

## Men's and Women's Basketball Rules

All games played under current National Federation (NFHS) rules with the following modifications:

**Note: All rules changes for this year will be in this type.**

### **RULE 1. EQUIPMENT**

Section 1. Jerseys. Each team must wear jerseys of the same color with permanent numbers of contrasting color on the front and back. Numbers must be whole numbers between 0-99, no fractions or decimals. Jerseys may be checked out with a current UNL photo ID at the Campus Recreation Center (Husker Reds).

Section 2. Shoes. Only tennis, court, or basketball shoes with pliable synthetic or rubber soles shall be worn. No marking black soled shoes, boots, or running shoes will be allowed.

Section 3. Ball. The ball furnished by Campus Recreation shall be used for all intramural games. The smaller game ball will be used for all women's games (28 1/2"-29" in circumference and with a weight of 18-20 ounces).

### **RULE 2. OFFICIALS AND THEIR DUTIES**

Section 1. The officials shall be a referee and an umpire (or when so assigned, a referee and two umpires), who shall be assisted by a scorekeeper from each of the two competing teams. The officials shall wear uniforms distinct from those of either team.

Section 2. The referee shall inspect and approve all equipment prior to the start of each game. The referee shall not permit any player to wear equipment which, in his/her judgment, is dangerous to other players. Elbow, hand, finger, wrist or arm guards, casts or braces made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance even though covered with soft padding, shall always be declared illegal. Players may not wear jewelry. Any equipment, which is unnatural and designed to increase a player's height or reach or to gain an advantage, shall not be used.

Section 3. The referee shall decide whether a goal shall count if the officials disagree. He/she shall decide upon matters on which the scorers disagree and correct obvious timing errors. At the end of each half he/she shall check and approve the score.

Section 4. The referee shall have power to make decisions on any points not specifically covered in the rules.

Section 5. The officials shall conduct the game in accordance with the rules.

- (a) Notifying the captains when play is about to begin at the start of the game.
- (b) Putting the ball in play.
- (c) Determining when the ball becomes dead.
- (d) Prohibiting practice during a dead ball, except between halves.
- (e) Administering penalties.
- (f) Ordering time-out.
- (g) Beckoning substitutes to enter the court.
- (h) Signaling a 3-point goal by raising two arms extended overhead.
- (i) Silently and visibly counting seconds to administer the throw-in, free throw, backcourt, and closely guarded rules.
- (j) Report a team warning for delay to the scorer and then inform the coach.

Section 6. The officials shall penalize unsportsmanlike conduct by any player, coach, substitute, team attendant, or follower. If there is flagrant misconduct, the officials shall penalize by removing any offending player from the game and the area. In addition, the officials shall banish any offending coach, substitute, team attendant, or follower from the vicinity of the court if ejected. A player who commits his fifth foul shall also be removed/disqualified from the game (but not necessarily the playing area).

Section 7. Neither official shall have authority to set aside or question decisions made by the other within the limits of his/her respective outlined duties.

Section 8. The officials shall have power to make decisions for infractions or rules

committed either within or outside the boundary lines from before the scheduled starting time of the game through the referee's approval of the final score. The jurisdiction of the officials is terminated when the final score has been approved and the referee leaves the visual confines of the playing area. This includes periods when the game may be momentarily stopped for any reason.

Section 9. (a) When a foul occurs, an official shall designate the offender to the scorers and indicate with the fingers the number of free throws (if applicable) to be taken.

(b) When a team is entitled to a throw-in, an official shall clearly signal the act, which caused the ball to become dead, the throw-in spot unless it follows a successful goal or an awarded goal, and the team entitled to the throw-in. The official shall use his/her discretion whether to hand or toss the ball in to the thrower-in, EXCEPT when the official is giving the ball to the thrower-in on the endline in their own front court. In this situation the official shall hand the ball to the thrower-in.

Section 10. Officials may correct an error if a rule is inadvertently set aside and results in:

- (a) failure to award a merited free throw;
- (b) awarding an unmerited free throw;
- (c) permitting a wrong player to attempt a free throw;
- (d) attempting a free throw at the wrong basket;
- (e) erroneously counting or canceling a score.

In order to correct any of the 5 officials errors listed above, (a-e) such error must be recognized by an official during the first dead ball after the clock has properly started. If in (f) the error is made while the clock is running and the ball dead, it must be recognized by an official before the second live ball. If the error is a free throw by the wrong player, or at the wrong basket or the awarding of an unmerited free throw, the free throw and the activity during it, other than unsportsmanlike, flagrant, intentional, or technical fouls, shall be canceled. However, other points scored, consumed time, and additional activity, which may occur prior to the recognition of an error, shall not be nullified. Errors because of free throw attempts by the wrong player or at the wrong basket shall be corrected by applying rule 8-1 and 2. If an error is corrected, play shall be resumed from the point at which it was interrupted to rectify the error.

Section 11. The scorers/timers must be provided by each team and shall record the field goals made, shall record the free throws made and missed, and shall keep a running summary of the points scored. They shall record the personal and technical fouls called on each player and shall notify the referee immediately when the fifth foul is called on any player (personal or technical) and/or a team reaches its seventh or tenth foul in one half. They shall record the time-outs charged to each team. They shall keep track of the jump balls for the alternating possession procedure and be responsible for the possession arrow. If neither team has a scorer/timer, the officials shall designate a player from each team to handle scorer/timer responsibilities until such time as a scorer/timer can be located (See Rule 6, Sec. 3). Note: a bookkeeping mistake may be corrected at any time until the referee approves the final score. The scorecard is the official score of the game, and the running score is the official overall score, rather than the individual totals of the players.

