



MIDDLE TENNESSEE STATE UNIVERSITY

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Campus Recreation

Intramural Sports

5 on 5 BASKETBALL RULES HANDOUT

ELIGIBILITY RULES

1. You must have a MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Intramural Coordinator.

THE GAME:

1. **The Court:** Games will be played on basketball courts 84ft in length and 50ft in width.
 2. **Teams:** Teams will consist of 5 players, but a team may begin a game with 4 players. A maximum of 10 players allowed on the roster.
 3. **Game:** Games will consist of two 20 minute halves. There will be a continuously running clock during the 1st half. During the last 2 minutes of the second half, the clock will only stop (on the whistle) if the game is within 15 points. Half time will be 2 minutes in length.
 4. **Time-Outs:** Teams will be given 3 time-outs per game.
 5. **Warm-Up:** Teams may warm up only if time allows and until 1 minute prior to tip-off time.
 6. **Substitutions:** Substitutions may be made during any dead ball situation. Subs must report to the scores table **and be waived in by an official before entering the game.**
 7. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry MAY NOT be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.
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THE GAME:

Attire Requirements:

- All teams **must** furnish their own color matching shirts/jerseys. Each team member **must** have a shirt with a number on the back. If teams wish to purchase their own jerseys they must meet these requirements or Intramural Sports jerseys may be checked out. (**No taped numbers allowed**)

- Individual player equipment must meet the following requirements or he/she will be removed from the game until adjustments are made:
 - A. **Headgear:** Players may not wear baseball style caps, other rigid headwear, knit caps and stocking caps. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair. Also hair beads are prohibited.

 - B. **Pads or Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.

 - C. **Shoes:** All players must wear shoes. Tennis/running shoes are permitted.

 - D. **Jewelry:** NOT allowed to be worn by any participant during an intramural event. Exception: medical alert bracelets are permitted if taped down.

If the game is stopped due to improper attire a technical foul will be assessed.

PLAYING REGULATIONS:

- Only those members listed on a team's official roster may be allowed to sit on the bench. Teams are limited to 1 coach and the coach **must** be listed on the roster. **Players must clear the bench after shaking hands with the other team. Failure to do so will result in payment of a forfeit fee.**

- **Team Captain:** The team captain is the spokesperson for the team and is the only team member who may speak to officials. Teams are responsible for spectator control. After one warning, teams may be charged with a technical foul, and spectator(s) may be asked to leave the facility.

- **Mercy Rule:** If one team has a 50 point or more advantage with 15 minutes left in the 2nd half, 30 point or more advantage with 10 minutes remaining in the game, or 20 point or more advantage at 5 minutes or less remaining in the game, the referees will officially end the game.

PLAYING REGULATIONS:

- **Technical Fouls:** If a team is assessed a technical foul by the game officials, the opposing team will be given two points and the ball at mid-court. Two technical fouls on an individual will result in ejection from that game. A PERSON MAY BE EJECTED WITH ONE UNSPORTSMANLIKE CALL. Three technical fouls charged to a team will result in forfeiture of the game and the game will be recorded as 1 loss for the team.
 - **Player Ejection:** If a person is ejected by an Intramural Official/Supervisor for unsportsmanlike conduct, the person will be asked to leave the facility and be required to meet with the Intramural Sports Coordinator and Associate Director of Intramurals, Sport Clubs, and Wellness before being reinstated to play. If the player refuses to leave the gym, the game will be stopped and possibly forfeited. It is the captain's responsibility for the behavior of players and spectators before, during and after the game.
 - **Possession Arrow:** The alternate possession rule will be used after the initial jump ball at the start of the game. The start of extra periods will start with a jump.
 - **Intentional Foul:** During an intentional foul, the offended team will be awarded 2 points and they will retain the ball.
 - **Removal of Injured Player:** If coach or other bench personal is beckoned on floor, the injured players must be removed. No time out charged.
 - **Line Infraction:** Boundary line infraction with no contact (illegally reaching through boundary line) will result in one warning, after the first warning a technical foul will be charged.
 - **Throw In:** Untouched throw-in that lodges on basket or basket supports is a violation and turnover.
 - **Basket for pre-game warm-up:** The warm-up basket is the one furthest from team's bench. This will be the team's offensive end during the first half of play.
 - **Free Throws:** Players below the free throw line may leave on release of the free throw shooter. From free throw line extended players are only allowed to release on the basketball hoop.
 - **One & One:** Starting with the seventh (7) team foul each half, one-plus-one (1&1) free throws will be awarded for all common foul.
 - **Double Bonus:** On the tenth (10) foul committed by a team, their opponent will shoot two shots for the remainder of that half. Double bonus will not carry over from the 1st half to the 2nd half, but will carry over from the 2nd half and throughout any overtime periods.
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PLAYING REGULATIONS:

- **Arm Swinging:** Excessive swinging of arms and/or elbows without contact is a violation, however if there is extreme contact then it may be a player ejection.
- **Delay of Free Throw:** A technical foul shall be called following a team warning for huddles or contact with the free thrower which delays the free throw.
- **Playoff Overtimes:** It begins with a jump ball and will last 2 minutes long; the clock will stop during the last minute only. Any subsequent overtimes will be one minute, running clock. Time outs do not carry over; teams will be given one additional timeout per overtime.

