

Emmanuel College Intramurals



Basketball Guidelines and Rule Book

Expectations of Behavior:

All participants and spectators are subject to the Student Handbook and the Intramural Handbook. All participants and spectators are responsible for their conduct. Good sportsmanship like conduct is required.

Ejection:

In the event a participant/spectator acts unsportsmanlike, a judgement call will be made by an official depending on the severity of the offense. If the offense is minor, a warning will be given. A second warning will result in an ejection. An ejected participant/spectator must vacate the playing area immediately. Failure to do so will result in further disciplinary action from the Intramural Coordinator.

The following will result in an immediate ejection, referral to the Intramural Coordinator, and possible referral to the Vice President for Student Development.

- Profanity
- Language meant to harm an individual or group.
- Disrespect to an official
- Threatening
- Unnecessary roughness
- Damage to Intramural equipment

Physical Violence:

Due to the severity of physical violence, local law enforcement will be called out in the event of physical altercation. All matters following the incident will be handled by the Office of Student Development.

Waiver of Injury Liability:

1. Emmanuel College and the Intramural program are not responsible for any injury that occurs during practice for or during actual game playing time. All intramural participants are wholly liable for the payment of their medical care that is a result of any injury incurred. Participants are encouraged to have private-personal medical insurance.
2. Participation in intramural activities is voluntary and all medical expenses incurred through participation are the sole responsibility of the participant.

3. Participants indicated their understanding of the Emmanuel College 'Expectations of Behavior' and the 'Waiver of Liability' when they initialed their Intramural Draft Application.

Sports Basketball Rules

Playing Court:

1. Basketball is played in the Shaw Athletic Center. The court meets National Federation of State High School (NFHS) Association, and NAIA intercollegiate basketball guidelines.
 - All participants (players and fans) will take the time needed to place all trash into the appropriate trash containers. Leave the area cleaner than it was when the Intramurals events started.
 - The Intramurals Leadership Team will assure that the court is properly cleaned to enhance the safety of participants.

The Game/ Players/ Equipment

NIRSA and/or NFHS rules will be followed for any circumstances not covered by these EC specific rules published as part of this document. NIRSA frequently defers to NFHS.

The Intramurals program will provide the appropriate men's and women's size game balls.

1. The Intramural Leadership Team will provide:
 - One person to serve as the Official Score Keeper
 - The Score Keeper will not make any calls regarding on-court rule violations.
 - The Score Keeper will post current scores, time-out periods, player and team fouls on a play-by-play basis.
 - One person to serve as the Official Shot Clock Keeper,
 - The Shot Clock Keeper will not make any calls regarding on-court rule violations.
 - The Shot Clock Keeper will record current scores, run the shot clock, and record team fouls on a play-by-play basis. Team fouls are recorded only for non-shooting fouls.
 - Two (2) people to serve as Official Game Referees for each game.
 - Official Game Referees are responsible for maintaining that all rules and regulations are followed during games.
 - Official Referees are responsible for calling personal and team fouls as well as a technical.
 - Official Referees are responsible for ejecting players due to violation of rules and regulations.

Clothing

1. Players may wear soft (padded) knee, elbow, or other body braces.
2. All players MUST wear appropriate athletic footwear.

3. All players must remove ALL jewelry prior to participating.
4. Players must wear appropriate team jersey or team color.

Captains / Co-Captains

1. Captains (Co-Captains) are the only team members who may address game officials.
2. Captains (Co-Captains) are responsible for the enforcement of all playing rules at the team level.
3. Captains (Co-Captains) are responsible for supervising the behavior of their team roster members.
4. Captains (Co-Captains) are responsible for making sure that each team member is dressed appropriately including team shirts/primary color.
5. Captains (Co-Captains) are responsible for annotating the game rosters provided by the score keeper.

Game time / Time-outs

1. The home team bench is the bench closest to the front entry way. The visiting team bench is the bench nearest the stage.
2. The game will consist of two 20-minute halves.
 - Half-time will be 3 minutes
 - Ten second back court time limit rule applies to the men's games. The referee will count for this rule. There is no 10 second backcourt for women's games.
 - Once a player has crossed half court with possession of the ball, a turnover will occur if that player steps back over the line after having crossed the half court.
 - Thirty-five second shot clock time limit rule applies to men's games. Thirty second shot clock applies to women's games. The shot clock will be operated by the Time Keeper, or Intramural Leadership Official.
 - The clock will run non-stop until the final 1 minute of each half.
 - During the last minute, the clock will stop on all dead balls. A field goal made does constitute a dead ball.
 - Only an official or team time-out will stop the clock during the first 18 minutes.
 - The Time Keeper will administer and track all team time out periods.
 - Each team is permitted three 45 second time-outs per game.
 - Time-out must be requested by the Captain or Co-Captain.
 - Time-out may be requested at any time during a dead ball.
 - Time-out may be requested at any time by the captain of the team playing offense.
 - The Time Keeper will sound the second horn when the entire 45 seconds of the time-out is expired. At the end of a time-out period, the game will start after "Play Ball" is called by the referees. If the possession team does not promptly return to the inbounds position, after the second horn, the referee shall
 - At ten (10) seconds after the second horn the referee will place the ball on the floor at the inbounds position and begin the five (5) second inbounds countdown.

- If the possession team does not legally put the ball into play at the end of the inbounds time, the referee will call an inbounds infraction, giving the other team inbounds possession.
- The Time Keeper will start the game clock at the end-ofbounds contact of the ball.
- An Official Time Out may be called if a player appears to be injured.

Overtime

1. If the score is tied at the end of a regular season game, one (1) additional five (5) minute overtime period will be played. If neither team leads at the end of the overtime period, the contest will be determined a tie.
 - In tournament play, overtime periods will continue until the score indicates a winner at the end of the overtime period.