### **RULE 3. PLAYERS AND SUBSTITUTES**

Section 1. Each team consists of 5 players, one of whom is the captain. A team must begin with at least 3 players, but, if it has no substitutes to replace disqualified players it may continue with less than 3. A team may continue with as few as one (1) player, until they no longer have an opportunity to win the game.

Section 2. The captain is the representative of his/her team and may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or permission to leave the court.

Section 3. A substitute shall enter only when the ball is dead and when he/she is recognized and beckoned on by the official. A player who has been withdrawn may not reenter before the next opportunity to substitute after the clock has started following his/her replacement.

**A. A player who has been injured to the extent that the coach or any other bench**

**personnel is beckoned and/or comes onto the court shall be directed to leave the game. Unless a time-out is requested by his/her team and the situation can be corrected by the resumption of play.**

**B. A player who is bleeding, has an open wound, has an excessive amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the game. Unless a time-out is requested by his/her team and the situation can be corrected by the resumption of play.**

#### **RULE 4. DEFINITIONS**

Section 1. An **airborne shooter** is a player who has released the ball on a try for goal or has tapped the ball and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.

Section 2. **Basket Interference** occurs when a player: a) touches the ball or any part of the basket while the ball is on or within the basket; b) touches the ball while any part of the ball is within the imaginary cylinder which has the basket ring as its lower base; and c) reaches through the basket from below and touches the ball before it enters the cylinder.

Section 3. **Blocking** is illegal personal contact which impedes the progress of an opponent. **Charging** is illegal personal contact by pushing or moving into 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 or her head and shoulders past the front of the torso of the defensive player. If contact occurs on the front of the torso of the defensive player, the dribbler is responsible for the contact.

(c) There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in his or her path. If there is less than three 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.

SECTION 4. A **bonus free throw** is a second free throw which is awarded for each common foul (except a player control or team control foul) as follows:

(a) Beginning with a team's 7th foul in each half and for the 8th and 9th foul, the bonus is awarded only if the first free throw is successful.

(b) Beginning with a team's 10th foul in each half the bonus is awarded whether or not the first free throw is successful. Note: Player control fouls, team control fouls, and technical fouls are counted as team fouls to reach the bonus.

Section 5. **Boundary lines** of the court consist of the end lines and sidelines. The inside edges of these lines define the inbounds and out-of-bounds areas.

Section 6. **Closely-guarded** situation occurs when a player in control of the ball is guarded by an opponent who is within a distance of 6 feet of the player who is holding or dribbling the ball.

Section 7. **Continuous motion** applies to a try or tap for goal, but it has no significance unless there is a foul by the defense during the interval which begins when the 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 goal, he or she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, the player may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when the usual throwing motion has started before the foul occurs and before the ball is in flight. **Continuous motion does not apply if a teammate fouls after a player has started a try for goal and before the ball is in flight. The ball becomes dead immediately.**

Section 8. A player is in **control of the ball** when he/she is holding or dribbling a live ball inbounds. A team is in control when a player of the team is in control, and also while a live ball is being passed between teammates. There is also team control on all throw-ins. Team control continues until:

- (a) The ball is in flight during a try or tap for goal;
- (b) An opponent secures control;
- (c) The ball becomes dead.

Note: There is no player control during an interrupted dribble, but there is team control. An interrupted dribble occurs when the ball is loose after deflecting off the dribbler or it momentarily gets away from the dribbler.

When the ball remains alive a loose ball always remains in control of the team whose player last had control, unless it is a try for goal. There is no team control during the tapping of a rebound. Neither team nor player control exists during:

- (a) A dead ball; or
- (b) When the ball is in flight during a try or tap for goal.

In these situations, team control is reestablished when a player secures control.

#### Section 9. Court Areas.

(a) A team's **frontcourt** consists of that part of the court between its end line and the nearer edge of the division line, including its basket and the inbounds part of the backboard.

(b) A team's **backcourt** consists of the rest of the court, including its opponent's basket, the inbounds part of that backboard, and the entire division line.

Section 10. A **disqualified player** is one who is barred from further participation in the game because of committing his/her fifth foul (personal or technical), **OR TWO TECHNICAL FOULS**, or a flagrant foul. An **ejected player** is one who is ejected prior to, during, or after the game by the game official(s) and/or staff assistant. Any ejected player has one minute to leave the court and the game area (facility) under penalty of no less than game forfeiture.

Section 11. A **dribble** is ball movement caused by a player in control who bats, pushes, or taps the ball to the floor once or several times. During a dribble the ball may be batted into the air, provided it is permitted to strike the floor before the ball is touched again with the hand(s). The dribble may be started by batting pushing, tapping or throwing the ball to the floor.

The dribble ends when:

- (a) the dribbler catches the ball in one or both hands; or
- (b) The dribbler palms/carries the ball by allowing it to come to rest in one or both hands; or
- (b) the dribbler simultaneously touches the ball with both hands; or
- (c) an opponent bats the ball; or
- (d) the ball becomes dead.

An interrupted dribble occurs when the ball is loose after deflecting off the dribbler or after it momentarily gets away from the dribbler.

Section 12. **Dunking** is the driving, forcing, pushing, or attempting to force a ball through the basket with the hand(s). Dunking is illegal during the pre-game, and/or the halftime warm-up period, and/or the post-game period. Grabbing the rim is also illegal (except to prevent injury) and is penalized in the same manner as dunking. *Penalty: the player(s) that dunk/grab the rim will be given a technical foul. This applies regardless of when the violation occurs. A player is ejected from the contest after two technical fouls.*

Section 13. **Extra period** is the extension of playing time necessary to break a tie score. It is three (3) minutes in length. Extra periods are an extension of the second half. No timeouts are allowed in extra period(s). A coin flip will determine possession to begin each extra period.

