



# RECREATION

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## INTRAMURAL BASKETBALL RULES

Last Revised: Fall 2023

 = Revised Changes

### Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Basketball is governed by the policies and rules put forth by the Canada Basketball in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

### Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 5 players playing at one time. Each team must have a minimum of 4 players.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: There are no specialized positions.
7. Varsity players are not eligible to participate in an intramural sport like their varsity sport while in season. This means that varsity ball hockey players are not eligible to participate in the fall and winter semester.
8. Free substitutions can occur anytime except on free throws if playing time is not impeded. To substitute, a player must run in/out at the designated bench area.
  - a. Consistent violation is a technical foul.

### **Part C: Team Captain**

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.

6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.
7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

### **Part D: Officials**

1. Basketball will have up to two officials and one scorekeeper assigned to each game.
2. The scorekeeper will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the officials. The team captain may ask for clarification in a respectful manner.
4. The scorekeeper will manage the score clock and the game sheet.
5. If there is a dispute, the official's decision is final.

### **Part E: Equipment**

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
  - a. Captains will be warned at the beginning of the game to have all their players remove such items.
  - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
  - a. Items that are a safety risk will be asked to be properly secured.
  - b. It is the responsibility of the player to properly secure the item safely.
  - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
  - a. Game Ball
  - b. Available to sign out with Equipment Desk (WatCard required).
    - i. Jerseys (1 set per team)
    - ii. Ball to practice/warm-up

4. Proper gym attire must be worn to participate (no jeans/shorts with zippers).
  - a. Proper athletic footwear for the sport is required (Running shoes with non-marking soles - no street shoes, boots, dress shoes, bare feet, or sandals etc).
5. The following equipment will be optional:
  - a. Custom team jerseys
    - i. Must be all the same colour (contrasting to opponent).
    - ii. Must have distinct and unique numbers.

## **Part F: General Game Rules**

1. Playing Time
  - a. Games consist of two, twenty-minute halves.
    - i. Time will only stop for an injury or official's discussion.
    - ii. Stop time in the last two minutes of the second half
      1. If the score is within 9 or less.
      2. A timeout is taken, regardless of score
  - b. Halftime will be 5 minutes
    - i. If the game is behind schedule, the officials can choose to shorten halftime to 2 minutes.
    - ii. Both teams may agree to start earlier.
  - c. No game shall exceed 55 minutes after the scheduled start time.
2. Overtime/Tie
  - a. If a game is tied and time permits, one 2-minute stop time period shall be played.
  - b. If the game is tied after overtime, the tie will stand.
3. Timeouts
  - a. Each team is given 2 non-transferable time-outs per half.
    - i. 1 non-transferable time-out in overtime.
  - b. Time-outs are each 1 minute long.
4. Mercy rule: if the winning team can maintain a 40+ point lead for three possessions.
  - a. Officials will call a captains meeting to ask both captains if they want to conclude the game with a mercy.
  - b. If one team consents to end the game, then officials may accept the request and assign SOC scores based on what they see fit for each team.
    - i. The consenting team can be the team leading.
5. A game recorded as a default/forfeit will be scored 20-0.

6. Captains will sign the game once completed and assign an SOC rating of 0, 1, or 2 for the opponent.
7. The winner will be determined as the team that has the most points at the end of the game or overtime.
  - a. If neither team leads, it will be recorded as a tie.
8. Games will be played on PAC Small Gym, CIF Court 1, CIF Court 2, or CIF Court 3.
  - a. Finals may be scheduled on PAC Main Gym, availability permitting.

### **Part G: Specific Game Rules**

1. The official administers throw-ins in the front-court.
  - a. The official only administers throw-ins in the back-court on a foul call and during stop-time situations.
  - b. All other times, teams are allowed to inbound the ball from the spot closest to where the ball went out, as soon as they gain control of the ball.
2. Dunking is permitted only during the game and not during warm-up.
  - a. Consistent violation is a technical foul.
3. Back-court common fouls will only be shot during stop time when their team is in the bonus situation.
4. Intentional flagrant or technical fouls are always one shot regardless of when they take place.
5. During the last two minutes of the second half, teams are allowed advancement of the ball to half court after calling a time out.
6. A player on the Offensive end shall not stay inside the key for more than 3 seconds.
  - a. The three second count is reset when the player has reestablished both feet outside of the key or when a shot attempt has gone up by the offensive team.
7. For safety reasons, the following will be in effect in regards to saving a ball from out of bounds:
  - a. Any save attempt made blindly (*i.e.* official believes that the player is unaware of surroundings) the ball will be considered out of bounds regardless of the save attempt.
  - b. No save attempts are to be made intentionally off an opposing player.
    - i. Any such actions will result in the ball being called out of bounds.
  - c. Players are permitted to intentionally save the ball to a team mate, to an open area of the court (if deemed intentional by the official), or to call a time out.

8. The beginner division will have the following modified rules for all games:
  - a. No 3-point shots
  - b. No full court presses
  - c. Fouls will be one point and one shot
    - i. If the basket is scored, the basket will count for 2 points and the fouled player will take one shot.

## **Part H: Penalties, Fouls, Misconducts**

1. Five personal fouls are permitted.
  - a. When a player receives his/her fifth personal foul, he/she is suspended from further play.
2. Technical fouls count as personal fouls and team fouls.
3. 7 team fouls place a team in the bonus situation (automatic two shots).
4. A technical foul to the bench counts as a personal foul to the captain. This is the same if given to a player already ejected from the game.
5. Two technical fouls and the player is ejected from that game. The nature of the technical determines if further action is necessary.
6. Technical fouls are one shot plus possession at the division line.
7. Intentional fouls are two shots plus possession at the spot nearest to where the foul took place.
8. On foul shots, players inside the key must wait for the ball to be released from the shooter's hand. The shooter and all other players outside of the key must wait for the ball to hit the rim.
9. If a team should receive two direct technical fouls, then the game will be over as soon as the second one is given.
  - a. If a team is winning and a second direct technical is awarded to the team, the game will be treated as a forfeit and a minus 2 rating will be given to the team.
    - i. The opposing team will be awarded a 20-0 win if losing or winning by less than 10.
  - b. The score will stand as is when a losing team is awarded two direct technical fouls.

10. Any player ejected may be asked to leave the gym by the officials. Failure to do so may result in a technical foul to the captain and/or a Conduct Review.

### **Part I: Playoff Specific Rules**

1. 1 minute is given prior to the start of an overtime period.
2. 1 time-out is given per team in the overtime period.
3. If a playoff game is tied, a 2-minute stop-time overtime period will be played.
4. If the game is tied after overtime, another 2-minute stop-time period will be played.
  - a. The final minute will be stop time regardless of the score.
  - b. This will be repeated until a winner is decided.
  - c. In each case, team fouls do not reset, 1 time-out is given to each team and the period starts with a jump ball, with each team heading the same direction as they were in the second half.

### **Part J: Tie-Breaking Procedures**

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
  - a. The team having the higher S.O.C. will be ranked higher.
  - b. The team with the fewest defaults and forfeits will be ranked higher.
  - c. The team with the fewest defaults will be ranked higher.
  - d. The team having won the head-to-head match will be ranked higher.
  - e. The team having the best ratio of points for/against will be ranked higher.
  - f. The team having the better point differential will be ranked higher.
  - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at [leagues@uwaterloo.ca](mailto:leagues@uwaterloo.ca) and they will be more than happy to explain and clarify any questions.