

Basketball Rules

(Men's, Women's, and Co-Rec)

Note: Rule changes for 2010-11 will be shaded grey.

Rules and procedures not covered in this manual shall be enforced using NFHS basketball rules.

RULE 1. ELIGIBILITY GUIDELINES

Section 1. Eligibility

1. All participants must be current full-time students or Kiewit Fitness Center members.
2. All participants must bring and show their current Creighton picture ID card to participate.
3. Participants may only play on **ONE** single-sex team (M or W) and **ONE** co-rec (C) team.
4. Refer to the Intramural Sports Manual for further eligibility guidelines.

Section 2. Assumption of Risk

1. All participants must agree to the following:
 - a. *I acknowledge that participation in the activity may involve the risk of bodily injury, property damage, or any other danger. I freely assume all risk of loss, property damage, or personal injury, including death, that may be sustained by me as a result of participating in the activity, whether caused by the negligence of Creighton University, its agents and employees, or otherwise. I hereby release, waive, and discharge Creighton University, its Board of Directors, and its agents and employees from all liability to me, my personal representatives assigns, heirs, and next of kin, for all loss or damage and any claims or demands thereof, including attorney's fees, on account of injury to myself or my property. I agree to indemnify, defend, and hold harmless Creighton University and any of its directors, employees, and agents from any and all claims and cost arising directly or indirectly as a result of my participation in the activity.*

Section 3. Captain's Meeting

1. A team representative must attend the preseason captain's meeting. It does not need to be the captain. Unrepresented teams will not be included in the playoffs **and/or are subject to a fine.**

RULE 2. GENERAL GUIDELINES

Section 1. Teams

1. Teams shall consist of five (5) players. There is no limit as to the number of eligible substitutes.
2. Teams must have at least four (4) eligible players present to start a game and avoid a forfeit.
 - a. **Co-Rec:** Teams must have at least two (2) men and two (2) women to avoid a forfeit.
 - b. **Co-Rec:** Teams may play with the following combinations: (3M/2W, 3W/2M, 2M/2W)
 - c. Teams may continue a game in progress with less than 4 players (but no fewer than 2).
 - d. The Intramural Supervisor shall rule on all forfeit situations.
3. Players may only be added to the team roster during the regular season. Following the conclusion of the regular season, new players may only be added to teams with the permission of the Intramural Director.

Section 2. Participants

1. All participants are subject to the rules of the game and Intramural Sports guidelines. Participants include, but are not limited to: players, non-players, substitutes, coaches, spectators, fans, and trainers.



Section 3. Supervision

1. The game shall be played under the supervision of the Intramural Sports Supervisor(s), 2-3 officials, and 1-2 scorekeepers. The Supervisor has the authority to rule on any situation not specifically covered by the rules.

Section 4. Spectators / Team Box

1. **For the safety of the players, staff, and users of the KFC, spectators are not allowed down in the vicinity of the courts. All spectators must watch the games from the top floor walkway area overlooking the courts.**
2. **Teams are only allowed to have players on the roster and one (1) coach in the team box.**

Section 5. Substitutes

1. All substitutes must remain in the team box behind the yellow substitution line on the baseline.
2. Substitutes may only enter the game when the ball is dead and when the official recognizes and beckons the substitute onto the court.
3. A player who is bleeding or has blood on their person must substitute immediately.
4. If play is stopped for an injury, that player must be substituted for immediately.

Section 6. Equipment

1. Campus Recreation will provide the game ball. Teams may use a different ball, provided both team captains and the game officials agree.
2. Men's teams shall play with a men's sized ball. Women's and Co-Rec teams shall play with an intermediate sized ball (28.5").
 - a. Teams may not use the IM game balls to warm up. Teams should bring their own balls, or check out balls at the KFC equipment desk to warm up with.
3. Players may not wear jewelry of any kind. (Exception: Medical alert bracelets)
4. Players may not wear any equipment deemed to be dangerous or made of unyielding material.
5. Uniform requirements:
 - a. Teams must wear jerseys or t-shirts of one primary color. Black may not be the primary color.
 - b. Jerseys must have permanent numbers (0-99) on the front and/or back. **Players are not allowed to tape numbers on the jersey.**
 - c. Jerseys and shirts must remain tucked in at all times, unless short enough to have at least 4 inches from the bottom of the shirt to the top of the shorts/pants.
 - d. Shorts/Pants must be athletic (no jeans, khakis, etc.).
 - e. Shoes: Only athletic shoes with rubber or pliable synthetic soles shall be worn. No sandals, boots or marking black soled shoes will be allowed.
 - f. Bandanas may be worn, provided it is not tied in a knot.

RULE 3. PREGAME, TIMING AND SCORING

Section 1. Captain's Meeting

1. Prior to the start of the game, there shall be a pre-game captain's meeting. The referee will review the ground rules with the captain's.

