

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.
 - a. In Co-Rec, a team must have a minimum of two women and two men to start the game.
 - b. Gender compositions must be one of the following
 - i. 2 men and 3 women
 - ii. 3 men and 2 women.
 - c. There are no other co-rec modifications, including points awarded based on gender.
2. Equipment
 - a. Acceptable gym attire and basketball type shoes must be worn.
 - b. Compression sleeves and tights are optional, legal equipment.
 - c. Sandals, hard-soled or black-soled shoes may not be worn.
 - d. Guards, casts, and braces must be worn for medical reasons and must meet all specifications decided by the intramural sports staff.
 - e. Any item, in the officials' judgment, that constitutes a safety concern is not permitted.
 - f. A game ball will be provided.
 - i. Women's league will use the women's sized basketball.
 - ii. Men's league will use the men's sized basketball.
 - iii. Co-Rec leagues can choose to use either ball.
 - g. Matching colored jerseys with numbers are required. There will be some provided for each time before the game. Jerseys must be returned after the game. Teams will be \$25 for each jersey that is not returned.
 - i. A shirt must be worn under the jerseys provided by intramural sports staff.
 - h. Hats and all headwear with knots and/or containing "hard" or metal material are illegal.
 - i. 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.
 - j. 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. Timing
 - a. A game shall consist of two 20 minute running clock halves.
 - i. For the first 18 minutes of each half, it is only stopped for timeouts. It will start again when the ball is next legally touched in bounds.
 - b. During the last 2 minutes of each half, the clock will revert to regular timing rules.
 - c. Halftime will be three minutes.
2. Starting the game and AP arrow
 - a. A jump ball shall be used to start each game and each overtime period. The alternating possession arrow will be used to start the second half and for held balls.

MERCY RULE:

1. At any time 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 timing rules should the deficit be reduced to less than 20 points.

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TIME OUTS:

1. Teams get two timeouts per half. Timeouts do not carry over into the second half or overtime.
2. One time out for overtime.

OVERTIME: PLAYOFFS ONLY

1. Overtime period(s) will be 2 minutes stopped clock.
2. Teams will play towards their second half goal.
3. Team fouls carry over from the second half.

FOULS AND PENALTIES:

1. **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.
2. **Player/Team Control Fouls:** There will be no free throws awarded on player or team control fouls.
3. **Intentional Fouls:** Two points will be awarded and the ball at the spot nearest the infraction to the offended team for a throw in.
4. **Technical Fouls:** Two points will be awarded and the ball at mid court to the opponent.
5. **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.
6. **Dunking:** Players are allowed to dunk during any live ball, but may not hang on the rim, except for if in the judgement of the official it was necessary to avoid contact with another player. An unsportsmanlike technical foul will result for participants that dunk when prohibited.
7. **Disqualification:** A player will be disqualified on their 5th foul (personal and technical fouls apply)

Rules not listed are governed by the NFHS Basketball Rules book.