Bleeding

1. Any participant that is noted to be bleeding during competition will be removed from the game until bleeding stops. The team captain and game officials will determine when the player may return. In the event that a team has no substitutes, the game will be stopped for no more than 5 minutes. If the bleeding has not stopped after the 5 minute pause, the team will forfeit.

Number of players / Forfeits

1. A minimum of 4 players is required to start a game. Teams are allowed to have up to 5 players on the court. In case of a double-forfeit, neither team will garner win points.
2. Game time is player roster time. If a team cannot field at least 4 players within ten minutes of game time; a forfeit is in effect. In order to claim forfeit, a team must have the correct number of players present and ready to play.
3. In case of injury or player ejection, a team captain may opt to play with 4 players only if the team does not have an eligible player immediately available on the bench. If this option is chosen, the game results will not be challengeable.

Skunk Rule

1. There is no “Skunk” rule. However, a team captain (co-captain in lieu) may forfeit a game prior to and at any time during the scheduled game.

Substitution

1. Player substitutes may be made only during dead-ball times.
 - Substitutes must report to the time keeper BEFORE entering the game.

Ejections

1. An ejected player must be replaced within 60 seconds (game clock paused) if the team has an eligible player available on the bench. Again, if an eligible player is not immediately available on the bench the team captain may opt to play with 4 players.

Fouls

1. Five fouls limited to each player.
2. Shooting Fouls
 - A player who is fouled during a shot will be rewarded two free throws unless the shot is successful then the player receives one free shot. “Shooting fouls include hack, hold, push, block, etc.”
3. Non-shooting Fouls
 - A player who is fouled while not attempting a shot will be rewarded with a team foul. The rewarded player will then go to the appropriate area on the side line assigned by the referee and will put the ball back into play. When a team reaches their 7th, 8th, and 9th foul the fouled player will shoot 1 and 1 and then 2 shots on every foul after each half. “Non-shooting fouls include hold, push, block, hand-check, illegal screen, etc.”
4. Technical Fouls
 - A player who exhibits unsportsmanlike conduct will result in a technical foul for both the player and his/her team. A player that receives 2 technical fouls will be ejected from that game. A team that receives 3 technical fouls will forfeit that game. Two points will be awarded to the offended team and possession of the ball at mid court.
5. Double Fouls
 - When two players commit personal fouls on each other at the same time. Both fouls should be recorded and no free throws awarded. Possession is given to the team based on the alternating possession arrow.
6. Flagrant Fouls
 - When a player commits a foul that is violent in nature both physically and verbally. The player is automatically ejected from the premises.

Description of Fouls

1. Hack- a defensive player intentionally makes a chopping motion with his or her arm or hand making contact with the opposing players arm.
2. Hold- intentionally holding an opponent’s shirt.
3. Push-intentionally pushing an opponent.
4. Illegal Block- when a defensive player gets in front of an offensive player to stop forward movement and does not stop to have established position and makes contact.
5. Charge- when a defensive player has stopped and established position in front of an offensive player to stop forward progress and the offensive player runs into the defensive player knocking them down.
6. Hand Checking- when a defender places their hand and keeps it on an opponent and is not in the area near the basket. A defender may place their hand and keep it on an opponent if they are in the area near the basket and their back is towards the goal. A defender may also momentarily place their hand on an opponent anywhere on the court as long as it does not interfere with the opponents speed, quickness, balance, and rhythm.
7. Illegal Screen- a legal screen is when an offensive player has legally stopped and established position in the path of the defender for the purpose of slowing down the defender or to change their direction. Illegal screen is when the offensive player has not

established position and intentionally moves in the path of the defender and makes contact.

Free Throws

1. Only 6 players may occupy the designated lanes for Free Throws. Four defensive players will occupy the very last and first lanes. Two offensive players will occupy the second lanes in between defensive players. Only 2 offensive players may rebound the ball. The remaining players must remain behind the 3 point line. Players are allowed to move once the ball touches the rim.
2. If a player is not behind the lane prior to a shot, a re-do will occur.

Jump Ball

1. An Official Referee will release a ball into the air. Once the ball reaches its highest point, 2 players will break from their designated area. The ball cannot be touched more than twice from the same player nor catch the ball during jump ball. All non-jumpers must be 6 feet on either side of jumpers. No non-jumpers may move until contact is made with the ball from a jumper.

Ball Violations

The following are considered ball violations. All violations will result in a turnover in which the non-violating team receives the ball on the side line near mid-court or near goal where the violation occurred.

1. Intentionally kicking the ball.
2. Striking the ball with the fist.
3. Traveling
4. Double dribbling
5. Palming the ball (resting the ball in hand while dribbling).

Dunking

1. Dunking is permitted during regular season and tournament play.

Goaltending

1. A defender may not touch the ball once the offensive player shoots the ball and is at its highest point. A defender cannot make contact with the ball once it has contacted the back board and is going towards the rim. A defender cannot touch the ball nor rim if the ball is rolling on the rim. If goaltending is called the correct points will be awarded to the offensive team. Two points if shot was inside 3-throw line, three points if shot was outside 3-throw line. If an offensive player makes contact with the ball in any of the above circumstances, basket interference will be called and no point gained. Once the ball has rolled outside the rim the ball is free for any to touch.

Possession Arrow

1. The team that loses the opening toss receives the possession arrow. When the first jump ball is called, the team that lost the opening toss receives the ball. After that the possession arrow is given to the opposing team.

3 Seconds

1. If an offensive player is inside or in contact with the free throw lane known as the key for more than three seconds while the ball is in his or her team's front court, a turnover will occur.

5 Seconds

1. If an offensive player is closely guarded within six feet in the front-court and holds or dribbles the ball for more than five seconds, a turnover will occur.