Section 2. Timing

1. Game time is forfeit time.
2. The game shall consist of two (2) twenty-minute (20) halves. A game becomes "official" at halftime.

3. First Half:
 - a. During the 1st half, the clock will run continuously except during time-outs (team, player injury, or official).
4. Halftime shall last five (5) minutes.
5. Second Half:
 - a. During the 2nd half, the clock will run continuously during the first eighteen (18) minutes. The clock will be stopped on all whistles during the last two minutes of regulation.
6. Each team is allowed **two timeouts per game. Timeouts shall not exceed 60 seconds.**
7. Overtime:
 - a. There is no overtime during the regular season. The game shall be recorded as a tie.
 - b. Playoffs / Tournament Events:
 - i. A one (1) minute rest period will precede each overtime period.
 - ii. Overtime periods shall last two (2) minutes.
 - iii. All team, player, and technical fouls carry over to overtime.
 - iv. **Unused timeouts from the second half may be used in overtime, but teams do not receive any additional timeouts during overtime.**
 - v. As many overtime periods as necessary shall be played until a winner is declared.

Section 3. Scoring

1. Men's and women's games shall use standard scoring.
2. Co-Rec:
 - a. Free Throws: Male = 1 point Female = 1 point
 - b. Field Goals: Male = 2 points Female = 3 points
 - c. 3PT Goals: Male = 3 points Female = 4 points
 - d. Females will shoot 3 free throws for regular shooting fouls and 4 free throws for a 3-point shooting foul. If they score the basket while being fouled, they will shoot 1 additional free throw.

Section 4. Mercy Rule

1. The game ends if a team is winning by 20 points or more at, or less than two minutes left in the second half.
2. The game ends if a team is winning by 40 points or more at any point in the second half.

RULE 4. BALL IN PLAY

Section 1. Jump Ball

1. A jump ball will be used to start the first half and to start any overtime period.
2. The alternating possession rule will be used for all other jump ball situations.
3. To start the second half, the throw-in shall be from out-of-bounds at the division line opposite the table.

Section 2. Dunking

1. Dunking is legal during the course of play as specified by NFHS rules.
2. Dunking the ball is illegal during all dead-ball periods, including: pregame, halftime, postgame and during timeouts.
3. Grasping or hanging on the rim is illegal at all times, except to prevent injury.

Section 3. Free Throws

1. No player occupying a marked lane space may break the plane of the free throw lane until after the ball has **hit the rim or backboard.**

2. Players may not occupy the lane space directly below the block.

RULE 5. CONDUCT OF PLAYERS AND OTHERS

Section 1. Personal Foul

1. Five (5) personal fouls will result in player disqualification from the game.
2. On the seventh (7th) team foul committed in each half, the bonus situation is in effect.
3. On the tenth (10th) team foul committed in each half, the double bonus situation is in effect.
4. Player- and team-control fouls count towards team fouls, but no free throws will be awarded.

Section 2. Technical Foul

5. Non-contact acts. Include but are not limited to:
 - a. A player not supplying a name and number to the scorekeeper prior to entering the game.
 - b. Dunking or grasping during pregame, intermission, or dead-balls.
 - c. Participate while wearing illegal equipment.
 - d. Having more than five team members participate at the same time.
 - e. **Penalty: Non-unsporting technical foul**
6. Dead-ball fouls. Include but are not limited to:
 - a. Intentionally kicking the ball.
 - b. Slamming the ball so that it bounces above the player's head.
 - c. Throwing the ball high into the air.
 - d. Committing multiple delays of game.
 - e. Removing the jersey within the visual confines of the playing area.
 - f. **Penalty: Unsporting technical foul**
7. Prohibited acts. Include but are not limited to:
 - a. Using profanity, taunting, insulting, or vulgar language or gestures.
 - b. Refusal to comply or abide by the request or decision of an official or supervisor.
 - c. Attempting to influence a decision by an official or supervisor.
 - d. Disrespectfully addressing an official or supervisor.
 - e. Indicating objections to a decision made by an official or supervisor.
 - f. Intentionally contacting an official or supervisor. (Flagrant)
 - g. Fighting (Flagrant)
 - i. Any attempt to strike or engage an opponent in a combative manner unrelated to the game, whether or not there is contact (ex. Spitting, throwing a punch). Leaving the team bench and entering the court during a fight is also considered a flagrant unsporting act.
 - h. **Penalty: Unsporting technical foul**
8. **For all technical fouls, the non-offending team is automatically awarded two points. After awarding the points, the non-offending team receives the ball at the division line; if flagrant, player is ejected.**
9. **Technical fouls count as both a personal foul against the offending player, and as a team foul.**
10. **Technical fouls given to non-players (ex. Coach or spectator) shall be assessed to the team captain.**
11. Two **unsporting** technical fouls against the same participant in the same game shall result in ejection.
12. Three **unsporting** technical fouls against the same team in the same game shall result in forfeit.
13. Any act of fighting shall result in the game being ended immediately, with the offending team(s) forfeiting.



