



GUELPH GRYPHONS

INTRAMURALS

5 on 5 Basketball Rules

REFEREES

At least one referee will be provided for all matches. Officials are responsible for checking eligibility, attendance, controlling the game and keeping score. If an official fails to show, the teams will be responsible for scoring and calling their own games. Officials must be treated with respect. Each match is controlled by an official who has full authority to enforce the rules of the game in connection with the match to which he/she has been appointed to. The decisions of the officials concerning the play are final there will be NO NEGOTIATIONS made between teams.

EQUIPMENT/ATTIRE

It is the responsibility of all intramural participants to ascertain whether their own health conditions make it advisable to participate in a particular sport. The University of Guelph does not assume ANY RESPONSIBILITY. NO JEWELRY IS PERMITTED FOR ANY INTRAMURAL SPORT. Appropriate gym shoes and apparel must be worn at all times. BOTH teams should take-out pinnies from Client Services for the game (but at least the visiting team).

TEAM REQUIREMENTS

5 players constitute a team. No team shall start a game with less than 4 players. In co-ed leagues there must be an equal number of males and females (2 females and 2 males to play) on the court at all times with the fifth player being of either gender.

DEFAULTS/FORFEITS

A 10 minute default rule will apply. If the minimum numbers of players are not there by the 10 minute mark then the game will officially be a default and the official score will be 20-0. *No Added Time Will Be Given If A Game Is Started Late*

THE GAME

Court

5-on-5 basketball is played on a regulation size basketball court, during playoffs and half of the regulation size basketball court during regular season. Games are always played with regulation height nets.

Format

Games will consist of two 18 minute straight-time halves – Referees keep track of the score. Only a two minute half-time shall be permitted. Anything further shall count towards the second half time.

Jump Ball

The beginning of every game shall begin with a jump ball at the centre circle. One player from each team shall line up with at least one foot in the centre jump circle which is further from his/her own basket. When the official is ready all non-jumpers shall not 1) move into the circle or: 2) change position around the circle. Teammates may not occupy adjacent positions around the restraining circle if an opponent wishes to occupy such a space.

The toss shall be between the jumpers at a right angle to the sidelines at a height greater than the players can jump such that it will drop between the opposing players. Neither jumper shall; tap the tossed ball until it has reached its highest point; leave the jumping circle until the ball has been tapped; catch the jump ball or; touch the ball more than twice. These jump ball restrictions end when the tapped ball touches one of the eight non-jumpers, the floor, a basket, or a backboard.

Throw-in at the division line at the start of the second half shall be according to the possession arrow.

Live Ball & Dead Ball

The ball is live when

The jump ball leaves the officials hand; on throw-ins when the ball is left at the disposal of the thrower or; when a free throw is left at the disposal of the shooter.

The ball becomes dead when

A basket is made; on an unsuccessful free throw followed by another free throw or a throw-in;
a held ball occurs;
a foul or a player control foul occurs;
free throw violation; the ball or play is ruled out of bounds or;
the official blows his/her whistle.

Out of Bounds

A player is out of bounds when he/she touches the floor or any object other than a player, on or outside the boundary lines.

The ball is out of bounds when it touches

A player who is out of bounds;
any other person, floor or object on or outside the boundaries;
the supports of the backboard or; the ceiling, overhead equipment or supports.

The player who last touched the ball before it passed out of bounds to a player who is beyond the boundaries touching the ball is said to have caused the ball to be out of bounds and a throw-in is awarded to the opposing team.

If the ball goes out of the bounds after simultaneously touching 2 players of opposing teams possession of the throw is determined by the possession arrow.

The ball is also awarded out of bounds after

a free throw for a technical foul or a flagrant foul or intentional personal foul;
a field goal or successful free throw;
a player control foul;
a common foul before bonus is in effect of;
there is a held ball.

Throw-ins

Throw-ins awarded for a technical foul are awarded at the centre court line on either side of the court.

Throw-ins awarded for a flagrant or intentional foul are awarded at the point nearest to where the foul occurred.

After a goal or a successful free throw, the throw is taken at any point along the end boundary line.

With a held ball the possession of the team throwing the ball inbounds is determined by the possession arrow and is taken at the point nearest to where the held ball occurred.

The throw-in starts when the ball is left at the disposal of a player or team entitled to the throw-in. The thrower must remain at the throw-in spot and release the ball directly into the court before passing out of bounds otherwise the opposing team will be awarded a throw-in.

The Possession Arrow

The team obtaining control of the jump ball starts the alternating possession procedure at the beginning of the game. The arrow is initially set for the opponent.

This arrow determines who shall take possession of the throw-in when:

a held ball occurs;
the ball goes out of bounds after being simultaneously touched by opposing players;
a double free throw violation occurs;
a live ball lodges in the basket support;
the ball becomes dead when neither team is in control;
opponents commit simultaneous personal, technical or intentional fouls.

The alternating possession arrow is also used to determine which team gains possession at the start of the second half, which is taken out at centre court line.

Free throws

When a free throw is awarded the official will take the ball to the free throw line of the offending team and place that ball at the disposal of the thrower. The thrower is allowed 10 seconds or else they will be charged with a violation.

When lane spaces are occupied during the free throw the end line shall be occupied by an opponent of the thrower, a teammate of the thrower is then entitled to the next space. The spaces are then alternated between teams. No more than 1 player may occupy a lane space and only marked lane spaces may be occupied. No more than five (5) players may occupy the lane spaces during a free throw.