Section 14. **Fighting** is a flagrant act and can occur when the ball is dead or alive.

Fighting includes but is not limited to:

- (a) An attempt to strike an opponent with fist, hands, arms, legs, or feet whether or not contact is made.
- (b) An attempt to punch or kick an opponent whether or not contact is made.
- (c) An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.

#### Section 15. Fouls.

(a) A **foul** is an infraction of the rules which is charged and penalized.

(b) A **common foul** is a personal foul, which is neither flagrant nor intentional nor committed against a player trying or tapping for a field goal, nor is a part of a double or multiple foul.

(c) A **double foul** may be personal or technical. A double personal foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. A double technical foul is a situation in which two opponents commit technical fouls against each other at approximately the same time. A false double foul is a situation in which there are fouls by both teams, the second of which occurs before the clock is started or the ball becomes alive following the first, such that at least one of the attributes of a double foul is absent. No free throws are awarded for double personal fouls or double technical fouls and the ball is put in play by the team in possession of the ball at the point of interruption.

(d) A **flagrant foul** may be a personal or technical foul of a violent or savage nature, or a technical non-contact foul which displays vulgar or abusive conduct. It may or may not be intentional. If personal, it involves violent contact such as striking, kicking, kneeling, etc. If technical, it involves dead ball contact or non-contact at any time which is extreme or persistent, or vulgar or abusive conduct. **FIGHTING IS A FLAGRANT ACT.**

*Penalty: The offended will be awarded two points and possession of the ball at the throw-in spot nearest where the foul occurred. The offender shall be ejected from the contest.*

(e) An **intentional foul** is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act. **A FOUL SHALL ALSO BE RULED INTENTIONAL IF WHILE PLAYING THE BALL A PLAYER CAUSES EXCESSIVE CONTACT WITH AN OPPONENT.**

*Penalty: The offended will be awarded two points and possession of the ball at the throw-in spot nearest where the foul occurred.*

(f) A **multiple foul** is a situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time. A false multiple foul is a situation in which there are two or more fouls by the same team such that the last foul is committed before the clock is started or the ball becomes alive following the first, so that at least one of the attributes of a multiple foul is absent.

(g) A **personal foul** is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements. A personal foul also includes contact by or on an airborne shooter when the ball is dead. Note: contact after the ball has become dead is ignored unless it is ruled intentional or flagrant or is committed by an airborne shooter.

(h) A **player control foul** is a common foul committed by a player while he/she is in control of the ball, or by an airborne shooter.

(i) A **team control foul** is a common foul committed by a member of the team that has the ball

(j) A **technical foul** is a foul by a non-player, or a non-contact foul by a player, or an intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter. A simultaneous technical foul by opponents is a situation in which there is a technical foul by both teams which occurs at approximately the same time, but are not committed by opponents against each other. No free throws are awarded and the ball is put in play by the team entitled to throw-in under the alternating possession procedure at the division line opposite the table.

*Penalty: The offended will be awarded two points and possession of the ball at the throw-in spot nearest where the foul occurred.*

(k) A **team foul** is any personal foul or technical foul which is charged to either team. All team fouls are counted toward the bonus free throw.

(l) An **unsportsmanlike foul** is a non-contact technical foul which consists of unfair, unethical, or dishonorable conduct. Acts of deceit such as accepting a teammate(s) foul or free throw, faking being fouled, and using of profane or inappropriate language or gestures are unsportsmanlike.

Section 16. A **free throw** is the opportunity given a player to score one point by an unhindered try for goal from within the free throw circle and behind the free throw line. A free throw starts when the ball is placed at the disposal of the free thrower. It ends when: the try is successful; when it is certain the try will not be successful; the try touches the floor or any player; or the ball becomes dead.

Section 17. A **fumble** is the accidental loss of player control when the ball unintentionally

drops or slips from the player's grasp.

Section 18. Goaltending occurs when a player touches the ball during a field goal try or tap while: the ball is in downward flight; the entire ball is above the level of the basket ring; the ball has the possibility of entering the basket in flight; and the ball is not touching an imaginary cylinder which has the basket ring as its lower base. It is also goaltending when, during a free throw attempt, an opponent of the free thrower touches the ball while it is outside the imaginary cylinder.

Section 19. Guarding is the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required between the guard and opponent, but the maximum is six feet when closely guarded. Every player is entitled to a spot on the floor provided such player gets there first without illegally contacting an opponent. To initially establish **legal guarding position**, the guard must have both feet on the floor inbounds and the front of the guard's torso must be facing the opponent.

Section 20. Hands and arms, legal and illegal use of

ART. 1 It is legal to extend the arms vertically above the shoulders and they need not be lowered to avoid contact with an opponent when the action of the opponent causes contact. This legal use of the arms and hands usually occurs when guarding the player making a throw-in, who is the player with the ball maneuvering to try for a goal by pivoting, jumping or hooking.

ART. 2 It is legal to reach to block or slap the ball controlled by a dribbler, or player throwing for goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball.

ART. 3 It is legal for a player to hold his or her hands and arms in front of his or her face or body for protection and to absorb force from an imminent charge by an opponent. This same protective use of the arms and hands occurs when a player who has set a screen outside the opponent's visual field is about to be run into by the player being screened. The action however, should be a recoil action rather than a pushing action.

