

GRAND VALLEY STATE UNIVERSITY
RECREATION

Intramural Sports
Basketball Rules

PLAYERS & EQUIPMENT:

1. A team shall consist of five players. Four players are required to start a game. In CO-REC, a team must have a minimum of two women and two men to start the game. Gender compositions for each team must be either: 2 men and 3 women OR 3 men and 2 women.
2. Acceptable gym attire and basketball type shoes must be worn. Compression sleeves and tights are optional, legal equipment. Sandals, hard-soled or black-soled shoes may not be worn. Guards, casts, and braces must be worn for medical reasons and must meet other specifications provided by the NFHS. Any item, in the officials' judgment, that constitutes a safety concern is not permitted.
3. A game ball will be provided. Women's league will use the women's sized basketball. Men's league will use the men's sized basketball. Co-Rec leagues can choose to use either ball. Warm up balls are not provided.
4. Prior to each game, team captains will check out a bag of game jerseys from the intramural staff. Immediately following each game, team captains will return the bag of jerseys. Team captains will be charged \$25 for each jersey not returned. Please note that a player MUST wear a T-shirt under the jersey. NO TANK TOPS. Teams may use their own jerseys if the jerseys are numbered and the same color.
5. Hats and all headwear with knots and/or containing "hard" or metal material are illegal.
6. No jewelry. All jewelry must be removed before the start of the game, or could result in a technical foul. EXCEPTIONS: medical or religious reasons and MUST be taped or covered. Tape for covering jewelry is not provided.
7. Substitutes who desire to enter the game, shall report to the scorer and wait to be beckoned on the court by an official. Do not enter until beckoned in by the official.

THE GAME:

1. A game shall consist of two 20 minute halves. The first 18 minutes of each half will be a running clock, except for timeouts. The last 2 minutes of each half will use a stopped clock.
2. A jump ball shall be used to start each game and each overtime period. Held ball situations and to start the second half shall result in teams alternating possession with a throw in.

MERCY RULE: At anytime during the last 2 minutes of the second half, when one team has a lead of 20 points or more, a running clock will be established. The clock will revert to regular time schemes should the deficit be reduced to less than 20 points.

TIME OUTS:

1. Teams get two time outs per half.
2. One time out for each overtime period.

OVERTIME:

1. Overtime period(s) will be 2 minutes stopped clock.
2. Teams will play towards their second half goal.
3. The under 2 minutes double bonus will be in effect

FOULS AND PENALTIES:

Common Fouls: On the 7th, 8th and 9th team foul, the opponent will shoot a 1 and 1 bonus. On the 10th team foul, the opponent will shoot a two shot bonus.

Player/Team Control Fouls: There will be no free throws awarded on player or team control fouls.

Intentional Fouls: Two points will be awarded and the ball at the spot nearest the infraction to the offended team for a throw in.

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Technical Fouls: Two points will be awarded and the ball at mid court to the opponent.

Flagrant Fouls: A player who commits a flagrant foul will be disqualified from the game. Two points will be awarded and the ball awarded to the offended team at mid-court.

Dunking: Players are allowed to dunk during any live ball (while the clock is running)! An unsportsmanlike technical foul will result for participants that dunk while the clock is not running (this includes before, after, and at halftime of the game).

Disqualification: A player will be disqualified on their 5th foul (personal and technical fouls apply)

SCORING: In CO-REC, women's points will be awarded as follows: (All free throws shall be awarded as 1 point AND FREE THROW ATTEMPTS SHALL CORRESPOND TO THE AMOUNT OF POINTS THAT WOULD BE AWARDED FOR THE SHOOTING SITUATION)

Goal = 3points

3 Point Shot = 4 points