Free throw regulations

The shot must be taken from behind the free throw within the semi-circle.

The free thrower shall not fake a try and the ball must make contact with the rim.

No player shall enter or leave a marked lane space.

Players may not enter the “key” until the ball is released, the shooter may not enter the “key” until the ball touches the rim.

Penalties for free throw violations

If the violation is by the free thrower or a teammate the ball becomes dead when the violation occurs and no point can be scored by that throw. In the case of violation on the first shot of two the second is denied.

If the violation is by the free throwers opponents, if the try is unsuccessful a substitute shot is taken.

If both teams are in violation the throw is disregarded and possession is determined by the possession arrow. For repetitive offenses by an individual or team, a technical foul is warranted.

Violations and Penalties

A player shall not:

Cause the ball to travel out of bounds.

Run (travel) with the ball, kick it (intentionally or unintentionally), strike it with a fist or cause it to pass through the basket from below.

Dribble the ball a second time after his/her first dribble has ended unless he/she has lost control because of a try for a field goal, batted by an opponent, or pass of fumble that has been touched by another player. (double-dribble)

Remain for 3 seconds in the key while his/her team maintains possession of the ball after crossing half court. (3-seconds in the key)

Maintain control of the ball in his/her back court for 10 seconds. – ONLY IN FULL COURT PLAY

Be the first to touch the ball in the back court when his/her team has maintained possession in the front court before it went into the back court. (over and back) – ONLY IN FULL COURT PLAY

Excessively swing his/her arms or elbows (even without contact with an opponent)

While closely guarded in the front court hold or dribble the ball for more than 5 seconds.

Commit basket interference or “goaltend” (touch the ball or any part of the basket/ backboard when the ball is on or within either basket, or touches the ball when it is above the cylinder). For the above violation on an opponent’s basket, 1 point is awarded on a free throw, 3 points for a 3 point try or 2 points in any other cases. If the violation occurs in one’s own basket, no points can be scored and the opposing team has the ball awarded out of bounds. When simultaneous violations occur, no points are scored and subsequent possession is determined by the possession arrow.

Fouls and Penalties

When a technical foul occurs, two free throws and possession of the ball at the center court line are awarded to the opposing team. When foul shots are being taken, ensure all players excepting the shooter are on the opposite side of the court.

A player receiving a second technical foul (considered flagrant) and the player is ejected from the game and must attend the Protests & Appeal Meeting and an incident report must be filled.

Technical fouls are given for the following offenses

Having more than 5 players on the court.

A time-out is requested by a team that has none left to use (the time out is granted but a technical foul is assessed).

Committing an unsportsmanlike conduct foul including, but not limited to: profanity, disrespecting referees, disrespecting opponents and teammates, throwing a dead ball, etc.

Grasping the basket (unless a player is fouled to prevent injury).

Strike or slap the backboard to gain an advantage.

Delay of game tactics (interference after a basket, repeated violations of a throw-in, etc.).

A player is charged with a personal foul for any of the following offenses

Holding, pushing, charging, tripping, impeding an opponent's progress by extending an arm, shoulder, hip, knee or by bending the body in anything other than a normal position to the referee's discretion.

A player may not make contact with another player unless contact is only with the opponents hand in attempt to play the ball.

Contact against a stationary opponent that is caused by the momentum of an offensive player is a form of charging.

A dribbler shall not charge into contact with an opponent in his or her path or attempt to dribble between two opponents or an opponent and a boundary unless there is reasonable space for the dribbler to pass through. A dribbler may not be crowded from his/her path by an opponent, but a player may establish a defensive position in his/her path (it is then the dribblers responsibility to avoid contact).

A screener shall not: when behind an opponent take a position directly behind and or closer than a normal step for him/her; when assuming his/her position make contact with an opponent; take a position so close to a moving opponent that the opponent cannot avoid making contact stopping or changing direction (the distance is determined by the speed the player is moving, it may vary between 1 and 2 strides); move at all when assuming a legal screening position.

A player receiving his/her 5th personal foul is disqualified from further play in the game.

Free throws will be awarded as follows for the above offenses

One free throw for a player who was fouled in the act of shooting whose try was successful.

Three free throws for a player who was fouled in the act of shooting an “unsuccessful” 3-point shot.

Two free throws for a player who was fouled in the act of shooting, any other “unsuccessful” shot.

Two free throws and the ball out of bounds at the nearest spot for each of an intentional or flagrant foul. A player committing a second flagrant foul is disqualified.

Bonus free throw (one and one, the player shoots the first shot which is live, if the try is successful the player receives a bonus 2nd shot) for each common foul (except player control) beginning with a team’s 6th foul during a half, provided the first try is successful and 2-shot bonus on the team’s 10th foul.

No free throws are awarded for a common foul before the bonus situation is in effect, a player control foul, or double personal fouls. In the event of multiple fouls all fouls are assessed in the order in which they occurred. Taking all free throws in the order in which they occurred.

Additional Notes

The baseline may be traveled for a throw-in after a basket is scored or after a successful final free-throw.

One full timeout per half (60 seconds) is permitted for each team. No timeouts are permitted in the last 3 minutes of both halves.

Playoffs

All competitive teams are guaranteed at least one playoff match after the regular season. Playoff games are played in the same format as regular season games. To be eligible for playoffs a player must have showed up for at least 2 games.