ART. 4 It is illegal for a player to use his or her arms and hands or hips and shoulders to force his or her way through a screen, or to hold the screener and then to push him or her aside in order to maintain a guarding position relative to his or her opponent.

ART. 5 It is illegal for any player to use his hands in any way which inhibits the freedom of movement of the opponent, or acts as an aid to a player in starting or stopping.

ART. 6 It is illegal to extend the arms fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms occurs. The extension of the elbows when the hands are on the hips or when the hands are held near the chest or when the arms are held more or less horizontally are examples of the illegal positions used. These positions are employed when rebounding, screening, or engaging in various aspects of post play.

ART. 7 It is illegal for a player to use his or her forearm and/or hand to prevent an opponent from attacking the ball during a dribble, or when throwing for goal.

ART. 8 When arms and elbows are swung about while using the shoulders as pivots, and when the speed of the extended arms and elbows is in excess of the rest of the body as it rotates on the hips or on the pivot foot, or if the speed and vigor with which the arms and elbows are swung are such that injury could result if another player were contacted, the penalty is a violation. The opponent will be awarded a throw-in at the designated out-of-bounds spot nearest the violation. If contact is made, the offending player will receive a technical foul.

ART. 9 It is not legal to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

Section 21. A held ball occurs when opponents have hands so firmly on the ball that control cannot be obtained without undue roughness, or when 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.

Section 22. Holding is illegal personal contact with an opponent which interferes with his/her freedom of movement.

Section 23. Incidental contact is contact which is permitted and does not constitute a foul.

ART. 1 The mere fact that contact occurs does not constitute a foul. When ten players are moving rapidly in a limited area, some contact is certain to occur.

ART. 2 Contact which occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive movements, should not be considered illegal, even though the contact may be severe.

ART. 3 Similarly, contact which does not hinder the opponent from participating in normal defensive or offensive movements should be considered incidental.

ART. 4 A player who is screened within his or her visual field is expected to avoid contact with the screener by stopping or going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener, and such contact is to be ruled incidental contact, provided the screener is not displaced if he or she has the ball.

ART. 5 If, however, a player approaches an opponent from behind or from a position from which he or she has no reasonable chance to play the ball without making contact with the opponent, the responsibility is on the player in the unfavorable position.

Section 24. Kicking the ball is intentionally striking it with any part of the leg or foot.

Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.

Section 25. Player location is determined by where he/she is touching the floor as far as being: inbounds or out-of-bounds; in the frontcourt or backcourt; behind (outside) or inside the 3-point field goal line. The location of an airborne player with reference to these factors is the same as at the time such player was last in contact with the floor or an extension of the floor such as a bleacher. When the ball touches an official, it is the same as touching the floor at the official's location.

Section 26. Rebounding is an attempt by a player to secure possession of the ball during and following a try for goal. In a rebounding situation there is no player or team control.

ART. 1 To obtain or maintain legal rebounding position, a player may not:

- (a) Displace, charge, or push an opponent.
- (b) Extend shoulders, hips, knees or extend the arms or elbows fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered.
- (c) Bend his or her body in an abnormal position to hold or displace an opponent.
- (d) Violate the principle of verticality.

Section 27. Resuming play procedure is used to prevent delay in putting the ball in play following a time-out or intermission. The procedure results in a violation instead of a technical foul for initial delay in specific situations.

Section 28. A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

ART. 1 To establish a legal screening position:

- (a) The screener may face any direction;
- (b) Time and distance are relevant; and
- (c) The screener must be stationary, except when both are moving in the same path and the same direction.

ART. 2 When screening a stationary opponent from the front or side, the screener may be anywhere short of contact.

ART. 3 When screening a stationary opponent from behind, the screener must allow the opponent one normal step backward without contact.

ART. 4 When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance need not be more than two strides.

ART. 5 When screening an opponent who is moving in the same path and direction as the screener is moving, the opponent is responsible for contact if the screener slows up or stops.

Section 29. A try for field goal is an attempt by a player to score 2 or 3 points by throwing the ball into his/her basket. A player is trying for goal when the player has the ball and in the official's judgment is throwing or attempting to throw for goal. It is not essential that the ball leave the player's hand. A foul could prevent release of the ball. The try starts when the player begins the motion which habitually precedes the release of the ball. The try ends when the throw is successful or when it is certain the throw is unsuccessful or when the thrown ball touches the floor or when the ball becomes dead.

A **tap for goal** is the contacting of the ball with any part of a player's hand(s) in an attempt

to direct the ball into his or her basket. A tap shall be considered the same as a try for field goal. The tap starts when the player's hand(s) touch the ball. The tap ends in exactly the same manner as a try.

The **act of shooting** begins simultaneously with the start of the try and ends when the ball is clearly in flight, and includes the airborne shooter.

**Section 30. A throw-in** is a method of putting the ball in play from out-of-bounds. The throw-in begins when the ball is at the disposal of a player of the team entitled to it. The throw-in ends when the passed ball touches, or is touched by an inbounds player other than the thrower (the player who attempts to make a throw-in). The throw-in count ends when the ball is released by the thrower so the passed ball goes directly into the court. The designated throw-in spot is 3 feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

**Section 31. Traveling** (running with the ball) is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits are:

ART. 1. A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the pivot foot.

ART. 2. A player, who catches the ball while moving or dribbling, may stop and establish a pivot foot as follows:

- (a) if both feet are off the floor and the player lands;
  - (1) simultaneously on both feet, either foot may be the pivot;
  - (2) on one foot followed by the other, the first foot to touch is the pivot;
  - (3) on one foot, the player may jump off that foot and simultaneously land on both. Neither foot can then be a pivot.

