



# LCIRSA Basketball Rules

*Certain risks of injury are inherent to participation in sports and recreational activities. These types of injuries may be minor or serious and may result from one's own actions, the actions of others, or a combination of both. In Intramural Sports, injuries to ankles, knees, shoulders and the head are common. Serious injuries, (including death, broken bones, broken ankle, back and neck injuries, head injuries, and paralysis) can occur, but not limited to, contact with other participants (such as colliding), contact with the ground while sliding and/or tripping, severe injuries due to running.*

All games will be governed by the National Federation of High Schools (NFHS) Rules Book with the following LCIRSA modifications.

## Section 1: PLAYERS AND EQUIPMENT

1. Each participant must present a current, **valid student ID** card in order to be eligible to play.
2. Each Men's and Women's team shall consist of 5 players. Each team must have minimum of 4 players in order to begin the game.
3. Men's will use a regulation-sized basketball. The intermediate (women's) ball will be used for Women's play. A game ball will be provided for each game.
4. **Jerseys:** Each team is required to wear **numbered** shirts of one distinguishable color. Numbers must be clearly legible on the back of each jersey. No taped-on numbers will be allowed. Any team not dressed in like-colored shirts may wear colored jerseys provided by Intramural Sports.
5. **Shoes:** Tennis shoes are the recommended footwear. No black-soled shoes which may mark the floor are permitted. No street shoes, combat boots, or hiking boots may be worn. Barefoot, 5 toed shoes and stocking feet are not allowed.
6. No denim shorts or pants will be permitted. The Intramural supervisor will have the final discretion on the legality of apparel.
7. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercing) will not permitted to play.
8. There will be no hats, bandanas, hard barrettes, or anything with a knot worn during play. Cloth (elastic) bands may be used to control hair.
9. Player may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be allowed to play.
10. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her glasses.

## Section 2: GAME FORMAT

1. A game will consist of two 20-minute halves with an intermission of two minutes after the conclusion of the first half. There will be a running clock, except for the last two minutes of the second half, when the clock will **only** stop for dead-ball situations (out-of-bounds, fouls, violations, and time-outs). The clock will continue to run when the mercy rule is in effect.

2. **Game time is forfeit time.** A team must have the minimum number of players to start a game. If there are an insufficient number of players, the opposing team captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team decides to wait, it will be required to wait a maximum of 10 minutes and play will start as soon as the opposing team has the minimum number of players present.
3. **Time-outs:** Each team will be given three (3) time-outs per Game and one (1) time-out per overtime period. All time-outs are 60 second time-outs and **do not** carry over from game to overtime. The clock will stop during all time-outs.
4. To start the game, a jump ball will be administered at center court. Alternating possession will be in effect once control is obtained after the jump ball. The alternating possession arrow will determine possession of the ball to start the second half.
5. **Overtime:** If the score remains tied at the end of regulation, an overtime period of three (3) minutes will be played. A jump ball will be administered at center court to start the overtime period. The overtime period will consist of a running clock for the first minute and will stop on every dead-ball situations for the last minute. This procedure will be repeated for a maximum of two (2) overtime periods or until a winner is determined.
6. **Mercy Rule:** If either team is ahead by 20 points with two minutes or less the game will be declared complete.
7. **Substitutions:** A substitute must report to the scorekeeper and be recognized by the officials before he/she may enter the game. A substitute can only enter the game during a dead-ball situation. In a multiple free throw situation, a substitute may only enter immediately before or after the last free throw attempt. Failure to properly report will result in a technical foul being assessed to that player.

### **Section 3: COURT POLICIES**

1. There will be no dunking or grabbing of the rim at any time before, during half time or regulation play. If a player dunks (even during pre-game warm-ups), a technical foul will be assessed and the player will be ejected. **No points attained during a dunk will be awarded.** There will be no warning regarding this rule before or during the game.
2. LCIRSA will be adopting the NBA's new zero tolerance rule for arguing with the officials. Any negative discussions with an official will result in a technical foul. Players should keep all comments to themselves.
3. Slapping the backboard is not a technical in itself, but intentionally hitting the backboard hard enough to alter the flight of the ball will result in a technical.
4. Teams will be accountable for their fans. The team will be given a verbal warning. Second incident will result in a technical foul. Taunting of opposing teams will not be tolerated.

