

5 on 5 Basketball Rules

Start of Game

- A. Competition will begin with a jump ball at center court.

Eligibility

- A. Any Adelphi University staff or student are allowed to participate in Intramurals
- B. No current varsity basketball player is allowed to participate in Intramural basketball. No former/current professional or Olympian athletes are allowed to participate.
- C. There is a limit of 4 Club Basketball players per a team. Any former varsity players count as one club player in regards to the limit. No more than 2 former Varsity players are allowed on a roster.

Game time – Clock

- A. All games will consist of 2 –20-minute halves with a running clock for the first 38 minutes. **The clock will stop on all whistles during the last 2 minutes of regulation – Clock will also stop for all time outs. Clock does not stop on made baskets.**
- B. The clock will stop for the following under 2 minutes:
- Violations
 - Time Outs
 - Fouls
 - Free throws
- C. Halftime will be no longer than 2 minutes.
- D. If the game is tied after the second half, there will be 3 minutes of overtime with running time until the last 1 minute of the overtime. Teams will not change baskets for the overtime period. Each team will be awarded one additional timeout during each overtime period.

Fouls

A. Foul shots are awarded as follows:

- 1) When a team commits its 7th team foul, the opposing team will be awarded a 1 and 1 attempt.
- 2) When a team commits its 10th team foul, the opposing team will be awarded two free throws.
- 3) The 5th personal foul on a player will cause that individual to foul out.

4) **Offensive fouls – do not result in free throws.**

B. Intentional/flagrant fouls

- 1) Intentional fouls result in 2 free throws and possession.
- 2) Technical fouls count as personal fouls and result in 2 **automatic points** plus possession. The 2nd technical foul for a player results in that player's ejection and a 1-game suspension.
- 3) Flagrant fouls result in **automatic points** shots plus possession. The player is ejected and must serve a 1-game suspension.

Time Outs

- 1) Each team will receive 3 time outs per game, which may be used in either half.
- 2) 1 additional time out will be given in an overtime period.
- 3) Time Out's will last no more than 1 minute (60 sec.)
- 4) Time outs can only be called by the team in possession during live ball play.
- 5) No timeouts can be called from the bench during live ball play.

Game Play

- 1) **Back court violations will be enforced**
- 2) **3-second** (in lane) violations are enforced.
- 3) **5-second in-bounding** violation are enforced.
- 4) Possessions will be alternate jump balls and half.
- 5) 5 seconds **closely guarded** will also be enforced
- 6) Subs **must be recognized** by officials before entering the game and check in at the scores table before entering the game.
- 7) **Subs may only be made on a dead ball**

Teams must stay in their bench area. All players are responsible for their actions, even if they are not in the game. Teams may also be penalized for actions of their fans and/or spectators.

Mercy rule and Sportsmanship rule are in effect.

Mercy Rule:

If a team is leading by 15 points in the final 2 minutes of the game, the game will end.

The Intramural staff retains the right to end any game they see fit due to improper conduct by the participants.

The *National Federation Rules for High School* (NFHS) Basketball will govern play with intramural modifications discussed above.