(b) if one foot is on the floor:

- (1) it is the pivot when the other foot touches in a step;
- (2) the player may jump off that foot and simultaneously land on both.

Neither foot can then be a pivot.

ART. 3. After coming to a stop and establishing a pivot foot:

- (a) the pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal;
- (b) if the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal;
- (c) the pivot foot may not be lifted before the ball is released to start a dribble.

ART. 4. After coming to a stop when neither foot can be a pivot:

- (a) one or both feet may be lifted, but may not be returned to the floor, before the ball is released on a pass or try for goal;
- (b) neither foot may be lifted before the ball is released to start a dribble.

ART. 5 A PLAYER HOLDING THE BALL:

- (a) May not touch the floor with a knee or any other part of the body other than the hand or foot.
- (b) After gaining possession while on the floor and touching with other than hand or foot, may not stand or attempt to get up.

**Section 32. Verticality** applies to a legal guarding position. The basic components of the principle are:

- (a) Legal guarding position must be established initially and movement thereafter must be legal;
- (b) From this position, the defender may rise or jump vertically and occupy the space within his or her vertical plane;
- (c) The hands and arms of the defender may be raised within his or her vertical plane while on the floor or in the air;
- (d) The defender should not be penalized for leaving the floor vertically or having his or her hands and arms extended within the vertical plane;
- (e) The offensive player whether on the floor or airborne may not "clear out" or cause contact which is a foul within the defender's vertical plane;
- (f) The defender may not "belly up" or use the lower part of the body or arms to cause contact which is a foul outside his or her vertical plane;
- (g) The player with the ball is to be given no more protection or consideration than the



defender in judging which player has violated the rules.

**Section 33.** A violation is one of three types of rule infractions which are listed and the penalty outlined in 9-1 through 12. The types of violations are:

ART 1 **Floor violations** including basket interference or goaltending by a teammate of the thrower for field goal or try for goal;

ART 2 **Basket interference** or **goaltending** by a player at the opponent's basket;

ART 3 **Free throw violations** other than those involving basket interference or goaltending.

**Section 34.** A warning to a team for delay is an administrative procedure by an official which is recorded on the scorecard by the scorer and announced to the team captain:

(a) For throw-in plane violations.

(b) For huddle by either team and contact with the free thrower.

(c) For interfering with the ball following a goal.

## **RULE 5. SCORING AND TIMING REGULATIONS**

**Section 1.** A goal is made when a live ball enters the basket from above and remains in or passes through. No goal is scored if an untouched throw-in goes through the basket. If a player control foul occurs after a goal, the goal is canceled. Whether the clock is running or stopped has no influence on the counting of a goal.

**Section 2.** Playing time shall consist of two halves of 20 minutes each in men's and women's play. The clock will run continuously except during time-outs and the final 2 minutes of the second half. During the final two minutes, the clock will stop for all fouls, violations, or when the official signals it to stop (whistle). If, when there are exactly two minutes left in the game and a team is ahead by 15 or more points, the clock will continue to run for the rest of the game without stopping even though the point differential is reduced below 15 points. **If a team is ahead by 40 or more points anytime in the second half the game will be called.**

**Section 3.** Each team is entitled to two time-outs per game. Time-outs may not exceed one minute in length. The clock will stop on all time-outs. Successive time-outs may be called except: 1) between the end of the second half and the first extra period, and/or 2) between any extra periods. No additional time outs are allowed during any extra period(s). Unused time-outs in the first half may be used in the second half or any overtime period. A time-out shall not be granted until after the ball has become alive to start the game.

**Section 4.** In the event that the score is tied at the end of regulation play, a three minute extra period will be played. The clock will stop on the officials' signal during the final minute of each extra period, and no additional time outs are allowed. Personal, team, and technical fouls accumulated in the second half and/or overtime periods will carry over into each succeeding extra period. A one-minute rest period will precede each extra period.

**Section 5.** If a technical foul occurs after the ball has become dead to end a half, or extra period, the next half or extra period is started by awarding the offended team two points. This applies when the foul occurs after the first half has ended and after the second half has ended, provided there is to be an extra period.

**Section 6.** Game time is forfeit time. Teams must have at least three (3) eligible players at the game site signed in and ready to play at game time. If a team has fewer than 3, the team captain or contestant who is ready to play may choose to give the opponent 10 minutes. If the team or contestant is still not able to play after the 10 minute extension, a forfeit will be declared. If the 10 minute extension is granted, contest playing time will be reduced by 10 minutes or by whatever portion of 10 minutes which was used to avoid a forfeit. If both teams fail to arrive at game time with at least 3 players, the 10 minute grace period will automatically be granted, but the game clock will start at game time.

## **RULE 6. LIVE BALL AND DEAD BALL**

**Section 1. *The game shall be started with a Jump Ball.*** After any subsequent dead ball, the only way to get the ball alive is to resume play by a throw-in or by placing it at the disposal of a free thrower. The ball becomes alive when:

- (a) On a throw-in, it is at the disposal of the thrower;
- (b) On a free throw, the ball is at the disposal of the free thrower.

Note: a ball is at the disposal of a player when it is: a) handed to a thrower; b) caught by the free thrower after it is bounced to him/her; c) placed on the floor at the spot; d) available to the player as after a goal.

**Section 2.** To start the second half, the ball shall be put in play by a throw-in under the alternating possession procedure. All overtime periods will begin with a ***Jump Ball***. Throw-ins to start the second half will be administered at the division line opposite the scoring table.

