



Recreational Sports

**Old Dominion University**  
**Recreational Sports - Intramurals**  
**Basketball Rules**

**1. ELIGIBILITY**

- a. Each student must sign a RELEASE AND ASSUMPTION OF RISK form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in atleast 3 credit hours), faculty and staff.
- c. Any person having been classified as a PROFESSIONAL athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

**2. GENERAL REGULATIONS**

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

**3. CAPTAINS**

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

**4. TEAM**

- a. Teams are limited to a maximum of ten (10) players.
- b. Each team, under penalty of forfeiture, must have four (4) players on the playing field at the designated time of the game and must maintain a minimum of four (4) on the field/court throughout the game.

**5. TIME FACTORS**

- a. Once the Intramural Staff states that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit. A team receives a forfeit for not having enough players will be required to pay a \$50 forfeit bond.
- b. All games will be limited to (2) 20-minute halves and (1) overtime period (if necessary).

**6. INJURED PLAYER & BLOOD RULE**

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed from the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffers a head, spinal, neck injury, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.

**7. GAME RULES**

**a. PLAYERS UNIFORMS**

- i. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- ii. All players must wear NON-MARKING athletic shoes.



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- iii. All jerseys **MUST** be worn with a shirt underneath
- iv. All members must be dressed in same/similar uniforms with at least 4" number on the back of each uniform shirt. If one player on a team does not have a uniformed shirt, the whole team will have to wear the provided jerseys supplied by intramural sports department.

**b. ROSTER LIMITS AND PLAYERS**

- i. Teams are limited to a maximum of ten (10) players. Each team, under penalty of forfeiture, must have four (4) players on the playing field at the designated time of the game and must maintain a minimum of four (4) on the field/court throughout the game.

**c. FORFEIT/DEFAULT RULE**

- i. If you are unable to field a team, you may use your **DEFAULT OPTION** before you forfeit a scheduled game. If you are unable to play your game please call the Intramural Office at 757-683-3384.
- ii. Forfeit Option – If you are unable to field a team for a scheduled contest you will be charged a forfeit for which you must pay a \$50 forfeit bond. You will not be allowed to compete further until the fee is paid in full. If your team forfeits a second game your team will be removed from any further competition. Two forfeits/defaults = your team being automatically dropped from competition. This the same for one default and one forfeit.

**d. SCORING, TIMING, and TIME OUTS**

- i. The game shall consist of two twenty (20) minute halves.
- ii. Continuously until the last two minutes of each half when it will stop for all fouls, out of bounds, violations and time-outs. Exception: if a team is ahead by 10 or more points anytime during the last two minutes of the second half, the clock will continue to run without stopping until the point differential is below ten (10) points.
- iii. Half time will be three minutes in length.
- iv. Each team is permitted four (4) time outs per game, each 30 seconds in length. Only 2 may be used per half. Timeouts do **NOT** carry over into subsequent halves or overtime periods.

**e. OVERTIME**

- i. If the score is tied at the end of the second half during a regular season game, a three-minute overtime period will follow. During the regular season, **if the score remains tied after the overtime period, the game will end in a tie.** During playoff or tournament play, if the



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score is tied at the end of the overtime period, additional overtime periods will be played until a winner is determined.

- ii. The clock will run continuously until the **last minute** of the period when it will stop for all fouls, violations, out of bounds and time outs.
- iii. Each team will be allowed **one (1)**, 30-second time out for each overtime period. Timeouts not used during regulation play **cannot** be used during the overtime periods.
- iv. All fouls will carry over into the overtime period as well as bonus situations.

#### f. PERSONAL FOULS, TECHNICAL FOULS AND EJECTIONS

##### i. Personal Fouls

- 1. Every player is allowed (5) personal fouls per game. All technical fouls are counted towards personal foul totals.

#### g. EJECTIONS

- i. (All EJECTIONS are Minimum one (1) game suspension) any player ejected from a game will be ineligible to participate in the next scheduled game. Any player ejected from a game for the second time in a season will be suspended from further play for the balance of the season. An ejected player must make arrangements to meet with the Intramural Director before their suspension will be take effect. Violations for Automatic Ejection = Automatic minimum one (1) game suspension
- ii. Two technical fouls
- iii. Technical fouls will be deemed suitable for but not limited to the following actions:
  - 1. cursing
  - 2. Dunking/hanging on the rim
  - 3. repeated arguing with officials
  - 4. taunting
- iv. Three (3) technical fouls for a team will end the game. The game will be considered a forfeit.
- v. Five (5) technical fouls during tournament/league play will eliminate a team from further competition for the remainder of the school year.
- vi. Three (3) technical fouls on an individual player throughout the season/playoffs will result in a one game suspension. The next technical foul will result in the individual being suspended for the remainder of the season/playoffs.
- vii. Taunting fans may be given a technical foul. The technical will be charged to the captain of the team they are associated with.



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- h.** A player, coach, substitute, or fan/observer that is ejected from the game after being charged with his or her second technical foul during a game or is ejected by an official for conduct must leave the building within 3 minutes of their ejection.
- i.** If an official charges a technical foul against a team's bench, the technical will be credited to that player or coach, if applicable, and will also count toward the team foul totals and team technical foul limit.
- j.** **Any team with a Sportsmanship Grade below 3.0 will not be permitted to participate in the playoffs regardless of their record.**

**CO-REC MODIFICATIONS:**

- ✓ Must have at least 4 players to start.
- ✓ If five players, it must consist of three men and two women or three women and two men. If a team plays 2 men and 3 women in the first half, they must play 3 men and 2 women in the second half.
- ✓ If four players, it must consist of 2 men and 2 women.
- ✓ Field goals scored by both men and women are worth two points each. Free throws are worth one point each for men and women.
- ✓ **LANE RESTRICTIONS:** Male players are not allowed in the free throw lane, nor may they break the plane of this area at any time on either end of the court. This applies to offensive driving, defensive guarding, and rebounding for both field goals and free throws. If the encroachment happens while the violator is on offense, the ball shall be awarded out-of-bounds to the opposing team. If the encroachment happens while the violator is on defense, it shall be treated as basket interference (regardless of whether a shot has been attempted), and two points shall be awarded to the other team.