Basketball Rules

The following is a summary of rules and regulations for Intramural Basketball. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the National Federation High School Rule Book. Some alterations may have been made specifically for WWU Campus Recreation. A complete list of our policies and procedures can be found in the Intramural Sport Participant Handbook. Questions can be directed to the Intramural Sports Office during normal business hours at intramurals@wwu.edu.

Facility

All Intramural Basketball games are played in one of the Carver Gym courts. Your game schedule on IMLeagues will indicate which court you will be playing on. Should you need assistance locating your court, please ask the on-duty Intramural Sports Supervisor in the blue polo. The address for Carver is: 516 High St, Bellingham, WA 98225

Teams

Men’s and Women’s
Teams consist of 5 players with a minimum of 3 required to start a game. A team can have a maximum of 10 players on their roster.

CoRec
Teams consist of 5 players, 3 female identifying and 2 male identifying or 3 male identifying and 2 female identifying. A minimum of 3 players is needed to start a game. If playing with 4 players, the ratio must be 2 to 2. If playing with 3 players, the ratio must be 1 to 2. A team can have a maximum of 10 players on their roster.

Open
Teams consist of 5 players with a minimum of 3 required to start the game. A team can have a maximum of 10 players on their roster. There are no gender requirements for open games, all are welcome to participate together!

Updated: 9/09/2021
**Equipment**

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Intramural Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Hats of any kind
- Exposed metal
- Hard plastic braces or casts
- non-athletic, closed toed shoes
- Jeans or other non-athletic apparel
- Anything Intramural Staff deems dangerous

**Gameplay**

A jump ball will start the game and any overtime period. Alternating possessions will then be followed.

**TIME:**

- Games consist of two, 20-minute halves with a 3-minute halftime.
- The game clock will run continuously except during the last 2 minutes of the second half. It will then stop for all whistles: exception – the clock will remain running if a team is ahead by 20 points or more.
- Each team is allowed three, 1-minute time-outs per game.
- Tie games:
  - During the regular season, games are permitted to end in a tie. There will be no overtime procedures.
  - During playoffs there will be a 3-minute overtime period with one time-out allowed per team. The game clock will run continuously except during the last minute when it will stop for all whistles. A one minute intermission will be allowed between the regulation game and the overtime period. Games tied at the end of the second overtime period will be determined by another 1 minute continuous running clock OT.

**SCORING:**

- All regular game play baskets are worth 2 points no matter the gender.
- All free throws are worth 1 point.
- Mercy Rule: If one team is up by 30 points at half-time or any time in the second half the game will be ended and that team will be declared the winner.

**FOULS:**

- A player is disqualified on their 5th personal foul or on any flagrant foul/red card.
- The one-and-one will be in effect on the 7th team foul of each half. Two foul shots will be in effect after the 10th team foul of each half. Team fouls carry from the 2nd half into any overtime period.
- A player is disqualified on their 2nd technical foul/yellow card.
- Intentional Fouls – 2 shots and possession.
- Flagrant Fouls – 2 shots and possession, offender disqualified from the contest.
- Technical Fouls/Yellow Cards – 2 Points, possession to team fouled.

**SUBSTITUTIONS:**

- All substitutions must report to the scorekeeper before the official allows entrance into the game. Failure to do so will result in a technical foul.

Updated: 9/09/2021
CO-REC SPECIAL REGULATIONS:

- There is no restriction on who must handle the ball or where a player can be on the court.
- There is no difference in points in gendered scoring
- Please refer to the “Teams” section of this rule book to determine the ratio of male to female players is allowed on the court.

Injury and Blood Rule

Campus Recreation does not provide accident insurance coverage for injuries received by Intramural Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. Campus Rec Intramural Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

*Intramural sports staff has the right to withhold a player from play*

Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after an Intramural Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with their team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Intramural Sports staff present will assign each team a Sportsmanship rating based on a grading scale of “1-5”.

5 pts- Above and Beyond Conduct and Sportsmanship: Players work to create a fun, inclusive, and welcoming space for everyone on the field/court. They keep a positive attitude and ensure their pace is clean after their game. These teams embody what Intramural Sports strives to be through good sportsmanship and friendly competition.

4 pts- Good Conduct and Sportsmanship: Players cooperate fully with the officials and Intramural Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Intramural Sports staff.
*Teams who default will receive a 4-sportsmanship rating

3 pts- Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissention. Team members show minor disrespect to someone involved in the contest.

2 pts- Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

1 pts- Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team’s actions.

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**0 pts- Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no control over teammates and/or themselves.
*Teams who no show*
*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during an intramural sports game will be removed from the game. Please see the ejection process outlined in the Intramural Sport Participant Handbook to review the process of returning to play.