SUMMARY OF FOULS AND RESPECTIVE PENALTIES:

Fouls with no Free Throws Awarded:

- A double foul, player control foul, or a team foul will not include the awarding of free throws. A double foul (two opponents committing personal fouls simultaneously): Both fouls will be entered in the book and the team with the possession arrow gets the ball.
- A player control foul (a personal committed by a player while he controls the ball): the foul will be entered in the book and the opposing team is awarded the ball out of bounds.
- A double foul, one or both are flagrant: One player or both players who committed the flagrant foul will be ejected from the game. If there is a double foul, foul shots are taken in order of occurrence.
- Exception: Shooting double foul-fouls are shot in sequence by occurrence. After the last foul shot, the team that previously had the ball will regain possession.
- Technical fouls will result in two points being awarded to the non-offending team. No shots will be attempted and the non-offending team will gain possession of the ball, at mid-court. Two technical fouls charged to a player will result in the player's ejection and 3 charged team technical fouls could result in the game being forfeited.

SUMMARY OF FOULS AND RESPECTIVE PENALTIES:

Fouls that necessitate free throws:

- On the seventh (7th) foul during a half, one-plus-one free throws will be awarded.
- Three (3) free throws will be awarded when a player is fouled while attempting a shot beyond the three point arch. However, if the shot was made only one (1) free throw will be awarded.
- If in the referee's judgment a foul is intentional, two (2) points will be awarded (even if the attempted shot is made). In addition, the shooting team will retain possession after the free throws.
- A Flagrant foul (a foul of such violent unsportsmanlike nature that the guilty player, team manager, or coach requires ejection from the game) will result in the awarding of two/three free throws and automatic ejection of the guilty person from the game and/or the gym. Notify the supervisor.

Technical Foul:

- A technical foul will be called for delaying a game in any manner, using unethical methods to gain an advantage and minor unsportsmanlike tactics. Technical fouls are charged to the player.
- **A technical foul will be assessed to a team if a person(s) are not on the roster but sitting on the bench. The bench area is for players and coaches only. The resulting technical will be charged to the team and not an individual.**
- If any of these technical infractions are a violent, persistent, or aggressive nature, a flagrant technical foul situation will be used instead of the technical foul. Two technical fouls by a player, manager, or coach will be an automatic flagrant foul, resulting in automatic ejection from the game. The non-offending team will be awarded the ball at mid-court.
- If player is ejected that player has exactly 1 (one) minute to leave the gym. If not, that team will forfeit the game.
- On all technical fouls two points will be awarded to the non-offending team and the ball will also be awarded to them at mid-court. If two (2) technical fouls are called on a player in a game, the player will be ejected and required to meet with the Intramural Sports Coordinator. If three (3) technical fouls are called on a team in a game, the game will be forfeited.



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SUMMARY OF FOULS AND RESPECTIVE PENALTIES:

Situations that will result in an automatic technical foul are:

- Calling a time-out when you have zero (0) remaining.
- Having more than 5 members (includes players, team manager, and coaches) on the court simultaneously for any reason at any time.
- Commenting in any manner to an official, exception being a team captain during a time-out.
- Any profanity, vulgarity, or any type of unsportsmanlike gesture by a player, team manager, or coach.
- Entering the court without reporting to the scorer and without being beckoned by an official.
- Shouting “And 1” after a shot may result in a technical foul

OVERTIME:

- There will be no overtime during regular season games. If a game ends in a tie, both teams involved in the game will be contacted by the Intramural Sports Coordinator regarding possible scenario's.
- Each overtime period will be 2 minutes in length. The clock will stop during the last minute only.
- Each team will be given 1 time-out per overtime period (Unused time-outs will not carry over).

THE CO-REC GAME

- The game is played between two teams of 5 players each. Teams must begin and end the game with no less than 4 players. There may be three (3) women and two (2) men or two (2) women and three (3) men. The gender difference can be no more than one (1) at all times (Minus 2 rule does not apply in 5on5).
- Scoring will be kept as follows: *Three* points will be awarded when a female makes a shot *inside* the three-point arc and *four* points will be awarded when a female makes a shot *outside* the three-point arc. Baskets made by males will be awarded points in accordance with NFHS rules.
- All free throws, regardless of gender, are worth one (1) point. Each player will receive the number of free throws which the shot attempted was worth. For example, a female will receive three (3) free throws for a shot attempted inside the arc.
- Teams may choose to play with a regulation-sized men's ball or a regulation sized women's ball (28.5). Both teams must agree. If both teams cannot agree, a regulation-sized men's ball will be the default.
- Males are not allowed to block a female's shot. If this does happen then this will be considered goal tending and the points will be awarded at the discretion of the official.