**Section 3. Alternating possession.**

(a) In all jump ball situations and to start each period, the teams will alternate taking the ball out-of-bounds for a throw-in. The team obtaining the ball to begin the game starts the alternating possession procedure. The arrow is set toward the opponent's basket. Control may also be established as the result of a violation or foul.

(b) To start the second half and all extra periods, the throw-in shall be from out-of-bounds at the division line opposite the table.

(c) In all jump ball situations other than the beginning of a period, the throw-in shall be from the out-of-bounds spot nearest to where:

- (1) A held ball occurs;
  - (2) The ball goes out-of-bounds;
  - (3) A double free throw violation occurs;
  - (4) A live ball lodges between the backboard and ring or comes to rest on the flange, unless a free throw or throw-in follows;
  - (5) The ball becomes dead when neither team is in control and no goal or infraction or end of a half or extra period is involved;
  - (6) Opponents commit simultaneous goaltending or basket interference violations.
- Note: When technical fouls are involved, the throw-in shall be from the division line on either side of the court.

If a coach/player/official requests that a timing or scoring mistake or alternating possession mistake be prevented or rectified, the appeal must be presented at the scorer's table in the presence of the game official(s), and a representative from both teams. If a timing/scoring/alternating possession mistake is prevented or rectified, no time-out will be assessed to the team(s) making the appeal. If no mistake is corrected, the team(s) making the request will be assessed a time-out. If no time-outs are available, the team(s) will be assessed a technical foul.

**Section 4.** The ball becomes dead or remains dead when:

- (a) a goal is made;
- (b) it is apparent the free throw will not be successful on a:
  - (1) free throw which is to be followed by another throw;
  - (2) free throw which it to be followed by a throw-in;
- (c) a held ball occurs, or ball lodges between the backboard and ring or comes to rest on the flange;
- (d) an official's whistle is blown;
- (e) time expires for a half or extra period;
- (f) a foul occurs (other than player control);
- (g) a free throw violation by the thrower's team occurs;
- (h) a violation; or
- (i) a player control foul occurs.

**Exception 1.** The ball does not become dead until the try or tap ends when:

- (a) Section 4d, e or f occurs while a try for a field goal or a tapped ball by a player toward his/her basket is in flight;
- (b) Section 4d or f occurs while a try for a free throw is in flight;
- (c) A foul is committed by an opponent of a player who has started a try for goal (is in the act of shooting) before the foul occurred, provided time did not expire before the ball was in

flight. The trying motion must be continuous and begins after the ball comes to rest in the player's hand or hands, and is completed when the ball is clearly in flight. The trying motion may include arm, foot, or body movements used by the player when throwing the ball at his/her basket;

(d) An excessively swinging arm(s) or elbow(s) violation occurs by an opponent without making contact. When the shooter, tapper, or teammate commits this infraction, the ball shall become dead immediately.

## **RULE 7. OUT-OF-BOUNDS AND THE THROW-IN**

Section 1. A player is out-of-bounds when he/she touches the floor or any object other than a player on or outside a boundary.

The ball is out-of-bounds when it touches:

- (a) a player who is out-of-bounds
- (b) any other person, the floor, or any object on or outside a boundary
- (c) the supports or back of the backboard
- (d) the ceiling, overhead equipment or supports.

The edges of the backboard are inbounds. When a rectangular backboard is used, the ball is out-of-bounds if it passes over the backboard.

Section 2. The ball is caused to go out-of-bounds by the last player to touch, or to be touched by, it before it goes out, provided it is out-of-bounds because of touching something other than a player. If the ball is out-of-bounds because of touching, or being touched by, a player who is on or outside a boundary, such player causes it to go out.

Section 3. If the ball goes out-of-bounds and was last touched simultaneously by two opponents, both of whom are inbounds or out-of-bounds or if the official is in doubt as to who last touched the ball or if the officials disagree, play shall be resumed by the team entitled to the alternating possession throw-in at the spot out-of-bounds nearest to where the simultaneous violation occurred.

Section 4.

(a) When the ball is out-of-bounds after any violation, the official shall place the ball at the disposal of an opponent of the player who committed the violation for a throw-in from the designated spot nearest the violation except for penalties which require specific throw-in spots.

(b) After a player control foul, team control foul, or a common foul prior to the bonus rule being in effect, any player of the offended team shall make the throw-in from the designated out-of-bound spot nearest the foul.

(c) After a goal, the team not credited with the score shall make the throw-in from the end of the court where the goal was made and from any point outside the end boundary. Any player of the team may make a direct throw-in, or he/she may pass the ball along the end boundary to a teammate(s) behind the boundary line.

(d) After a technical foul, any player of the team to whom the free throws have been awarded shall make the throw-in from out-of-bounds at the division line on the side of the court opposite the scorer's table.

(e) After a free throw violation by the throwing team, any opponent of the throwing team shall make the throw-in from the out-of-bounds spot nearest the violation.

(f) After an intentional or flagrant personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out-of-bounds spot nearest the foul.

(g) After a double personal foul or double technical foul, any player of the team already in possession of the ball shall make the throw-in from the out-of-bounds spot nearest the foul (Point of Interruption.)

Section 5. The throw-in starts when the ball is at the disposal of a player or the team entitled to the throw-in. The thrower-in shall release the ball on a pass directly into the court within 5 seconds after the throw-in starts. The throw-in pass shall touch a player (inbounds or out-of-bounds) on the court before going out-of-bounds. The throw-in pass shall not touch a teammate while it is on the out-of-bounds side of the throw-in boundary (except as in 7-4(c)). The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass. The opponent(s) of the thrower shall not

have any part of his/her person over or through the inbounds side of the boundary plane until the ball has been released on a throw-in pass. Teammates shall not occupy adjacent positions near the boundary if an opponent desires one of the positions.

