

5v5 Basketball Rules

ALL PLAYERS MUST HAVE THEIR UMBC “BLACK & GOLD CARD” ID AT EVERY GAME TO PLAY!

Any rule not specifically covered will be governed in accordance with the NFHS Basketball rules. Modifications have been made to suit UMBC Intramural Sports programs.

Eligibility

A participant may be:

- A UMBC student
- A UMBC faculty or staff member
- A UMBC staff member

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc.) is a violation of the UMBC Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member to regain possession of their identification card.

See Intramural Sports Handbook for all other eligibility information.

Levels of Play

NBA: In NBA (Advanced) leagues, the level of play is designed for skilled players seeking a higher level of play, emphasizing strategy, athleticism, and a more intense game environment. There are no minimum gender requirements for this league.

NCAA: In NCAA (Intermediate) leagues, the level of play focuses on a fun, social atmosphere with a more relaxed style of play, welcoming participants of all skill levels who prioritize enjoyment over competition.

Equipment

- Jewelry is not permitted. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband is permitted; hats with bills, bandanas, and non-religious head covers are not permitted.
- Rubber, cloth, or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, case, or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Knee and ankle braces that are unaltered from the manufacturer’s original design/production and do not require additional padding shall be permitted.
- Knee and ankle braces that are altered from the manufacturer’s original design/production shall be permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½-inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
- Shin guards and mouthpieces are not required, but they are highly recommended.
- Participants may not play while wearing exposed zippers, metal snaps or exposed metal on clothing and/or equipment.
- The use of any hard or dangerous head, face, or body protection equipment is illegal.
- Baseball Cleats are prohibited. It is illegal to wear metal spikes, screw in cleats with metal studs or a molded shoe with a cleat on the toe.

Our program will provide a game ball and jerseys for each team but do recommend teams coordinate shirt color prior to contests.

Captain Responsibilities

- **Roster Management**
 - Ensure their team members follow all eligibility requirements and are approved on IMLeagues before each contest. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.
 - Responsible for communicating game time, location, and ID policy to teammates.
 - Ensure teammates have a valid Black & Gold Card at game time to check in.
- **Manager Meeting**
 - Before the start of each sport season, a meeting will be held to cover responsibilities of the manager, as well as rules for the sport. Teams will not be approved to play without a representative from each team present or meeting with a professional staff member at another time. Attending the meeting does not guarantee any team a spot in the intramural sports season.
- **Forfeits & Defaults**
 - There will be a 10-minute grace period given to teams with at least one player present at game time, but less than the minimum number required to begin play.
 - If a team accrues two forfeits during the regular season, they will be ineligible to participate in playoffs, but may be permitted to play in the remainder of their regular season games.
 - **Forfeit Penalties**
 - First forfeit = 50% loss of deposit.
 - Second forfeit = 100% loss of deposit.

Players

- **Team Composition**
 - Each team shall consist of five players on the court. A team may begin a game with as few as four players.
 - If during a game, a team has fewer than four eligible players (e.g. injury), the game may continue at the official's discretion.
 - Players are allowed up to five personal fouls, on the sixth personal foul, that player will have 15 seconds to be removed from the playing area. Technical fouls count toward personal foul accrual.
- **Spectators**
 - There may not be any spectators on or near the team bench area. Only rostered members who are checked in may be near the team bench area. Spectators are encouraged to watch games on the opposite end of the court from the team benches or up on the track.
 - Officials may penalize teams for which do not comply with this policy at their discretion.

The Game

- **Timing**
 - The game will consist of two 18-minute halves with a running clock until the last minute of each half. Halftime shall not exceed three minutes.
 - During the last minute of each half, the clock will be stopped for all dead ball situations as outlined by the NFHS.
 - There will be no overtime during the regular season.
 - During playoffs, the following overtime procedures will be used:
 - A three-minute overtime period will be played in the case of a tie during playoffs only. If the overtime period ends in a tie score, then another three minute extra period is played until a winner is decided.
- **Timeouts**
 - Teams are permitted one 30-second timeout per half.

