Intramural 5v5 Basketball Rules

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

University at Albany, the State University of New York and the State of New York are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Campus Recreation. The University at Albany does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

The University at Albany Intramural basketball program follows the current National Federation of State High School Associations Rule Book. The rules listed below do not represent the entire rulebook; rather they have been compiled as a guide. Some rules have been modified for the Intramural program.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Only players who are able to present their current UAlbany photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.
c. For a full list of all eligibility requirements please refer to the Intramural Sports Handbook.

II. Team Composition

a. Five (5) players constitutes a team. A team must have 5 players by the time the game is scheduled to begin.

b. All players on a team must be registered to the team’s roster through IMLeagues.com prior to the first regular season game. Team members may not be added after the first game.

c. All team members are required to present their UAlbany photo ID card and sign in with the Intramural Site Supervisor at the beginning of each game. If a team member does not have his/her ID card or does not sign in with the Intramural Site Supervisor they will not be eligible to play.

d. Co-Rec teams are required to have an equal number of male and female participants registered to their roster. If there is an uneven number of participants on a roster there may be and 1 additional male or 1 additional female.

e. For Co-Rec teams, during play there must be either 3 males and 2 females on the court at one time or 3 females and 2 males.

III. Playing Court and Equipment

a. All intramural 5v5 basketball games will be played on the basketball courts in the Physical Education building or in the Bubble. Intramural participants will be expected to keep all used courts in pristine condition. Before leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team’s sportsmanship ratings will be reduced by one half point.

b. All equipment will be provided by the Office of Campus Recreation. There will be colored pinnies available to teams if necessary.

c. NO JEWELRY MAY BE WORN DURING GAMES. Captains are responsible for ensuring that all team members remove jewelry before play. This includes, but is not limited to, earrings, necklaces, bracelets, rings, watches, facial rings, etc. Medical and religious jewelry may be worn but must be completely covered and taped to the body.

d. Participants must wear basketball or tennis shoes and gym clothes. Shoes that mark the floor will not be permitted.

e. Participants are encouraged to carry in shoes to be worn during play. Snow, mud, and salt carried in on shoes can cause unnecessary floor damage. Players wearing any kind of shoe that causes marking problems on the floor including salt scratches, slush, water, etc. will be asked to leave the facility and clean or change their shoes.
f. All players must have a visible number on their shirts. If they do not, pinnies will be provided by the Office of Campus Recreation for use during the game.

g. Players may wear a knit hat or stocking cap. No baseball style hats or hats with rigid edges will be allowed. Rubber or cloth hair elastics may be worn to tie back hair. Hard or metal hair clasps may not be worn.

h. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.

i. The Intramural Site Supervisor will have the final say on the legality of all equipment.

IV. Game Times

a. It is recommended that teams arrive 15-20 minutes prior to the start of the game in order to allow time to sign in and warm up. If a team is not able to field a team at the time the game is scheduled to begin the game will be recorded as a forfeit. Game Time is Forfeit Time.

b. The game will consist of two 20 minute halves. There will be a 5 minute halftime between each half.

c. During the last minute of each half the clock will stop for all fouls, out-of-bounds and whistles. At all other times during the game the clock will only stop for time-outs, protests and injuries.

d. Each team will be entitled to 3 time-outs per game with the duration of 1 minute each. If a team does not have any time-outs remaining and calls for one, a two shot technical foul will be assessed, plus possession of the ball to the non-violating team at the division line. The technical foul will be assessed to the team and count towards total team fouls.

e. Games that end in a tie during the regular season will be allotted one 5 minute overtime quarter. There will be a running clock during the overtime period. The clock will stop during the last minute for free throws and timeouts. Each team will be given one time out during the overtime period. If the game is still tied after the overtime period the score will be left as is.

f. If a team is ahead by 25 or more points at a 5 minute mark (i.e. 15 min., 10 min.) or any time after 5 minutes in the second half, the game will end by the Mercy Rule.

