

## 5v5 Basketball Rules

### Intramural Sport Policies and Procedures

This sport specific document refers to rules specific to the sport of Basketball and does not include our general policies. All players and captains are expected to read through the general [Intramural Sport Handbook](#) for an overview of all of our policies and procedures. Please review the Rowan's law concussion awareness resources e-booklet found [here](#).

### Eligibility and Players

1. All players must meet general eligibility guidelines as outlined in the [Intramural Sport Handbook](#)
2. All players must have their validated student card, Lakehead University identification or alternate piece of photo identification at EACH game.
3. Additions to the roster form will be allowed up until 4 weeks from the start of the season. Please check the website for exact dates for each semester.
4. Each student team is allowed two Lakehead University varsity red shirts and/or Lakehead University club and/or community competitive program athletes on a team.
5. Teams will consist of five (5) players on the court at any time. At least two (2) males and two (2) females must be on the court at all times. No more than three (3) players of a single gender identity are permitted on the court at any given time.
  - a. A game can begin with a minimum of four (4) players to avoid a forfeit. At least one (1) male player and one (1) female player must be in attendance.

### Rules of the Game

All regular basketball rules apply based on the FIBA rule book, with the exception of any modifications listed below.

#### *Game Start*

1. The game will start with a tip-off at center court.
2. A ten (10) minute grace period will be given for teams to assemble four (4) players. A team will forfeit if they don't have at least four (4) players within ten minutes.

#### *Timing*

1. The game will consist of a 5 minute warm up, two (2) twenty (20) minute halves
2. One time-out will be permitted per half. Time-outs will be 45 seconds in length

#### *Substitutions*

1. Stops in a game will be made and players are to be reminded that the referee must signal that player to come into the game.

#### *General Rules*

1. A referee's decision is final.
2. Game balls will be provided by the league.
3. No dunking - players will be ejected and given a technical penalty
4. All players are required to wear a numbered jersey during gameplay
  - a. Numbered pinnies will be supplied but players are also welcome to bring their own numbered attire should it also follow Campus Recreation attire guidelines as found in our full handbook.

- i. Jerseys only require the number on back.
- b. Each player should have a number that is individual to themselves (Ex. There should not be more than two players wearing #2 pinnies at the same time.)
- c. A player's number does not need to be constant week to week (i.e., a player could be #4 for one game, and #7 the next game).
- d. Individuals players will be required to give their jersey number to the supervisor at check-in
  - i. Failure to do so will result in removal from gameplay until this has been done.
  - ii. Refusal to wear a numbered jersey will result in removal from gameplay and possible suspension
  - iii. Players are not permitted to share or switch numbers after being checked into the game.
- e. Numbers should be clearly visible to referees and supervisors
  - i. Covering of numbers will result in possible penalties or removal from gameplay.

### *Fouls*

1. Co-Rec Basketball referees will award free throws for players when they are fouled on a shot. This procedure is as follows:
  - a. Should the player be fouled on a 2pt or 3pt shot attempt, and the attempt is successful, the player will shoot one free throw, worth one point.
    - i. The individual who was fouled must shoot the free throws unless they have been removed from the game due to injury.
  - b. Should the player be fouled on a 2pt shot attempt, and the attempt is unsuccessful, the player will shoot one free throw, worth two points.
    - i. The individual who was fouled must shoot the free throws unless they have been removed from the game due to injury.
  - c. Should a player be fouled on a 3pt shot attempt, and the attempt is unsuccessful, the player will shoot one free throw, worth three points.
    - i. The individual who was fouled must shoot the free throws unless they have been removed from the game due to injury.
2. There is a two (2) shot bonus after the 8th foul
  - a. The individual who was fouled must shoot the free throws unless they have been removed from the game due to injury.
  - b. The individual will shoot the first shot. They will only be permitted to shoot the second free throw should they make the first one.
  - c. Free throw baskets count as 1 point.
3. Technical Fouls will result in a free throw made by the team in which the foul was committed against, regardless of the team foul count. After the free throw, the team that was in possession of the ball at the time of the technical foul will in-bound the ball at the closest end line.
4. Five (5) fouls committed by one player will result in ejection from the game
5. If a team cannot assemble a full team after a player has fouled out, that team will forfeit the game, but will still be allowed to continue playing out the game if wanted.
6. Acts of violence may occur during the game, contrary to the spirit of sportsmanship and fair play. These should be stopped immediately by the officials and handed out proper penalties.
7. Any players who are guilty of flagrant acts of aggression against opponents or officials will be removed from the game, and can face suspensions as appropriate in the Intramural Suspension Guidelines at the discretion of Campus Rec administrative staff.

### *Jump Ball*

1. A jump ball will be used to start the game.
2. A possession arrow will be used to determine jump balls throughout game play.

### *Scoring*

1. Regular season games can result in a tie.
2. High school lines will be used to determine 2 vs. 3 point shots

### **Sportsmanship**

The Intramural Fair Play Code is in effect at all sanctioned Intramural Events. Participants are expected to review the Fair Play Code and Suspension Guidelines in the [Intramural Sport Handbook](#) prior to participation.

### **Forfeits and Defaults**

Please see the [Intramural Sport Handbook](#) for the full Forfeit/Default Policy.

The Default Deadline for Basketball is: Tuesday's at 12:00 pm.

### **Playoffs**

Please see the Intramural Sport Handbook for general policies on playoffs. Standings will be based on Win-Loss-Tie Records, Forfeit-Records, and Default-Records. Teams that do not meet the minimum required average of 3.0 for sportsmanship will also be disqualified from playoffs. Please note that participants must participate in at least two (2) regular season games in order to participate in any playoff games. Attendance will be monitored by league convenors and officials.

Should a tie occur during regulation time in the playoffs, the game will proceed to five-minute overtime, repeated as necessary.