

# 5-on-5 Basketball Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

**1. Undergraduates/Graduate Students**

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

**2. Faculty and Staff**

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

**3. Alumni**

All alumni are ineligible to participate without a proper membership to UREC.

**4. Professional Athletes**

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

**5. Varsity Letter Person**

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

**6. Student Athletes**

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

**7. Sport Club Members**

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to *two Sports club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

**Valid JACards are required for participation. “No JACard, NO play”**

**\*Assumption of Risk\***

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

## **Facilities**

1. Games will be played in both UREC and Godwin Gymnasium.
2. Teams that play in UREC will participate in the main gym on courts 3 and 4 only.
3. Teams that play in Godwin will participate in the main gym on courts 1, 2, and 3 only. Court 4 is not utilized because of the lighting.
4. Both courts are lined with 2” end lines and sidelines. The ball becomes out of play when it contacts any part of that boundary.

## **Game Time and Timing Regulations**

1. All games will consist of two 20 minute halves with a running clock. The time between halves will be left to the discretion of the game officials/site managers, but not to exceed 5 minutes. During the entire first half, the clock will only stop for time outs. However, the clock will stop on all whistles during the last two minutes of the second half.

2. Games ending in a tie during the regular season shall be recorded as a tie and no overtime will be played. Games ending in a tie in the playoffs will be followed by a three (3) minute overtime period in which the clock will only stop in the last minute, on the officials whistle or for time-outs.
3. Each team shall be allowed 2 time outs per half, each lasting 60 seconds. There will be one time out for each overtime period. Time outs do not carry over into the overtime period from regulation time.
4. If a team is up by 15 or more points at the two minute mark, or anytime after that, the clock will continue to run. If the difference drops below 15 points then the clock will stop on all dead ball situations.

### The Team

1. A team will consist of 5 players. A team may start play with 4 players. Play must start if four players are present. If four players are not present at the allotted game time, the opposing team will lose 2 points for every minute they are late, plus loss of game time. Reducing a team to three players may result in a loss. *(It will be the officials' discretion, whether to continue the game with fewer than four players.)*
  - **CO-REC: A team will consist of at least two males and two females. A complete team may have 3 males and 2 females or 2 males and 3 females.** If the team does not have the required number of players after ten (10) minutes, the game will be declared a forfeit.
2. One non-playing coach will be allowed on the bench. All other non-players must be in the designated team area. On games played in the UREC main gym, a maximum of five (5) spectators per team will be allowed in the team bench area. Coaches must remain in the immediate area of the bench; they cannot walk the length of the sideline. Team captains are responsible for their team's as well as fans' behavior.
3. The non-playing coach will NOT be recognized when it pertains to time-outs. Only those players on the court may request a time-out.
4. **Valid JAC Cards are required for participation.**
5. All substitutes must report to the scorer's table, and wait for a dead ball in order to enter the game. Exceptions include injured players, players who foul out, or who are ejected. Substitutions that are not waved in by the official may be disallowed.

### Player Equipment

1. Head decorations, head wear, and jewelry are illegal. Only headbands no wider than 2 inches made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the course of the game. No bandannas ("do rags") or baseball caps are allowed. Officials will advise team captains to inform their teams to remove all jewelry before the game.
2. All team members must wear the same colored shirt with a number. We encourage teams to purchase their own jerseys. T-shirts must be worn under all sleeveless jerseys provided by UREC.
3. All players must wear non-marking, rubber-soled, close ended tennis or basketball shoes.

4. Games will be played with a UREC game ball. **This ball will not be used during warm-ups.** UREC will have a limited number of balls that can be checked out with a JAC card at the Equipment Issue Room. Teams are advised to bring their own ball to warm up with.

## Rules Section

### Jump Ball

1. A jump ball will be used to start the game and the overtime period and any subsequent overtime periods. All other jump ball situations during the game will be determined by alternating possession.