### **Section 4: FOULS AND PENALTIES**

1. A player will be disqualified (foul out) when he/she has accumulated 5 fouls.
2. One free throw will be awarded for a player fouled in the act of shooting and the two or three-point try is successful.

3. Two free throws will be awarded for a player fouled in the act of shooting whose two-point try is unsuccessful, and three free throws will be awarded for an unsuccessful attempt beyond the three point line.
4. Bonus free throws (one-and-one) for each common foul (**except when the offensive team has control**) will be awarded beginning with the team's 7<sup>th</sup> foul during each half. Two free throws will be awarded for every foul on or after the 10<sup>th</sup> team foul of each half.
5. On all one-shot and one-and-one free throw attempts or after the last free throw in a multiple free throw situation, (not the first of a two-shot sequence), offensive and defensive players may enter the lane when the shot is released.
6. **No free throws** will be awarded for the following:
  - a. Each common foul before the bonus rule is in effect;
  - b. A double foul/technical;
  - c. **A team control foul**
    - i. A team control foul is a foul that is committed by a member of a team that has team control.
    - ii. A team maintains control of the ball when it is:
      1. Possessed by one of its team members
      2. While the ball is being passed from player to player
      3. During a throw-in
      4. During an interrupted dribble
7. **Technical Fouls: Technical fouls are unsporting like fouls committed while the ball is dead or live. They are also contact fouls that are severe in nature, committed while the ball is dead.** On all technical fouls, the offended team will receive two free-throws. The ball will be put back into play at half court. Technical fouls are counted towards each player's disqualification total and the team's bonus situation. **Two unsportsmanlike technical fouls charged to any individual player/coach will result in their ejection from the game and facility, the player will also be suspended for their teams next game.** Any technical fouls assessed to the bench, manager, any coach, or obvious fan of a team will also be charged to the team. **Any team receiving three (3) unsportsmanlike technical fouls in one game shall forfeit the contest.**
8. Dunking and grabbing or hanging from the basket/rim will result in a technical foul charged to the player and disqualification from the game and facility. An exception may be made in the event the player grasps the rim to prevent injury; **this is the judgment of the game official.** Any player damaging the rim and/or backboard may be held liable for the cost of replacing the damaged equipment. **Points for a dunk will not count.**
9. **Dunking will be allowed for Championship games only.**
10. **Intentional Fouls: An intentional foul shall be called when a player uses excessive contact or tries to intentionally neutralize an opponent's obvious advantage.** Two free throws will be awarded to the fouled player, and possession will be given back to the offended team nearest the spot of the foul, on all unsuccessful two-point try. An intentional foul on an unsuccessful three-point try, the fouled player will be awarded three free throws and the ball nearest the spot of the foul. For a successful two-point or three-point try, the basket will be counted and two free throws will be attempted and ball will be retained and inbounded at half court.
11. **Flagrant Fouls: These fouls are excessive and inherently dangerous. They can be committed while the ball is dead or live.** On all flagrant fouls, the offended team will

awarded two free throws and possession of the ball. The offending player will be ejected from the contest.

### **Section 5: FREE THROWS**

1. On any free throw attempt the shooting team is allowed the shooter plus two more team members.
2. The non-shooting team is required to have the bottom two lane spaces occupied. They are also allowed to have up to two more people in the lane area.
3. The lane spaces that are closest to the free throw shooter must remain unoccupied.
4. The non-shooters may enter the lane on the release of the ball, the shooter and all players outside the lane area may enter when the ball hits the rim.

