

## 5-on-5 Basketball Rules

### **RULES FOR BASKETBALL WILL BE NFHS (National Federation of State High School Associations) WITH THE FOLLOWING EXCEPTIONS AND CLARIFICATIONS:**

- A. A minimum of three players is necessary to begin and continue play, if by anytime during the game a team drops below the required number of players, that team will be charged a loss.
- B. The game will consist of two 20-minute halves running time. During the first 38 minutes of the game, the clock will stop only for a team or official time out. The clock will stop on every whistle during the final two minutes of the game.
- C. Forfeit Rule: Teams have 5 minutes passed the scheduled time to have a team ready to play. For every minute that goes by, the opposing team will be awarded 2 points. During this time, the game clock will be running.
- D. Each team gets two 30-second time-outs per game. Teams will receive one time-out in an overtime situation.
- E. There will be a 3-minute half time.
- F. A jump ball begins each game and the possession arrow will be used after that as necessary. Overtime will consist of a jump ball.
- G. Players shall be disqualified when committing their 5th PERSONAL FOUL. A technical foul is registered as a personal foul.
- H. During the regular season, there will be sudden death overtime. During the playoffs, a 3 minute overtime (Clock Stops on referee's whistle) will be played.
- I. Game Clock: If a team is up by more than 15 points with two minutes left in the second half, the game clock will not stop in the last two minutes.
- J. Time-out requests can only be made by a player on the court.
- K. 7th team foul = one free throw (plus a bonus free throw if the first attempt is successful).  
10th team foul = two free throws
- L. All shooting fouls with a missed basket will result in two free throws. All shooting fouls with a made basket will result in two points and one bonus free throw.
- M. Dunking is allowed, however, if a player hangs on the rim, they will receive a technical.
- N. **Mercy rule:** At anytime in the second half a team is up by 40 points, the game is over.
- O. Players must report to the score table to enter the game and wait for an official to beckon them to enter the contest.

P. Co-Rec Modifications:

1. Player breakdown
  - 3 players – one must be male and one female
  - 4 players – must be two and two
  - 5 players – must have at least 2 males and 2 females
2. A male or female ball may be used during co-rec
3. Each score by a female will carry an additional point
4. Free throws shall count as regular points
5. Free throws awarded – females will be given one additional free throw when fouled
  - Shooting foul
    - 2-point attempt = 3 shots
    - 3-point attempt = 4 shots
  - A basket that is made on a shooting foul – females will be given just 1 free throw
  - 1 and 1 = 1 and 1 and 1
  - Double Bonus = 3 shots
6. There are no court restrictions for male players or guarding restrictions

**FLAGRANT AND INTENTIONAL FOUL:** The offended team will be automatically AWARDED 2 FREE THROWS PLUS THE BALL OUT OF BOUNDS. As opposed to intentional, the flagrant foul is deemed (or intended) to cause harm to the opponent. Any person committing a flagrant foul will be DISQUALIFIED from the game. In addition, s/he will be subjected to intramural disciplinary procedures.

**TECHNICAL FOUL:** The offended team will be automatically AWARDED 2 FREE THROWS PLUS THE BALL OUT OF BOUNDS. In addition, he/she will be subjected to intramural disciplinary procedures.

- a.) Any person committing 2 technical fouls (or any single flagrant foul) in one game will be DISQUALIFIED from the game and must leave the playing area immediately.
- b.) Any team committing 3 unsportsmanlike technical or flagrant fouls in one game will forfeit that game.

Team technical fouls

1. Illegal substitution
2. Fail to give name and number of a team member.
3. Fail to occupy the bench to which it is assigned.
4. Delay of game (team).
5. Request an excess time-out.
6. More than 5 members of a team on the court during play.
7. Inciting undesirable crowd reactions.
8. Spectator's undesirable behavior. (Teams are responsible for their spectators. It will be the judgement of the official which spectators belong to which team).
- 9.

Player technical fouls.

1. Unsportsmanlike conduct.
2. Participate after having been disqualified.
3. Illegal equipment.
4. Delay of game (player).
5. Refusal to comply with officials requests
6. Grasping either basket during the game.
7. Slap or strike either backboard or cause either ring to vibrate while the ball is in flight or in the cylinder above the basket.

**All rules are subject to change by the Program Director for Intramural and Club Sports.**