

CU • STUDENT REC CENTER INTRAMURALS

BASKETBALL • RULES

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Website: <https://www.colorado.edu/recreation/intramural-sports>

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ROSTER SIZE IS LIMITED TO 12 PLAYERS

Teams winning a championship will receive a maximum of 8 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA) and the National Federation of State High School Associations (NFHS), with the following modifications and points of emphasis:

GENERAL

- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property, and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture, and possible suspension.
- NO JEWELRY is allowed in any intramural competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All intramural participants are required to have either their Buff OneCard or Rec Center membership card with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit one regular season game.
 - If you accumulate two or more Honest Effort Forfeits (HEF), as explained below.
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the intramural office by at least 2:00 pm prior to your scheduled game time Monday-Friday, and by no later than 12:00 pm on the Friday preceding a weekend game.

FORFEIT POLICY

- **GAME TIME IS FORFEIT TIME!** All teams should arrive **15 minutes prior** to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready to play at the scheduled starting time shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.

ELIGIBILITY

- Every intramural participant must be a full fee-paying University of Colorado student or recreation center member.
- Every intramural participant must present their Buff OneCard or Student Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. NO EXCEPTIONS!
- Players may play on no more than one team in the Equal Opportunity division and one team in the Co-Rec division per sport per session.
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests

attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.

- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

TEAMS/ SUBSTITUTIONS

- A team consists of five players on the court with at least two players of a different gender for the Co-Rec Division and five total players for the Equal Opportunity Division.
 - A minimum of four players must be on the court at all times. Co-Rec requires at least one player of a different gender when there are only four players on the court.
- An Honest Effort Forfeit (HEF) will be given to teams that have only two or three players at game time. Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating. If a team receives two or more HEFs in a single season, they will not be allowed to advance to the post-season tournament.
- Teams with any less than two players will be given a Forfeit and will be dropped from the league.
- Two players may finish the game if the team has a reasonable chance of winning (as deemed by the Intramural Staff).
- A substitute must report to the Scorekeeper and wait until an Official waves them into the game.

UNIFORM/EQUIPMENT

- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players must wear athletic footwear with non-marking soles (basketball shoes, tennis shoes, cross trainers). No Crocs, flip-flops, toe shoes, sandals, boots, dress shoes or shoes of the like are allowed during play.
- Players may not wear hats, watches, headphones or any sort of jewelry.
- Teams are required to wear shirts of the same color with PERMANENT numbers written on the back, Team color shall be chosen by the team's captain at the time of registration.
- If both teams are wearing the same color jersey, scrimmage vests will be given to the away team.
- A men's size basketball will be used in all leagues; game ball will be provided by Intramural Sports.

THE GAME

LENGTH OF GAME

- Intramural games are 40 minutes, consisting of two 20-minute running clock periods. The clock will stop for the last minute of the second half.

TIMEOUTS

- Each team is entitled to one, 30-second time-outs per half (non-cumulative).
- For each overtime period, an additional 30-second time-out will be given to each team.
- The alternating possession rule is used for jump balls. Tip-offs are only used at the start of the game and the start of any extra periods.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captain's meeting. Officials will go over any questions or rule changes with captains at this time.

STARTING THE GAME

- A tip-off is used to start the game and any extra periods.
- The alternating possession rule is used for all other jump balls to determine team possession.

SCORING

- **3 points:** A player must be leaving the floor from a spot entirely behind the 3 point line.
- **2 points:** All other field goals
- **1 point:** Free Throw

MERCY RULE

- If a team is losing by 20 points at the 2-minute mark the game will be called.
- If a team is losing by 35 or more points at 10 minutes or less in the second half

OVERTIME

- There is no overtime during the regular season. Overtime is only present in the post-season tournament where each overtime period is two minutes long (stopped clock time)
- A tip-off will be used to start the overtime period.

FOULS/FREE THROWS

- A maximum of 3 players are allowed along each side of the lane during a free throw, occupying the top 3 spots. They may only enter the lane when the ball contacts the rim. The shooter and any player behind the free throw line may not cross this line until the ball has made contact with the rim.
- All technical fouls, intentional fouls, and flagrant fouls will result in two points plus possession of the ball (except double technical fouls which will result in a jump ball situation.)
- Technical fouls count as personal fouls. The only case that a technical foul is not considered a personal foul is if a double technical foul occurs.
- The clock will not stop during technical foul proceedings unless there is an unusually long delay.
- Only Captains may address the Intramural Staff on matters of interpretation and discussion.
- Upon the seventh team foul in a half the opposing team will be in the bonus situation. Upon the tenth team foul in a half the opposing team will be in the double bonus situation.
- Three behavioral technical fouls committed by one team in a game will result in the immediate forfeiture and end of the game. Additional sanctions may be imposed.
- Two behavioral technical fouls, or 1 behavioral flagrant foul committed by one player in one game will result in that player being ejected from that game, plus a behavioral suspension of a period to be determined by the Team Sports professional staff. See the Intramural Handbook for more details on suspensions.

DUNKING

- Dunking is allowed given the player does not hang on the rim. Hanging on the rim will result in a technical foul.

CO-REC CLARIFICATIONS

All Standard Intramural Rules listed above will be used for Co-Rec Basketball, with the following clarifications:

TEAMS/ SUBSTITUTIONS

- Teams may have no more than three players and no less than one of either gender on the court at all times.

UNIFORM/EQUIPMENT

- A men's size basketball will be used for all levels of Co-Rec Competition.

SCORING

- All points scored will maintain the same point values as those of the Equal Opportunity League, regardless of the gender of the shooter.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or suspended from Intramural Sports. If any bench personnel walks onto the court (outside of an allowed substitution), the entire team will be suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any intramural staff, participant or spectator is grounds for ejection. Team technical fouls may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of any intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for penalty, suspension or expulsion.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only captains may address the intramural staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the intramural playing area clean. Failure to do so can impact your team's sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating throughout the season. Failure to do so will result in expulsion from the post-season tournament.**

TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
 - Accruing one Forfeit.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

Forfeit Score: 20-0

Minimum to Start: 4 players (1 of a different gender for Co-Rec)

HEF: 2-3 players