

**UNIVERSITY OF HOUSTON – DOWNTOWN
SPORTS & FITNESS
INTRAMURAL BASKETBALL RULES**

Intramural Sports Handbook

The UHD Sports & Fitness Intramural Sports Handbook governs the intramural sports program. It is too comprehensive to include here but participants are expected to familiarize themselves with it and adhere to its contents.

Eligibility – UHD intramural basketball is open to UHD students, faculty, staff, and other UHD Sports & Fitness members. Each individual is required to turn in his/her valid UHD ID before every game to the scorekeeper. An ID must also have a Sports & Fitness Sticker indicating that he/she has completed a Waiver and Assumption of Risk form. The forms are available at each entrance of the Student Life Center.

Game Regulations – UHD intramural basketball games will be conducted under the rules of the NFSHA with some exceptions:

Number of Players – Five (5) players shall constitute a complete team. A team roster may have a maximum of ten (10) players. Teams not ready to play with at least four (4) players will forfeit the game.

Score sheet – Every player must be on a team roster for the current season prior to playing. A player can only play for one team. Players caught playing for teams other than his/her own may be expelled from intramural sports and will result in the offending team's forfeiture of the game(s). In order for a player to be put on a game score sheet, he/she must be on that team's roster for the current season. New players may be added to a team's roster prior to regular season games only. Players must leave their ID at the scorer's table prior to his/her game and report his/her jersey number to the scorekeeper.

Length of Game – All games are two (2) twenty minute halves with a five (5) minute halftime. Overtime periods are three (3) minutes long. There will be a one minute intermission before each overtime period.

Time – The clock will run continuously with the following exceptions:

- Dead ball (fouls, violations, and timeouts) within the last two minutes of the each half. (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 10 points.)
- Dead ball within the last one minute of an overtime period.

Timeouts – Each team is allowed three timeouts per game, each one minute in length. Each team is permitted only one timeout for each overtime period. Timeouts not used during regulation cannot be carried over to the overtime period(s).

Uniforms – All players on a team must wear similar color jerseys. Jerseys must have a 6-inch minimum number on the front and an 8-inch minimum number on the back. Teams without appropriate jerseys may use game jerseys provided by Sports & Fitness. No caps are permitted. Bandanas and sweatbands are permitted. No rings or jewelry is permitted. UHD Sports & Fitness reserves the final judgment on any uniform disputes.

Substitution – An unlimited number of substitutions may be made during the course of a game. Substitutions may be made only during certain dead ball situations. The referee must acknowledge a substituting player before entering the game.

Fouls/Penalties – A player must leave the game after the player has committed five personal fouls. Team fouls result as follows:

- **Bonus** – Teams shoot one-and-one free throws for non-shooting fouls after the opponent has committed 7 team fouls in one half.
- **Double Bonus** – Teams shoot two free throws after the opponent has committed 10 team fouls in one half.

Offensive Foul (Player Control Foul) – An offensive foul occurs when a player in possession of the ball commits a foul. Free throws are not awarded to the opposing team but the foul does count as a personal foul and a team foul.

Technical Fouls

- A technical foul could be assessed for a uniform violation, wearing jewelry, a delay of game, dunking during warm-ups, etc.
- A technical foul could also be assessed for taunting an opponent, using obscene language and gestures, etc.
- A technical foul will result in two free throws plus possession of the ball for the opposing team.
- A technical foul **also counts as a personal foul** against the offending player **and** a team foul.
- A player receiving two technical fouls will be ejected from the game and must immediately leave the facility. An ejected player is automatically suspended from the next game. That player is suspended from any Sports & Fitness facilities and privileges until meeting with the director of Sports & Fitness.

Flagrant Technical Fouls

- A flagrant technical foul could be assessed for extreme, abusive and persistent vulgar language and actions, excessive dangerous and physical fouls, striking with the elbow and fighting.
- A flagrant technical foul will result in two free throws plus possession of the ball for the opposing team.

- A flagrant technical foul **also counts as a personal foul** against the offending player **and** a team foul.
- A player receiving one flagrant technical foul will be ejected from the game and must immediately leave the facility. An ejected player is automatically suspended from the next game and could face possible further disciplinary actions. That player is suspended from any Sports & Fitness facilities and privileges until meeting with the director of Sports & Fitness.

Intentional Fouls

- An intentional foul could be assessed for a non-flagrant foul that is not a legitimate attempt to directly play the ball (e.g. wrapping the arms around the player or grabbing a player around the torso or legs.)
- Intentional fouls will result in two free throws plus possession of the ball for the opposing team.
- An intentional foul **also counts as a personal foul** against the offending player **and** a team foul.

Closely Guarded – A player may not while closely guarded by an opponent (within 6 ft.) anywhere in his/her frontcourt hold the ball for five seconds or dribble the ball for five seconds. The count will be stopped if the player is attempting a shot. A violation will result in possession being turned over to the opponent.

Lane Violation (Free Throw) – A lane violation will be called against a player if he/she enters the free throw lane prior to the free throw shot hitting the rim. The player attempting the free throw may not enter the free throw lane until the ball strikes the rim or backboard.

Lane Spaces – There may be a maximum of six players (not including the shooter) on the free throw lane during a free throw attempt consisting of four opponents of the shooter and two teammates of the shooter. All others are to be behind the free throw line extended and the 3-point line.