

# 5 on 5 Basketball Rules

Any rule and situation not specifically covered are subject to the current **National Federation of High School Associations' Basketball Rules Book** and the judgement and discretion of the intramural sports staff.

**All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.**

## **Changes for the 2023-2024 Basketball Season:**

### **Game Length**

The game will consist of four (4) ten-minute (10:00) quarters with a two-minute (2:00) halftime.

With the exception of timeouts, the clock will run continuously for the entire first (1<sup>st</sup>) three (3) quarters and the first (1<sup>st</sup>) eight minutes (8:00) in the fourth (4<sup>th</sup>) quarter.

During the last two minutes (2:00) of the fourth (4<sup>th</sup>) quarter, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies and procedures (fouls, violations, and timeouts).

Since overtime is not played prior to the playoffs, regular season games **MAY** end in a tie.

During the playoffs, each overtime period shall be three minutes (3:00) in length. For the duration of the overtime periods, the clock will stop in accordance with NFHS rules and TN Tech Intramural policies.

### **Fouls**

Every five (5) team fouls per quarter will be considered a double bonus and the opposing team will shoot two (2) free throTt 198.aa. 296 13.8 refTQf70.y

## **Rule 2: League Format & Team Composition**

### **League Format**

Each league will be broken into divisions. Teams in each division will play three regular season games, and playoff eligibility will be determined by the number of division teams as well as your division standing. Division standings will be determined by (1) Number of wins, (2) sportsmanship, (3) Head to head (4) Point Differential, and (5) Coin toss.

### **Leagues (Subject to Change Due to Number of Registered Teams)**

Men's - Elite, Recreational, Casual (**Casual leagues will NOT have a playoff and dunking is NOT allowed in this league**)

- **A player is only allowed to play for one (1) single gendered league per season.**

Women's

- **A player is only allowed to play for one (1) single gendered league per season.**

Co-Ed

- **A player may play in one (1) single gendered league & one (1) co-ed league.**

### **Team Composition**

Each team will have five (5) players on the court at one (1) time, and a minimum of four (4) players are required to start the game.

Each team shall designate a captain to serve as the point of contact between the team and IM staff.

## **Rule 3: Defaults, Forfeits, Grace Periods, & Protests**

### **Defaults**

A default is a game not played without penalty (e.g. dropped from the league).

To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00**

**PM on the day of the contest.**

Sportsmanship Rating will be as followed:

- Winning Team = 8
- Defaulting Team = 5

To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person. **Phone calls are not accepted.**

### **Forfeits**

A forfeit is defined as one (1) of the following:

- Failing to field a team for an intramural contest without contacting the Intramural Sports Office. The final score shall be 15-0.
- Receiving three (3) or more conduct warnings before, during, and after an Intramural contest. If the forfeiting team is ahead, the final score shall be 15-0 in favor of the opposing team. If the non-forfeiting team has the higher score, the game shall end with the existing score.
- Defaulting two (2) games during pool play.

If a team forfeits its first (1<sup>st</sup>) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.

**Forfeits automatically withdraws you from Post-Season play.**

Sportsmanship Rating will be as followed:

- Winning Team = 8
- Forfeiting Team = 2

A second (2<sup>nd</sup>) forfeiture may result in removal from the league.

## Grace Period

If at least **one (1)** team member is **checked-in** at game time, the team will be granted a **five-minute (5:00)** grace period.

Once a team reaches the minimum number of players to start the game, the team **MUST** start when directed by IM staff.

A team may not wait for additional players once the minimum number of players have arrived.

If the team has **NOT** reached the minimum number of players required to play at the end of the grace period, a forfeit **WILL** be declared.

## Protests

Intramural Sports Graduate Assistants and Professional Staff will consider protests.

During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.

Protests regarding the judgement of the game officials will **NOT** be recognized.

When protesting player eligibility:

- *Regular season:* The eligibility of any player **MAY** be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
- *Postseason Tournament:* Player eligibility **MUST** be protested before the start of the contest.

**Protests made after the start or end of the game will NOT be recognized**

## **Rule 4: Playing Area & Equipment**

### Playing Area

All games **WILL** be played at the Marc L. Burnett Student Recreation and Fitness Center.

### Team Benches

**Proper athletic attire is required.** Non-athletic clothing including but not limited to jeans, dress pants, dresses, khakis, and blouses is **PROHIBITED.**

#### Footwear

- Players are **REQUIRED** to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes).
- Footwear including but not limited to boots, cleats, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**

#### Jewelry

- Religious or medical jewelry is **PERMITTED** and **MUST** be taped down against the body.
- All watches and necklaces **MUST** be removed prior to the contest.