- In overtime situations, teams receive one timeout. Timeouts do not roll over from regulation to overtime.
- **Scoring**
 - The team with the most points will be declared the winner. If, at the end of the regulation period, the score is tied, the game will end. No overtime will occur during the regular season.
 - A goal is scored when a live ball enters the basket from above and remains in or passes through.
 - A goal scored from behind the team's own 19-foot, 9-inch arc counts as three points.
 - A free throw is worth one point.
 - All other goals will count as two points.
 - **Mercy Rule**
 - If one team leads by 35 points at any point in the second half, or by 20 or more points with two minutes remaining in the game, they will be declared the winner.
- **Rules**
 - **Start of the Game**
 - To start the first half, teams will shoot at the basket opposite their team bench.
 - The ball is put in play to begin the game with a jump ball at center court. The alternating-possession arrow will be used. The team who did not win the jump ball will receive the alternating-possession arrow that in the event of a held ball during the game, their team will receive the ball for a throw-in at the spot out of bounds nearest where the held ball occurred.
 - To start the second half, teams will shoot at the basket nearest their team bench. The team who retained the alternating-possession arrow to end the first half will start with the ball in the second half with a throw-in at mid-court opposite the table.
 - **Live & Dead Ball**
 - The ball becomes live when:
 - It leaves the referee's hand for the jump ball
 - It is at the disposal of the thrower for a throw-in
 - It is at the disposal of the free thrower for a free throw
 - The ball becomes dead or remains dead when:
 - A goal is scored
 - A held ball occurs or a ball becomes lodged between the backboard and ring or comes to a rest on the flange
 - A player or team control foul occurs
 - Time expires, an official blows their whistle, a non-player or non-team control foul occurs in all of these cases except when:
 - A try or tap for a field goal or free throw is in flight
 - A violation occurs
 - **Substitutions**
 - Players must check in at the scorer's table prior to entering the game. The officials will call the players onto the court to substitute during dead balls only.
 - **Boundary Areas**
 - A player is out of bounds when they contact the floor or any other object other than a player/person on or outside a boundary line.
 - The ball is out of bounds when it is contacted by a player, person, the floor, or any object outside a boundary.
 - The ball is out of bounds when it contacts the supports or back of the backboard, the ceiling, or the overhead equipment/supports.
 - **Free Throws/Bonus Situation**
 - Free Throws
 - Players are permitted the number of shots for which they were in
 - Free-throw violations have different penalties dependent upon which team committed the violation:

- If the throwing team enters or leaves a marked lane space or the shooter enters the lane prior to the release of the ball, the ball becomes dead and the next free-throw is attempted or the ball is awarded to the opposing team out of bounds if there are no remaining free-throw attempts.
- If the non-throwing team enters or leaves a marked lane space prior to the release of the ball, the free throw shall be re-attempted if the throw is unsuccessful.
- The player attempting the free-throw(s) as well as the players outside of the three-point arc may not enter the lane prior to the ball contacting the rim or backboard.
- **Bonus Situation**
 - Teams are permitted six team fouls in each half before entering the bonus situation. On the seventh team foul (for which the foul was not a team control or player control foul), the player who was fouled will shoot the one-and-one. On the 10th team foul (for which the foul was not a team control or player control foul), the player who was fouled will shoot the double bonus. Team foul counts reset at the start of each half but do carry over in an overtime period(s).
 - One-and-One
 - The fouled player shoots one free throw, and if they make it, they get a second attempt; if they miss, the ball is live.
 - Double Bonus
 - The double bonus kicks in at ten team fouls, granting the fouled player two free throws automatically, regardless of whether the first shot is made.
- **Violations**
 - For the following violations, a throw-in will be awarded to the offended team out of bounds at the location of the violation:
 - Throw-in violations include leaving the designated throw-in spot; handing the ball inbounds; carrying the ball onto the court; throwing the ball directly into the goal without being touched by another player inbounds; the opponent reaching through the out-of-bounds boundary; and taking more than five seconds to release the ball.
 - Travel: A player holding the ball may not move a foot or feet in excess of the limits prescribed.
 - Kick: A player may not kick or strike the ball with any part of their leg or foot.
 - Illegal Dribble: A player may not dribble a second time after their first dribble has ended unless the player has lost control due to a try for goal, touch by an opponent, or pass or fumble that has been touched by another player. A player may not palm or carry the ball during a dribble.
 - Three Seconds: When the ball is in the frontcourt, an offensive player may only be in the lane for three seconds.
 - An exception may be made for a player who has been in the lane for less than three seconds and dribbles or moves immediately to try for a goal.
 - This count resets when a tap or try is released.
 - 10 Seconds: The offensive team has 10 seconds to move the ball from the backcourt to the frontcourt when possession is gained or regained in the backcourt.
 - Backcourt: If the ball travels from the frontcourt to the backcourt, the team in control of the ball shall not be the first team to touch the ball in the backcourt.
 - Closely Guarded: When a player is legally guarded by a defensive player within six feet, that player shall not hold the ball for five seconds or dribble for five seconds.
 - Excessive Swinging of Elbows: A player may not excessively swing their elbows.

