEN: OUT-OF-BOUNDS

A. Out-of Bounds

1. A player that is out-of bounds when he/she touches the floor or any object other than a player on or outside a boundary.
2. The ball is out-of bounds when:
 - a. The ball touches a player who is out-of bounds.
 - b. The ball makes contact with any other person, the floor, or any object on or outside the court boundaries.
 - c. The ball touches the supports or back of the backboard;
 - d. The ball touches the ceiling, overhead equipment or supports.
 - e. The ball passes over the top of the backboard.

B. Throw-in

1. The thrower must release the ball on a pass directly into the court within five (5) seconds of the ball being made available for the throw-in.
2. After a field goal or free throw, the inbounds passer may run the end line unless a violation or foul occurs during or after the shot.
3. A member of the opposing team cannot extend any part of his/her person over the out of bounds line until the ball has been released on the throw-in. The first infraction of this type results in a warning. For a second violation, a technical foul is called.
4. There is no team control during a throw-in.

RULE EIGHT: FREE THROWS

A. A player shall not violate the following free throw provisions.

1. The shot shall be attempted from within the free throw circle and behind the free throw line.
2. Players on the defending team must occupy the first lane spot above the block. They may also claim the third such lane spot if they choose.
3. Players on the shooting team have the right to occupy the second spot above the block.
4. Any lane spots left unoccupied by.
5. The lane space below the block may not be occupied by either team.

B. After the ball is placed at the disposal of the player shooting a free throw:

1. The shooter shall have ten (10) seconds to release the ball.
2. No player shall enter or leave the lane space once the ball is at the disposal of the shooter.

3. A player occupying a marked lane space may not break the plane of the free throw lane until the ball is released. Exception: Any player not occupying a lane position, including the shooter, may not enter the lane prior to the ball touching the rim.
4. Players occupying the first space above the block cannot stand on the block.

RULE NINE: GAME PLAY VIOLATIONS AND PENALTIES:

Violations of the following rules will result in the non-violating team receiving a spot throw-in at the out-of-bounds spot closest to where the violation occurred.

- A. On a throw-in, the thrower must abide by the following guidelines.
 1. The thrower may not leave the designated throw-in spot determined by the referee. The designated spot is three feet wide, and as deep as the court will allow.
 2. The passer must throw the ball inbounds within a period of five (5) seconds.
- B. A player shall not travel with the ball.
- C. A player shall not dribble, stop his dribble, and then resume dribbling the basketball.
- D. A player shall not remain for three (3) seconds in his/her restricted area (lane) when the ball is in team control of his/her team in the frontcourt.
- E. A team shall not be in team control of the ball in the backcourt for 10 seconds.
- F. A player shall not, after establishing the ball in the front court, be the last to touch the ball in the front court and the first to touch the ball in the backcourt, while maintaining team control.
- G. While closely guarded, a player shall not:
 1. Be anywhere in the frontcourt while holding or dribbling the ball for five (5) seconds.
 2. In the frontcourt, control the ball for five (5) seconds in an area enclosed by screening teammates.
- H. Make contact with the basketball when it is inside the cylindrical boundaries of the rim.

RULE TEN: FOULS AND OTHER PENALTIES

Technical Foul – For technical fouls, 2 Free Throws will be given to the opposing team and that team will also be granted possession of the ball following the free throws. They will inbound the ball from the far sideline at mid-court. The following violations will result in a technical foul:

- A. A team shall not :
 1. Be granted an excessive timeout.
 2. Have more than five (5) players participate simultaneously while the ball is live.
 3. Have an incorrect number of males and females participate in a Corec game.
- B. A player shall not:
 1. Slap the backboard, except when attempting to block a shot.
 2. Receive a second warning for delay of game.
 3. Prevent the ball from promptly being made live.
 4. Wear illegal equipment (defined in Rule 1, Section 4).
 5. Commit a dead ball unsporting foul.
 6. Enter the court without being beckon by an official, except between halves.
 7. Grasp the rim, except to prevent falling on another player.
- C. A technical foul charged to a player counts toward that player's five (5) foul limit.
- D. A flagrant technical foul shall be assessed for any of the fouls in section B, if the official deems the foul particularly violent, dangerous, or offensive. Fighting is a flagrant technical foul, as well as any comments or actions which, in the judgment of the official, provoked the fight. A flagrant technical foul carries the penalty of a regular technical foul, as well as ejection of the offending player.

Personal Foul- A personal foul is any type of foul involving physical contact during game play.

- A. A player shall not: hold, push, trip; nor impede the progress of an opponent by extending an arm, shoulder, hip, or knee or by bending the body into other than a normal position; nor use any rough tactics.
- B. A player obtains legal guarding position when the guard has both feet on the floor and is facing the opponent. After initial legal guarding position is obtained:
 1. The guard may have one or both feet on the playing surface or be airborne, provided he/she has inbound status
 2. The guard is not required to continue facing the opponent.

3. The guard may move laterally or obliquely to maintain position, provided it is not toward the opponent when contact occurs.
 4. The guard may raise hands or jump within his/her own vertical plane.
 5. The guard may turn or duck to absorb the shock of imminent contact.
- C. A player shall be awarded two (2) free throws if fouled in the act of shooting an unsuccessful shot inside the three-point line. The player shall be given three (3) free throws if fouled in the act of shooting an unsuccessful three-point attempt. An airborne shooter is considered in the act of shooting until one foot returns to the floor.
 - D. If a foul is committed by a player in player control of the foul while he or she is attempting a try or tap, the basket will not be counted, even if the try or tap is converted.
 - E. When a player- or team-control foul is committed, the defense receives possession of the ball but no free throws will be awarded.
 - F. An intentional personal foul shall be assessed for fouls during which excessive contact is made or for which the official determines that the offending party was not playing the ball or making a basketball play. An intentional personal foul results in two (2) free throws for the offended team, and possession of the ball for a throw-in at the out-of-bounds spot nearest to where the foul occurred.
 - G. A flagrant personal foul shall be assessed for fouls which are, in the judgment of the official, exceedingly dangerous or violent in nature. A flagrant personal foul carries the penalty of an intentional personal foul, with the addition of the ejection of the offending party.

RULE ELEVEN: COREC RULES

- A. Scoring (CoRec)
 1. Female 3 point basket – 4 pts,
 2. Female basket – 3 pts,
 3. Male 3 point basket – 3 pts,
 4. Male basket – 2 pts,
 5. Free Throws (both male and female) – 1 pt
- B. Fouling a Female in the act of shooting results in:
One (1) free throw if the try is successful and three (3) free throws if the try is unsuccessful. If the try is taken from behind the "three point" arc, four (4) free throws will be awarded if the try is unsuccessful and one (1) if the try is successful.
- C. CoRec Teams consist of 5 players:
 1. A coin flip will take place at the beginning of each game. The winning captain will choose to play with 3 men or 3 women in the first half. The opposite will determine the ratio for the second half.
 2. A team must have four players to start a game: 2 men and 2 women. If a team plays with 4 players at any point during the game, the ratio of men to women must be equal.
 3. Throughout the game, both teams must always abide by the legal gender ratios.
- D. *The men on the court may attempt a shot while any part of their body is in the lane.*
- E. *Men may steal the ball from a woman while the ball is held.*

NOTE: Any rule not discussed on this rules sheet will be covered by the National Federation of State High School Association's Basketball Rulebook.

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