#### Headwear

- Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
- Headwear including but not limited to baseball caps, bandanas with knots, hard plastic hair devices, bobby pins, and safety pins is strictly **PROHIBITED.**

#### Pads/Braces

- Leg & knee braces covered with soft, pliable material and free of any sharp edges are allowed.
- **Casts are prohibited.**
- Any device made of hard and unyielding materials may not be worn above the waist.

#### Blood

- Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game. The bleeding **MUST** be stopped, the open wound **MUST** be covered, and/or the bloody uniform **MUST** be changed before the player can return to the game.

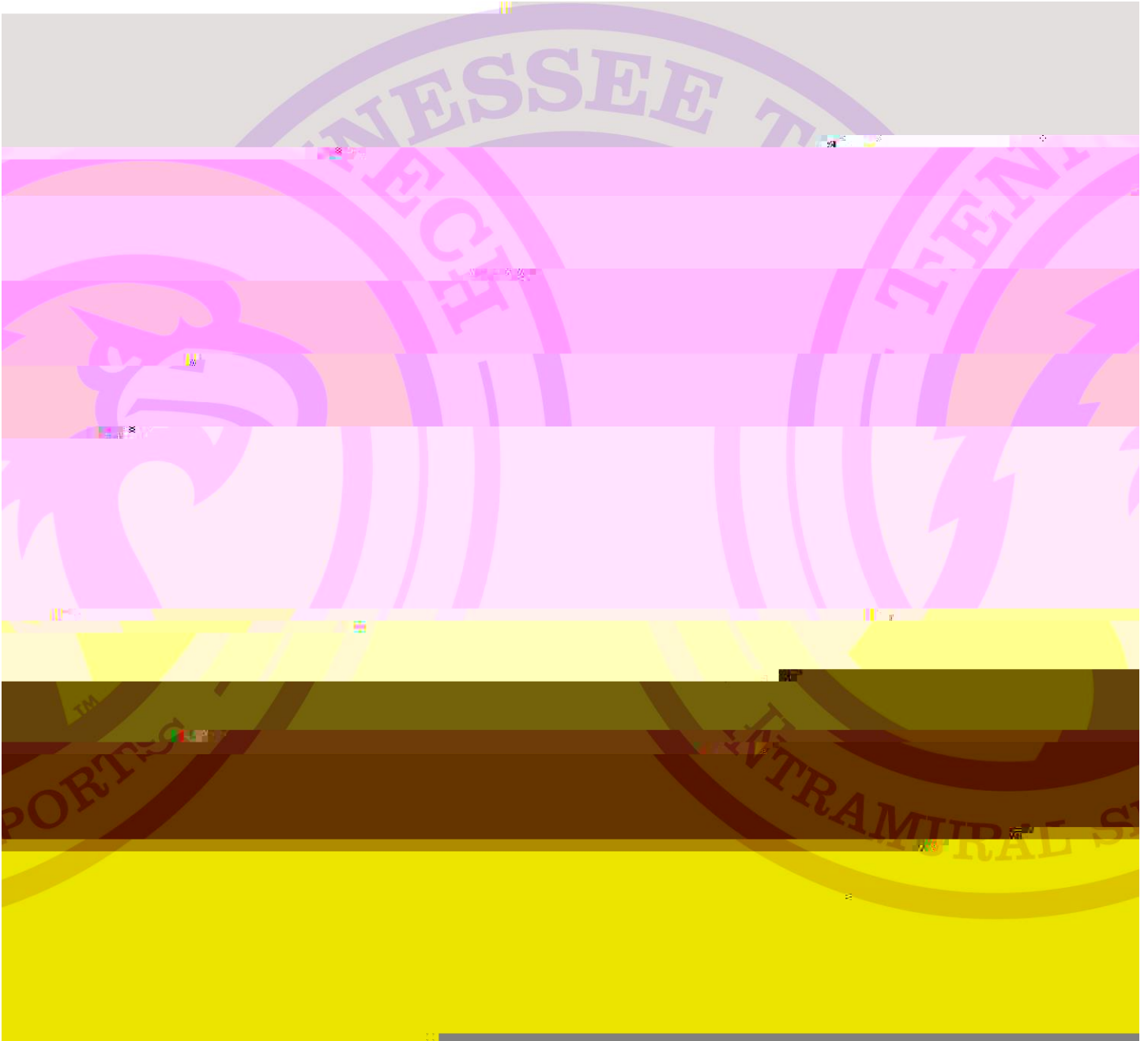
### **Rule 5: Timing**

#### **Game Length**



Common examples:

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If a shot is blocked or altered, it will be treated as Goal Tending and they will receive the points as if the shot went in.

### Scoring

- All scores will be worth same as regular basketball regardless of gender.
  - All shots inside the arc will be worth two (2) points.
  - All shots outside the arc will be worth three (3) points.
  - All free throw shots will be worth one (1) point.