## **RULE 8. FREE THROW**

### Section 1. Free Throw Administration

ART. 1 When a free throw is awarded, the administering official shall bounce the ball to the thrower from the lead position. In each situation:

- (a) The ball will be bounced to the free thrower if s/he is ready, or it will be placed on the floor;
- (b) The free throw count will begin and either or both teams may be charged with a violation;
- (c) Following a violation by one or by both teams, if that team(s) continues to delay it is a technical foul.

ART. 2 If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy spaces along the free throw lane.

ART. 3 During a free throw when lane spaces may be occupied:

- (a) During a free throw, all players will move up one marked lane space, leaving the two spaces closest to the end line vacant. A new mark (2 inches by 8 inches) must be reapplied to the lane line near the free-throw line to designate the last 3-foot marked lane space.
- (b) A teammate of the free thrower is entitled to the next adjacent lane space on each side and to each other alternate position along each lane line;
- (c) Not more than one player may occupy any part of a marked lane space; and
- (d) Only the marked lane spaces may be occupied.

Section 2. The free throw(s) awarded because of a personal foul shall be attempted by the offended player. If such player must withdraw because of an injury or disqualification, his or her substitute shall attempt the throw(s) unless no substitute is available, in which event any teammate may attempt the throw(s).

Section 3. The penalty for a technical foul is two points for the non-offending team and the ball at the division line opposite the scorer's table. No free throws are shot when a technical foul has been called. Any team that receives three unsportsmanlike technical fouls in a game, the contest is immediately over and the opponent is declared the winner.

Section 4. The try for goal shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower at the free throw line. This shall apply to each free throw.

Section 5. As after a made free throw which is not followed by another free throw, the ball shall be put in play by a throw-in:

ART. 1 after a field goal, if the try is for a personal foul, other than intentional or flagrant, and is successful;

ART. 2 by any player of the free thrower's team from out-of-bounds at the division line opposite the scorer's table if the free throw is for a technical foul;

ART. 3 by any player of the free thrower's team from the out-of-bounds spot nearest the foul if the free throw is for an intentional personal foul or flagrant personal foul.

Section 6. If a free throw is unsuccessful, or if there is a multiple throw for a personal foul(s) and the last free throw is unsuccessful, the ball remains alive. If there is a multiple throw and both a personal and technical foul are involved, the tries shall be attempted in the order in which the related fouls were called, and if the last try is for a technical foul or intentional or flagrant personal foul, the ball shall be put in play by a throw-in.

Section 7. Penalties for fouls are administered in the order in which the fouls occurred.

## **RULE 9. VIOLATIONS AND PENALTIES**

A player shall not:

Section 1. Violate the following free throw provisions:

- (a) The try shall be attempted from within the free throw semi-circle and behind the free

throw line;

(b) After the ball is placed at the disposal of a free thrower:

(1) he/she shall throw within 10 seconds and in such a way that the ball enters the basket or touches the ring before the free throw ends;

(2) the free thrower shall not purposely fake a try nor shall any player in a marked lane space fake to cause an opponent to violate;

(3) no opponent shall disconcert the free thrower;

(4) no player shall enter or leave a marked lane space;

(5) the free thrower shall not have either foot beyond the vertical plane of the edge of the free throw line which is farther from the basket or any lines which bound the semicircle;

(6) a player, other than the free thrower, who does not occupy a marked lane space may not have either foot beyond the vertical plane of the free throw line extended or the 3-point line whichever is farther from the basket.

(7) A player occupying a marked lane space may not have either foot beyond the vertical plane or cylinder of the outside edge of any lane boundary, or beyond the vertical plane of any edge of the space designated by a lane space mark or beyond the vertical plane of any edge of the space designated by a neutral zone. **The restrictions in 4, 5, 6, 7 apply until the ball touches the ring or backboard, or until the free throw ends.**

(c) An opponent of the free thrower shall occupy each lane space adjacent to the end line during the try unless the resuming of play procedure is in effect, and no teammate of the free thrower may occupy either of these lane spaces.

**PENALTY:**

*1. If the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that throw:*

*a. If the violation occurs during a free throw for a personal foul, other than intentional or flagrant, the ball is awarded to the opponents for a throw-in at the out-of-bounds nearest the violation;*

*b. If the violation occurs during a free throw for a flagrant or intentional personal foul, the ball is awarded to the thrower's team for a throw-in at the out-of-bounds spot nearest the foul.*

*2. If the violation is by the free thrower's opponent only:*

*a. If the try is successful, the goal counts and the violation is disregarded;*

*b. If the try is not successful, the ball becomes dead when the free throw ends, and a substitute throw shall be attempted by the same thrower under conditions the same as for the throw for which it is substituted.*

*3. If there is a violation by each team, the ball becomes dead when the violation by the free thrower's team occurs, no point can be scored, and play shall be resumed by the team entitled to the alternating possession throw-in at the spot out-of-bounds nearest to where the double violation occurred. The out-of-bounds provision in penalty item (1) and the throw-in provision in penalty item (3) do not apply if the free throw is to be followed by another free throw. In penalty item (3), if a violation by the free thrower follows a disconcerting act, a substitute free throw shall be awarded. If a fake causes a violation by an opponent, only the fake shall be penalized.*

Section 2. Violate provisions governing the throw-in. The thrower shall not:

ART. 1 Leave the designated throw-in spot until the ball has been released on a throw-in pass;

ART. 2 Fail to pass the ball directly into the court so it touches or is touched by, another player (inbounds or out-of-bounds) on the court before going out-of-bounds;

ART. 3 Pass the ball so it is touched by a teammate while the ball is on the out-of-bounds side of the throw-in boundary plane (except as in 7-4(c)).

