

**OLD DOMINION UNIVERSITY**  
**RECREATIONAL SPORTS DEPARTMENT**  
**INTRAMURAL BASKETBALL RULES**

National Federation High School Rules shall govern ODU Intramural Basketball with the following exceptions:

Intramural basketball is open to all eligible students, faculty, and staff. Students must be currently and continuously enrolled in at least 3 credit hours. Failure to comply will render the individual ineligible to participate in the intramural program.

**ODU IDENTIFICATION CARDS:** Participants **MUST** bring their ODU issued ID card to every intramural basketball game. These I.D.s will be checked before each game. If a player does not have his/her I.D., or if the I.D. is invalid then he/she **will not** be permitted to play.

**EQUIPMENT:** Gym shoes must be worn. Street shoes or shoes that scuff the floor will not be permitted. No jewelry is allowed. Jerseys will be provided with numbers. Players must have a regulation sleeved t-shirt to be worn underneath a recreational sports issued jersey. Tank tops or sleeveless t-shirts are not considered regulation, thus will not be allowed to be worn underneath a recreational sports issued jersey. All players must wear a numbered jersey, either recreational sport issued or personally owned. Each player must bring their ID Card to the scorekeeper at their respective court, who will check them off on the score sheet. Each captain must bring their ID Card to the Intramural Coordinator, who will keep their card in exchange for their team's jerseys. The team captain must return all jerseys to the Coordinator promptly after the completion of their game. The Intramural Coordinator will again exchange the Captain's ID card for the team jerseys. If the team captain fails to return the same number of jerseys that were issued to his/her team, that captain will be charged for the missing jerseys. Recreational Sports basketballs are for the games use only.

**ROSTER:** Players may be added prior to the start of the third regular season game. Any player not listed on the roster by that time will be considered ineligible. Player's names may be added at the game site or in the Recreational Sports office. **ROSTER LIMIT:** Ten (10) players.

**PLAYERS AND SUBSTITUTIONS:** A team consists of five players but must have at least 4 players to start the game. Team Captains/managers must report his/her team no later than five minutes before their scheduled game time, or the game may be forfeited. All players must be on the game sheet to be eligible to play. All players not checked-in for the game, who enter the game, shall be assessed a technical foul. All substitutes must check in at the scoring table and may enter the game only when beckoned by the officials. No substitute may enter for the shooter of a free throw, unless that player cannot resume play due to an injury, illness or disqualification.

**FORFEIT:** Game time is forfeit time. If, at the scheduled game time, at least one player from each team has not reported to represent their team, that team will forfeit that game. If neither team has a team representative at game time, a double forfeit will be declared. If a team forfeits, the team will lose their \$50 forfeit bond. The team must pay an additional \$50 forfeit bond prior to the start of their next game. Two (2) forfeits will remove a team from the league.

**DEFAULT:** If, at the scheduled game time, a team does not have enough players to start the game (4 players) the following procedures will be followed: Game clock will begin. For every minute that elapses, two (2) points will be awarded to the opposing team. After five (5) minutes, if a team continues to lack players to begin the game, a default will be declared and game called.

**STARTING THE GAME:** The game will begin with a center jump. The only other jump ball will occur if there is overtime. Any held balls during the game will be awarded out-of-bounds to the teams on an alternating basis. The team who does not obtain control of the first half jump will start the alternating possession procedure. To begin the second half, the team which has the arrow at the end of the first half will be awarded the ball at the division line opposite the table for throw-in.

**TIMING REGULATIONS:**

1. The game shall consist of two twenty (20) minute halves.
2. The clock will run 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.
3. Half-time will be three minutes in length.
4. 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.

**OVERTIME:**

1. If the score is tied at the end of the second half during a regular season game, a three-minute overtime period will follow. **If the score remains tied after the overtime period, the game will end in a tie.** If the score is tied at the end of the second half during playoff/tournament play, play shall continue without a change of baskets for one or more extra periods with a one-minute intermission before each extra period. As many extra periods as are necessary to break the tie shall be played.
2. The clock will run continuously until the **last minute** of each extra period when it will stop for all fouls, violations, out of bounds and time outs.
3. Each team will be allowed **one (1)**, 30-second time out for each over-time period. Timeouts not used during regulation play **cannot** be used during the overtime periods.
4. All fouls will carry over into the overtime period as well as bonus situations.

**FREE THROWS:**

1. Players must remain within their designated lane spots until the ball touches the rim.
2. The defensive team is allowed to have a maximum of four players in the respective spots. The offensive team may only have two players lining up in a free throw situation.

**EJECTIONS/FIGHTING:**

Any player(s) deemed instigating or being involved in any **PHYSICAL AND/OR VERBAL** altercation shall be subject to immediate ejection. To be reinstated for play, the ejected player must meet with the Assistant Director of Recreational Sports during established business hours. (2) technicals results in an automatic ejection and (1) game suspension.

**FOULS:**

1. Any player charged with a fifth foul or an unnecessary flagrant foul shall be disqualified from the game.
2. Any common foul, (non-shooting foul) prior to and including the team's 6th team foul for that half of play, will result in the offended team being awarded the ball at the closest in-bound spot for throw in. Common fouls committed by a player of a team beginning with that team's 7th team foul will result in a bonus free throw being awarded. If the first free throw is successful, then the shooter shall get another free throw (One and One). **EXCEPTION:** A player control foul is **NOT** awarded with free throws. However, a player control foul is counted as a team foul for reaching the bonus.

3. Common fouls exceeding 10 team fouls will result in two bonus free throws being awarded.
4. Personal fouls during the act of shooting will be treated as follows:
  - If missed the fouled person will be awarded two (2) free throws.
  - If successful, the person fouled is awarded the basket and award one (1) free throw attempt.
5. All intentional, flagrant and Technical fouls will be awarded 2 free throws and the ball at mid court.

**DUNKING:**

1. Dunking is allowed during Intramural Basketball GAMES ONLY. If a player dunks during warm-ups, that player will be assessed a technical foul.
2. Grasping the rim is **illegal** [except to prevent injury].

**Penalty:** The player(s) that grasped the rim will be charged with a technical foul. The opposing team will be awarded two free throws and possession of the ball.

**MERCY RULE:**

If at two minutes or at any point under two minutes in the second half, a team goes ahead by 25 or more points, the game will end as a result of the mercy rule.

**COACHES/SPECTATORS:**

1. All teams may have ONE AND ONLY ONE designated head coach. NO EXCEPTIONS!
2. Spectators are not allowed on the courts at anytime.
3. Any player not dressed to play (injured or late with no intentions of playing) is considered a spectator and may not stand on the sideline with the team.
4. Spectators may not sit on the rolled mats.

**CO-REC MODIFICATIONS:**

**PLAYERS:** Must have at least 4 players to start.

1. If five players, it must consist of three men and two women for the first half and three women and two men for the second half.
2. If four players, it must consist of 2 men and 2 women.

**SCORING:** 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.

**PLEASE ASK QUESTIONS CONCERNING CO-REC MODIFICATION RULES IF THEY ARISE.**