

Grand Valley State University
Campus Recreation
Intramural Sports
5-on-5 Basketball Rules

NFHS rules apply to all games, except any of the following adaptations.

ELIGIBILITY: All currently enrolled Grand Valley State University students (undergraduate and graduate) and faculty/staff are eligible to participate in the intramural sports program. Current students are defined as taking one credit hour at the time of registration. GVSU men's and women's basketball players and professional and/or semi-professional players are ineligible for one year following the last day of their participation with the varsity or professional team.

STUDENT ID'S: ALL participants must present a GVSU identification card to participate in an intramural event. Please consult intramural rules and regulations at www.gvsu.edu/rec for more information.

TEAM ROSTERS: It is each team captain's responsibility to ensure that all team members are listed on the team's IMLeagues roster. Each team's roster will be frozen following their last regular season game. During playoffs, a participant and their correct G-number MUST be listed on that team's IMLeagues roster to be eligible to participate. Individuals not listed on the roster may not participate in playoffs.

PLAY ON ONE TEAM/ILLEGAL PLAYERS: A participant may play on only one single gender team and only one co-rec team. Women may not play on men's teams and men may not participate on women's teams. Any participant playing on two teams within the same gender classification will automatically be disqualified from participating on the second team they played on, and are subject to further discipline. In addition, any games in which the participant played illegally will result in a forfeit. Players are also considered illegal if they violate eligibility procedures.

BLOOD RULE: If a player is found to be bleeding, they must immediately leave the game until the bleeding stops. Substitutions may occur at this time and the official may take a timeout. Blood soiled clothing must be removed before the player can re-enter the game.

CONCUSSIONS: 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.

RULE INTERPRETATIONS: The officials and supervisor on duty will address questions and/or protests of rule interpretations on the court; a ruling will then be determined. The resulting decision is final. A rule interpretation must be protested before the next live ball. No protests on judgement calls will be heard.

SCHEDULE CONFLICTS: The division time a team signed up for is the time they will play. If a team cannot make a game, please reference the default section below. No playoff games will be rescheduled due to participant/team conflict.

FORFEITS AND DEFAULTS: A forfeit will be declared if at least 4 players are not present and ready to play within the 5-minute grace period from the scheduled game time. A team that forfeits a game must pay a non-refundable \$30 forfeit fee to be eligible for the playoffs. If a team forfeits once and does not want to play in the playoffs, they do not have to pay the fee and can finish out the regular season. A team that forfeits twice will not be eligible for the playoffs, but can finish out the regular season.

A default is recorded if the team captain provides written notice to the intramural sports office before 3pm on the business day prior to the game to avoid further penalty. If a team knows they will not have enough players to play, please default out of respect of the other team's time. Consult the intramural sportsmanship policy at www.gvsu.edu/rec to view ratings that apply to forfeits and defaults.

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. 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.
6. 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: team fouls will not be kept. All non-shooting fouls will result in a throw in during the first 16 minutes of each half. Under two minutes of each half, all fouls, except player control or team fouls, will result in two shots.

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.

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

SPORTSMANSHIP:

1. The intent of GVSU Intramural Sports is to provide a sportsmanlike, safe, and fun environment.
2. The sportsmanship rating system is designed to rate team and not individual conduct, yet hold the team accountable for an individual's actions.
3. Being a good sport is a team captains, players and spectators responsibility. They will be held accountable for acts including abusive language, threatening remarks or abusive behavior before, during and after any intramural contest and throughout the intramural season.
4. Team captains are expected to be the team leader and exhibit full control over their team, thus setting an example by communicating and educating their team to be good sports. Further, the captain may address an official in a respectful manner concerning a rule interpretation, not questions of officials' judgment.
5. A player ejected during the game results in a one game suspension (if severe, additional restrictions may be imposed). If necessary, the captain and ejected player must meet with the Assistant Director of Intramurals before being eligible to participate again.
6. Team Sportsmanship Ratings apply to behavior before, during and after a contest. Teams are expected to receive a rating higher than a three (3) to be eligible for playoffs. Those teams that receive a rating of two (2) will be suspended for their next game. Any team receiving a season ending rating (1) will be dropped from the sport and may be subjected to additional disciplinary action.