

Basketball Rules

General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/RecSports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through IM Leagues.

Facility

All games will be played at the Student Wellness Center on the basketball courts in the main gym.

Questions

Please feel free to contact RecSports with any questions or concerns.

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Rules

The RecSports program utilizes NFHS Basketball Rules unless they are removed/modified below.

Players, Rosters, and Substitutions

- Each team consists of 5 players, one of whom is the captain. A team must have a minimum of 4 players to start and end the game. If a team only contains the minimum number of players and has no additional players to replace disqualified or injured players, the game is over. This is in place to ensure safety of the participants and to ensure the integrity of the game.
- The captain is the representative of their team and may address an official on matters of interpretation or to obtain essential information if it is done in a courteous manner. Any player may address an official to request a timeout or permission to leave the court.
- A sub must report to the scorekeeper before entering the game. Substitutions may only be made during a dead ball situation. **Substitutions that occur during a live ball situation will be penalized with a technical foul.**
- Subs may not enter the court until beckoned by an official.

Equipment

- Play will take place in the Main Gym at the Wellness Center.
- Approved Equipment for gym court play
 - All participants must wear non-marking, soft soled rubber shoes during play.
- Teams should wear contrasting color jerseys during the game. If a team has all same color shirts with numbers on the front or back, they will not be required to wear RecSports jerseys. The RecSports program will provide jerseys.

Accessories

- Accessories are allowed to be worn at the participants' OWN RISK.
- Examples of Approved and Illegal Jewelry

Approved Accessories	Illegal Accessories
<ul style="list-style-type: none">• Soft, tight material wrist wear• Stud earrings• Non-metal braces (no protruding features)• Non knotted headbands• Necklaces• Rings• Nose rings (studs)	<ul style="list-style-type: none">• Hard brimmed hats• Hoop earrings• Knotted headbands• Watches• Fitness trackers• Metal braces

RecSports Supervisors reserve the right to ask for jewelry to be removed if it could cause harm to other participants.

The Game

- Games will consist of 2-20-minute halves with a 2-minute halftime.
- The clock will run continuously except for time-outs and until the last two (2) minutes of each half.
 - In the second half, the clock will run inside 2 minutes if the score differential is greater than 18 points.
- Games will begin with a jump ball. Each jump ball after will result in alternating possession.
- **Overtime:** In the event of a tie at the end of regulation, a 2-minute overtime period will result with a 1-minute intermission beforehand.
 - Each overtime period will begin with a jump ball.
 - The clock will run continuously except for the last 1 minute of the overtime period.
 - Teams will stay at the same basket as 2nd half.
 - If during the regular season, the score is tied at the end of the 1st overtime period, the game will be ruled a tie.
 - Timeouts do not carry over to overtime. Each team will have only 1 timeout per overtime period.
 - If during playoffs, overtimes will continue until a winner is declared.
- **Time-outs:** Each team will be allowed 3 time-outs per game, all 1-minute in length.

- Teams may use a timeout to advance the ball in the final 2 minutes of the 2nd Half or during Overtime.
- Timeouts do not carry over to overtime. Each team will have only 1-1-minute time-out per overtime period.
- If a team calls a time-out prior to or during a free-throw situation, the clock will start once the ball is inbounded after a made free throw or once the ball touches a player inbounded.
- If a team has no time-outs and calls for one, a technical foul will be assessed, plus possession of the ball at half court.
- Live ball: A player/team must be in control of the ball before a time-out will be granted. The player may not be falling out of bounds
- Dead-ball: Any player/team may call a time-out during any dead-ball situation. The ball does become dead once a basket is made. Accordingly, Team A may call a time-out immediately after it has scored a basket and before Team B throws the ball into play.
- Mercy Rule: The game will be called if a team is up by 50 points at any time, 40 points with 12 minutes or less in regulation, or 30 points with 7 minutes or less to play in regulation.
- Free Throws: No player may enter the lane until the ball is released from the shooter's hands.
 - Marked lane spaces may be occupied by a maximum of 4 defensive and 2 offensive players.
 - The bottom blocks will not be occupied.
 - Players behind the 3-point line can not enter the lane (inside 3-point line) until the ball contacts the rim

Forfeit Score

- Forfeit Score will be recorded as 10-0

Fouls and Penalties

- **DUNKING WILL NOT BE ALLOWED AT ALL in accordance with Wellness Center policy**
 - If a player is dunking, they will be assessed a technical foul (personal foul + team foul)
 - The opposing team will get two free throws and possession, the opposing team can choose their shooter for the technical fouls.
- Offensive Fouls: Offensive fouls will result in a throw in by the defensive team at the nearest spot of the foul.
- Three free throws will be awarded if the player is fouled in the act of shooting a three pointer.
- Technical Fouls: Technical fouls will result in 2 free throws and possession.
 - 1st Technical Foul: The player is warned
 - 2nd Technical Foul: Player is removed from contest and must meet with Coordinator of RecSports
 - 3rd Technical Foul: The player is suspended for the remainder of the season
 - ALL TECHNICAL FOULS ARE CUMULATIVE! Any individual player receiving 3 technical fouls in any combination during a season will be suspended for the remainder of the season.
 - Technical and player control fouls will be counted as personal fouls
 - If a team receives 2 technical fouls, the manager/captain is ejected from the game. This ejection will be included in the RecSports sportsmanship system. If the captain is ejected, the team will select a new captain and the same rules will apply to him/her.
 - Any team that receives 3 technical fouls in one game will then forfeit that game.
 - A player may not slap the backboard in order to shake the rim to prevent a basket. Incidental contact with the backboard will be allowed, at the discretion of the official
- One bonus free throw will be awarded on the 7th team foul in a half
 - If the player makes his first free throw, they will get another free throw
 - Two bonus free throws will be awarded when team fouls reach 10 in a half
 - If the player misses their first free throw, they will still get their second free throw

Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record. Scorekeepers will be responsible for keeping score, team fouls, personal fouls, timeouts, and possession arrow.
- Teams can use their own basketballs provided that the opposing team agrees to play with that ball. If no agreement is reached the RecSports ball will be used for play.