Section 3. Intentional Foul

1. An intentional foul is a personal or technical foul which neutralizes an opponent's obvious advantageous position. It includes but is not limited to:
 - a. Contact against an opponent while not making a legitimate attempt to play the ball or player.
 - b. Contact away from the ball specifically designed to stop or keep the clock from starting.
 - c. Contact against an opponent that is deemed excessive, unnecessary, or dangerous.
2. ***For all intentional fouls, the non-offending team is automatically awarded two points. After awarding the points, the non-offending team receives the ball at the out of bounds spot closest to the ball when the foul was committed; if flagrant, player is ejected.***

3v3 Basketball Rules

(Men's, Women's, and Co-Rec)

Note: 3v3 rules are the same as men's and women's rules, with the following modifications:

RULE 2. GENERAL GUIDELINES

Section 1. Teams

1. Teams shall consist of three (3) players. There is no limit as to the number of eligible substitutes.
2. Teams must have at least two (2) eligible players present to start a game and avoid a forfeit.
 - a. **Co-Rec:** Teams must have at least one (1) man and one (1) woman to avoid a forfeit.
 - b. **Co-Rec:** Teams may play with the following combinations: (2M/1W, 2W/1M, 1M/1W)
 - c. The Intramural Supervisor shall rule on all forfeit situations.

Section 3. Supervision

1. The game shall be played under the supervision of the Intramural Sports Supervisor(s). The Supervisor has the authority to rule on any situation not specifically covered by the rules. There are no officials.

Section 7. Boundaries

1. The game shall be played on a half-court. The sidelines and mid-court line are out of bounds.

RULE 3. PREGAME, TIMING AND SCORING

Section 2. Timing

1. Teams will play best two of three games. No time limit on game length.
2. The first two games will be played to 21 points, and the winning team must win by at least two (2) points.
 - a. There is a 25-point cap.
3. If necessary, the third game will be played to 15 points, and the winning team must win by at least 2 points.
 - a. There is a 20-point cap.
4. There are no timeouts. There is no mercy rule.

Section 3. Scoring

1. Men's and women's games shall use standard scoring.
2. Co-Rec:
 - a. Field Goals: Male = 2 points Female = 3 points
 - b. 3PT Goals: Male = 3 points Female = 4 points

RULE 4. BALL IN PLAY

Section 1. Checking the Ball

1. Checking the ball occurs at the top of the key above the 3-point line. The ball must be passed in after being checked. A player may not dribble the ball in or shoot the ball immediately after being checked.

Section 2. Clearing the Ball

1. After a score, the ball belongs to the defensive team. The ball shall be checked prior to play resuming.
2. Following **ANY** missed shot (includes airballs and blocked shots), the defensive team who has just gained possession must pass or dribble the ball above the 3-point line prior to attempting a shot.

- a. Failure to clear results in a turnover.
- b. The offensive team who possesses the offensive rebound does not need to clear.

RULE 5. CONDUCT OF PLAYERS AND OTHERS

Section 1. Personal Foul

1. Players call their own fouls. There are no foul outs. There is no bonus situation.
2. If a foul is called, the ball will be checked at the top of the key and play shall continue. If the player is fouled in the act of shooting and makes the basket, the basket is good and the ball next belongs to the defense. If a player control foul occurs, the basket is always no good and the ball belongs to the defense.
3. There are no free throw attempts.

Section 2. Unsportsmanlike Conduct

1. Non-contact acts. Include but are not limited to:
 - a. Participate while wearing or using illegal equipment.
2. Prohibited acts. Include but are not limited to:
 - a. Using profanity, taunting, insulting, or vulgar language or gestures.
 - b. Refusal to comply or abide by the request or decision of a supervisor.
 - c. Attempting to influence a decision by a supervisor.
 - d. Disrespectfully addressing a supervisor.
 - e. Indicating objections to a decision made by a supervisor.
 - f. Flagrant contact against an opponent that is deemed excessive, unnecessary, or dangerous. The Supervisor on duty will determine if a foul is flagrant.
 - g. Intentionally contacting a supervisor. (Flagrant)
 - h. Fighting (Flagrant)
 - i. Any attempt to strike or engage an opponent in a combative manner unrelated to the game, whether or not there is contact (ex. Spitting, throwing a punch). Leaving the team bench and entering the field during a fight is also considered a flagrant unsporting act.
3. Any act of fighting shall result in the game being ended immediately, with the offending team(s) forfeiting.
4. ***Penalty: A participant who commits any act of unsportsmanlike conduct is subject to ejection. A participant who commits any flagrant act shall be ejected immediately.***