- **Fouls**

- **Personal Fouls**

- Each player is permitted five personal fouls. On the sixth player foul, they are considered ineligible to continue participating. Players who foul out will be allotted 15 seconds to be substituted. If a team does not have any substitutes, the team will play down a player for the remainder of the game.

- **Incidental contact** (contact that does not hinder an offensive or defensive player from normal movement) is allowed; however, contact in the following forms by a player's arm(s) or leg(s) is restricted: Holding, Pushing, Charging, Hitting, Blocking, Tripping.

- The penalty for such fouls is the ball awarded for a throw-in at the spot nearest the foul. If the player was in the act of shooting, the player is awarded free throws instead of the ball for a throw-in.

- Any of the above fouls are considered intentional or flagrant if the player does not make an attempt to play the ball, if excessive contact occurs, if it is premeditated, or if it is designed to keep the clock from starting. The penalty is two free throws awarded to the offended player and the ball is awarded to the offended team at the spot of the foul. If any of the above fouls are considered outside the scope of basketball, the player will be ejected from the game. The penalty is two free throws awarded to the offended player and the ball is awarded to the offended team at the spot of the foul.

- **Technical Fouls**

- A technical foul shall be awarded for things including *but not limited to*:
 - Unsportsmanlike conduct, rule violation unrelated to live play, or administrative infractions.
 - This includes actions like excessive arguing with officials, taunting opponents, delaying the game, or having too many players on the court.
 - Examples include bench players entering the playing court to protest a call, a player using profanity, or a team failing to remove spectators from the bench area or jewelry while playing.
 - Technical fouls are considered player fouls and added to the team foul count.
 - Dunking is permitted during live ball play; however, if a player hangs on the rim when not in an attempt to avoid landing on another player (for safety), the corresponding consequence will be the assessment of a technical foul.
 - Players are only permitted two technical fouls in a game before they are disqualified and ejected. Players are only permitted one flagrant foul in a game before they are disqualified and ejected. Teams are only permitted four technical fouls in a game before considered a forfeit.
 - Ejected participants must leave the confines of the playing area prior to the resumption of the game.

Protests

Rules Protest

Questions pertaining to interpretation of rules on the part of Intramural Sports Officials must be addressed by a team representative, their captain, to the nearest referee or supervisor, prior to the next live ball. No protest that involves the judgement of the official(s) shall be upheld. The judgement of the official(s) is final. If a team feels a referee made a misinterpretation of a rule, the captain shall:

1. Request a timeout
2. Inform an official or supervisor of rule interpretation protest
3. If corrections are necessary, the official or supervisor shall rule immediately and the team shall not be charged a timeout; however, if the staff interpretation was correct, the team will be charged with a timeout.

4. If the team still is in disagreement, a Protest Form should be obtained from the Intramural Sports Supervisor on site and be completed. The contest will continue from this point under protest and official ruling will be provided from a professional staff member via email.

Eligibility Protest

Protests involving player eligibility must be called to the immediate attention of the Intramural Sports Supervisor prior to the completion of the contest while the protested individual is present. Participants may not make eligibility protests after the completion of the contest. A Protest Form should be obtained from the Intramural Sports Supervisor and completed. The contest will continue from this point under protest and official ruling will be provided from a professional staff member via email.

Sportsmanship

The team captain is responsible for the actions of their team and their spectators. Additionally, the captain will ensure that their team is familiar with the rules of play and intramural sports policies and procedures. Sportsmanship is a vital component for success in every intramural contest. Participants and spectators are expected to display good sportsmanship toward opponents and the intramural sports staff at all times.

Unsportsmanlike Conduct

Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during or after a contest. No player or team shall:

- Use foul, derogatory, non-inclusive language, threaten or verbally abuse any other participant or intramural employee before, during or after the game.
- Participate in a game for which they are ineligible.
- Argue or dissent Intramural Sports Staff.
- Intentionally strike, push, trip or flagrantly foul another participant, spectator or Intramural Sports Staff member.
- Mistreat the facility, equipment or supplies of UMBC and/or the Recreation and Physical Education Department.

Unsportsmanlike Conduct Penalties

Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by Intramural Sports Staff. Any player receiving two conduct warnings in one game or ejected from a game is required to leave the confines of the facility and meet with a professional staff member. The player will be suspended indefinitely from ALL intramural sports programming until a meeting is held to review reinstatement implications.

Playoffs

For all teams who meet the playoff eligibility requirements, teams will be offered the opportunity to compete in a single-elimination bracket following the conclusion of the regular season based on the seeding criteria:

1. Winning Percentage
2. Point Differential (Final)
3. Head-to-Head
4. Sportsmanship Rating

Playoff seeding can be found on IMLeagues.

For any questions or clarifications, please contact the Intramural Sports Coordinator.