V. Game Rules

The University at Albany Intramural basketball program follows the current National Federation of State High School Associations Rule Book. The rules listed below do not represent the entire rulebook; rather they have been compiled as a guide. Some rules have been modified for the Intramural program.
a. The five second rule (close guarding player with the ball), will be in effect.
b. The alternate possession rule will be in effect.
c. Three (3) point shots will be used for intramural play.
d. Foul Rules
   a. Fouls occurring when a player attempts to gain an advantage offensively or defensively
      i. Illegal use of hands, arms, legs, feet and/or torso.
      ii. Pushing, holding, grabbing, and/or hooking an opponent.
b. A player must leave the game upon his/her fifth personal foul. Technical and player control fouls will be counted as personal fouls and as team fouls. After two technical fouls a player will be automatically ejected. After three technical fouls on any one team the game will end in a forfeit.
c. A one on one bonus shot begins on the seventh team foul

d. Two shot bonus will begin on the tenth foul.
e. No foul shots for player control fouls.
f. Flagrant and intentional fouls will result in two free throws for the non-violating team, plus possession. A flagrant foul always carries an ejection.
g. Foul Shots: No player may move into the restricted area (the key) until the ball hits the rim. Players outside the lane area may not cross the foul line extended not the three-point arc until the ball hits the rim.
h. The offensive team (shooting team) may not have more than 2 players in marked line spaces.
i. The defensive team (non-shooting team) may not have more than 4 players in the marked line spaces.
j. The two top marked line spaces (nearest the shooter) may not be occupied.
k. Penalties for Foul Shots
   i. Missed basket = 2 shots awarded
   ii. Made basket = 1 shot awarded
   iii. Missed 3 point = 3 shots awarded
   iv. Made 3 point = 1 shot awarded
   v. Before 7th team foul = award possession of ball at nearest spot
   vi. On or after 7th team foul = bonus 1 + 1 award
   vii. On or after 10th team foul = 2 free throws
   viii. Intentional fouls = 2 shots and possession at spot of foul
    ix. Flagrant fouls = Ejection of player, 2 shots and possession
   x. Technical fouls = 2 shots and possession at half court
   xi. Common violations = change of possession
VI. Playoff Modifications

a. Only the top 16 teams make the playoffs. This is subject to change pending on how many teams there are.
b. During the playoffs if a game ends in a tie, then overtime periods will be played, a new jump ball will take place.
c. Overtime will be 5 minutes in length, running time. The clock will stop in the last minute for fouls, out-of-bounds, time-outs, injuries and protests.
d. Each team will be given 2 time-outs in addition to any unused time-outs from the regulation periods.

VII. Sportsmanship

a. After every game, participating teams will be given a sportsmanship rating of 0-4.00, in accordance with the Intramural Sports Handbook.
b. Teams must have a 3.00 average (on a 4.00 scale) to be eligible to participate in the playoff tournament.
c. Any team which receives a 2.00 or less sportsmanship rating may be dismissed from play and may face further disciplinary action.
d. The Office of Campus Recreation will review any team which averages less than a 2.0 during the playoffs for future eligibility in intramural play.
e. Appeals: Teams may inquire with the head official at the game site to view their sportsmanship ratings. A team captain may appeal his or her team’s sportsmanship rating by submitting an appeal to room B 107 in the Physical Education building (ATTN: Assistant Director of Campus Recreation) by 12 Noon of the next business day following the game or match. ANY APPEALS SUBMITTED AFTER THIS TIME WILL NOT BE ACCEPTED.
f. For a complete understanding of all Intramural sportsmanship policies, please refer to the Intramural Sports Handbook.

VIII. Forfeits & Defaults

a. A forfeit is a played or un-played game that is recorded as a forfeit because a team failed to show up for its scheduled contest or displayed unsportsmanlike behavior. If a forfeit is issued to a team who did not show up for a scheduled contest the team will be assessed $25, which is deducted from the forfeit deposit. A Team that forfeits the equivalent of two games will forfeit the remainder of the season.
b. A default is an un-played game that is recorded as a loss rather than a forfeit. This results when the defaulting team captain notifies the Office of Campus Recreation that
they will not show up to play a contest by 3pm on the BUSINESS DAY (Monday through Friday) preceding the scheduled game. Teams are allowed two defaults. Two defaults equal one forfeit.