### Closely Guarded Rule

1. While closely guarded anywhere in the front court, holding or dribbling the ball for five (5) seconds will result in a violation. The ball will be given to the defending team. **Note: A player can be “closely guarded” for about 12 seconds without a 5-second violation (4 seconds holding the ball + 4 seconds dribbling the ball + 4 seconds holding the ball again).**

### Personal Fouls

1. Personal fouls involve contact during a live ball, including when committed by or on an airborne shooter. PENALTY FOR PERSONAL FOULS: Awarding of one, two or three free throws when in the act of shooting, or a made basket or the ball for a throw-in to a player of the offended team.
  1. No free throws for:
    - a. a common foul before the bonus rule is in effect
    - b. a double personal foul
    - c. a double technical foul
    - d. a player control foul
  2. Two free throws awarded if the foul is intentional or flagrant, plus the ball for throw-in.

### Technical Fouls

A technical foul is awarded but is not limited to:

1. A player touches the ball while in flight on a free throw
2. A player calls time out when the team has none left

3. A player hangs on the rim
4. A player intentionally slaps the backboard while the ball is in flight toward the goal, causing a vibration on the rim and gaining an advantage.
5. A player reaches over the in-bound line and touches the ball while the opposing player is in possession of the ball.
6. In the official's judgement a player is acting in an Unsportsmanlike manner (i.e. cursing, fighting, complaining, etc.).

### **Bonus Free Throws and Disqualification**

1. When one team commits 7, 8, or 9 fouls during the half, their opponent will shoot the one and one bonus. On the 10<sup>th</sup> team foul during the half, their opponents will shoot two shots. Exception: Player control fouls.
2. If an individual accumulates five fouls for the game, they are considered "fouled out" and a substitution must be made for that player. If there are no more substitutes available, the team must play with four players. If a player's fifth foul brings a team to three players, then it will be the official's discretion if the game should continue or it will be counted as a loss.
3. A player will automatically be ejected after two (2) technical fouls are called on that individual. However, a conduct technical may result in automatic ejection and/or forfeiture of the game. A team committing three (3) conduct technicals (i.e. fighting, cursing an official, etc.) shall receive a forfeit and a loss for that game.

### **Definitions**

1. BASKET INTERFERENCE- Occurs when a player: Touches the ball or any part of the basket (including the net) while the ball is on or within either basket; Touches the ball while any part of the ball is within the imaginary cylinder which has the basket ring as its lower base; Touches the ball outside the cylinder while reaching through the basket from below; pulls down a movable ring so that it contacts the ball before the ring returns to its original position.
2. BLOCKING- Illegal personal contact which impedes the progress of an opponent with or without the ball.
3. CHARGING- Illegal personal contact caused by pushing or moving an opponent's torso.
  - a. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path
  - b. If a guard has obtained a legal guarding position, the player with the ball must get his/her head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.

- c. There must be reasonable space between two defenders or a defensive player and a boundary line to allow the dribbler to continue in his/her path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact
  - d. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot, or dribble.
4. CLOSELY GUARDED- occurs when a player in control of the ball in his/her team's frontcourt, is continuously guarded by an opponent who is within 6 feet of the player who is dribbling the ball. The distance shall be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. It shall be terminated when the offensive player in control of the ball gets his/her head and shoulders past the defensive player.
  5. CONTINUOUS MOTION- Applies to a try or trap for field goals and free throws, but it has no significance unless there is a foul by any defensive player during the interval which begins when habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight; If an opponent fouls after a player has started a try for a goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when usual throwing motion has started before the foul occurs and before the ball is in flight; Does not apply if a teammate fouls after a player has started a try for a goal and before the ball is in flight. The ball becomes dead immediately.
  6. GOALTENDING- Occurs when a player touches the ball during a field-goal try or tap while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight, or an opponent of the free thrower touches the ball outside the cylinder during a free-throw attempt.
  7. HELD BALL- Opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness. An opponent places his/her hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on a try.
  8. TRAVELING- Moving a foot or feet in any direction in excess of prescribed limits while holding the ball.

## **Sportsmanship**

### **Philosophy**

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

### **Sportsmanship Mission**

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UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

### Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

**Example:**

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

#### **Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Excellent Sportsmanship: (3.5 – 3.1 points)**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains**.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

**Good Sportsmanship: (3.0 – 2.6 points)**

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

**\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

**Average Sportsmanship (2.5 – 2.1 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate

their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

### **Below Average Sportsmanship (2.0 – 1.6 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

**\*Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses
4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

### **Poor Conduct and Sportsmanship (1.5 - .9 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Unacceptable Sportsmanship (0 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Sportsmanship Sanctions**

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

## **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.