### **Section 6: LCIRSA Tournament Rules**

1. Maximum number allowed on any roster is 10.
2. All rosters will be locked after the first game is played.

### **Section 7: APPEALS PROCESS**

If a team wants to submit an appeal, captains **must** stop play immediately and notify a supervisor. The supervisor will document appeal and forward it to the intramural professional staff. The appeal must be done immediately. If the appeal is not made at the time in question, then the game will be continued in “good faith” and the result will stand. Teams **cannot** appeal referees’ calls.

#### **Player Eligibility Appeals**

1. A player eligibility appeal may **ONLY** be done during the game or 30 minutes before and after a game the player in question is participating. Once the 30 minutes of the conclusion of a game has passed the player in question is deemed eligible for that game and the result of the game stands. This eligibility granted for the game in question **DOES NOT** guarantee eligibility for future tournament games. To ensure the integrity and sportsmanship of the tournament, once a player is found ineligible by the professional staff, that player is automatically disqualified from the tournament. No further appeals or protests are necessary. Any team caught with an ineligible player via protest or professional staff discovery, shall forfeit the game in which the ineligible player participated unless the 30 minutes after the conclusion of the game has elapsed.

Player Eligibility Appeals that the above guidelines govern:

- a. Player participation in NCAA Sport in which he/she was an athlete on any collegiate level.

Includes: Scholarship/Non-scholarship. Division I, II, & III, practice squads, Junior Varsity squads, etc. Rule of Thumb: If a player appears on a collegiate roster, he/she is ineligible.

- b. Student enrolled in university/college they are representing.
- c. Maximum number of years participating in LCIRSA Tournament.
- d. Appeals regarding a player’s height in 6ft and under league play must be made prior to game start time, or immediately after entry into the game by the player whose eligibility is being appealed.

## Section 8: 20 Most Misunderstood Basketball Rules

1. There is no 3-second count between the release of a shot and the control of a rebound, at which time a new count starts.
2. A player who is not a dribbler in control can keep (i.e. tap) a ball inbounds, go out of bounds, and return inbounds and play the ball.
3. **There is no such thing as “over the back”.** There must be contact resulting in an advantage/disadvantage. Do not put a tall player at a disadvantage merely for being tall.
4. “Reaching in” is not a foul. There must be contact **AND the player with the ball must have been placed at a disadvantage.**
5. A player can always recover his/her fumbled ball; a fumble is not a dribble, and any steps taken during recovery are not traveling, regardless of progress made and/or advantage **(Running while fumbling is NOT traveling).**
6. It is not possible for a player to travel while dribbling.
7. A high dribble is always legal provided the dribbler's hand stays on top of the ball, and the ball does not come to rest in the dribbler's hand.
8. A “kicked” ball must be **intentional**, and contact must be made at the knee or below.
9. It is perfectly legal for a player to rebound his/her own air ball, provided the official deemed the shot a legitimate shot.
10. It is a jump ball when the ball lodges on or in the basket support, except during a throw-in or any free throw. These are violations.
11. **Striking a ball-handler or shooter on his/her hand, while holding the ball, is not a foul-no matter how noisy or how much it hurts.**
12. A defender does not have to “give the dribbler a step”. As long as legal guarding position has been established, it is up to the dribbler to avoid contact.
13. The sides, top, and bottom of the backboard are IN BOUNDS.
14. A 10 second count continues when the defense deflects or bats the ball.
15. A “moving screen” isn't a violation unless there is contact.
16. Any unsportsmanlike contact during a dead ball is a technical foul.
17. A defensive player does not have to be stationary to take a charge, he or she must simply have established a legal guarding position.
18. Lifting the pivot foot DOES NOT constitute a travel unless the ball handler puts the pivot foot back on the floor prior to beginning a dribble, pass, or shot.
19. If bench personnel leave the confines of the bench during a fight, the offenders are ejected from the game but only ONE technical foul is administered regardless of the number of offenders.
20. **BASKETBALL IS A NOT A NON-CONTACT SPORT. INCIDENTAL CONTACT DOES OCCUR, AND CONTACT WHICH DOES NOT CREATE AN ADVANTAGE/DISADVANTAGE MAY BE IGNORED.**