ART. 4 Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court;

ART. 5 Carry the ball onto the court;

ART. 6 Touch the ball in the court before it touches, or is touched by, another player.

ART. 7 Throw the ball so that it enters the basket before it touches, or is touched by,

another player.

No player shall:

ART. 8 Throw the ball so it lodges between the backboard and the ring or comes to rest on the flange before it touches, or is touched by, another player

ART. 9 Replace the thrower or be out-of-bounds after a designated spot throw-in begins;

ART. 10 Be out-of-bounds when he or she touches, or is touched by, the ball after it has been released on a throw-in pass.

ART. 11 The opponent(s) of the thrower shall not have any part of his or her person over the inside plane of the boundary line until the ball has been released on a throw-in pass.

NOTE: The thrower may penetrate the plane provided he or she does not touch the inbounds area before the ball is released on the throw-in pass. The opponent, in this situation may legally touch or grasp the ball. See penalty.

ART. 12 No teammate of the thrower shall be out of bounds after a designated-spot throwin begins.

*PENALTY - (SECTION 2) The ball becomes dead when the violation or technical foul occurs. Following a violation, the ball is awarded to a nearby opponent for a throw-in at the out-of-bounds spot nearest the violation.*

*(Article 11 only):*

1. The first violation of the plane by an opponent(s) of the thrower shall result in a warning for delay being given (one warning per team per game). The warning does not result in the loss of the opportunity to move along the end line when and if applicable.
2. The second or additional violations will result in a technical foul assessed to the offending player.
3. If an opponent(s) of the thrower reaches through the plane and touches or dislodges the ball, a technical foul shall be charged to the offender. No warning required.
4. If an opponent(s) of the thrower reaches through the plane and fouls the thrower, an intentional personal foul shall be charged to the offender. No warning required.

Section 3. Cause the ball to go out-of-bounds.

Section 4. Run with the ball, kick it, strike it with the fist or cause it to enter and pass through the basket from below. NOTE: Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.

Section 5. Dribble a second time after his/her first dribble has ended, unless it is after he/she has lost control because of:

- (a) a try for field goal; or
- (b) a bat by an opponent; or
- (c) a pass or fumble which has then touched or been touched by another player.

Section 6. Remain for 3 seconds in that part of his/her free throw lane between the end boundary and the farther edge of the free throw line while the ball is in control of his/her team in his/her frontcourt. Allowance shall be made for a player who, having been in the restricted area for less than 3 seconds, dribbles in or moves to try for goal. The count shall not begin or it shall be terminated during an interrupted dribble or while a shot attempt is made.

Section 7. Be, nor may his/her team be, in continuous control of a ball which is in his/her backcourt for 10 seconds.

Section 8. Be the first to touch a ball which is in team control after it has been in frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt.

Exception 1: It is not a violation when after a throw-in, a player is the first to secure control of the ball while both feet are off the floor, and he/she then returns to the floor with one or both feet in the backcourt.

Exception 2: It is not a violation if a defensive player who jumped from the frontcourt, secures control of the ball while both feet are off the floor and he or she returns to the floor with one or both feet in the backcourt.

Section 9. While closely guarded:

- (a) anywhere in his/her frontcourt, hold or dribble the ball for 5 seconds.
- (b) in his/her frontcourt, control the ball for 5 seconds in an area enclosed by

screening teammates.

(c) the count shall not begin or it shall be terminated during an interrupted dribble.

*PENALTY: (for sections 3 thru 9) Ball becomes dead, or remains dead, when the violation occurs. The ball is awarded to a nearby opponent for a throw-in at the out-of-bounds spot nearest the violation.*

#### Section 10. Commit basket interference or goaltending.

Basket interference occurs when a player:

- (a) touches the ball or basket (including the net) when the ball is on or within either basket;
- (b) touches the ball when it is touching the cylinder having the ring as its lower base.
- (c) touches the ball outside the cylinder while reaching through the basket from below.

Goaltending occurs when a player:

(d) 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.

(e) touches the ball while it is in its downward flight entirely above the basket ring level, which has been tapped by a player toward his/her own basket and has the possibility of entering the basket in flight.

**EXCEPTION:** In a or b, if a player has his/her hand legally in contact with the ball, it is not a violation if such contact with the ball continues after it enters a basket cylinder, or if, in such action, the player touches the basket. Dunking or stuffing is legal and is not basket interference.

*PENALTY: (section 10):*

1. *If the violation is at the opponent's basket, the opponents are awarded 1 point if during a free throw, 3 points if during a 3 point try, and 2 points in any other case. See Rule 10 for additional penalty for goaltending or basket interference during a free throw. The crediting of the score and subsequent procedure are the same as if the awarded score had resulted from the ball having gone through the basket, except that the official shall hand the ball to a player of the team entitled to the throw in.*

2. *If the violation is at a team's own basket, no points can be scored, and the ball is given to the opponent for a throw-in at the out-of-bounds spot nearest the violation.*

*See Rule 10 for additional penalty for goaltending or basket interference during a free throw.*

3. *If the violation results from touching the ball while it is in the basket after entering from below, no points are scored and the ball is awarded to the opponents for a throw-in at the out-of-bounds spot nearest the violation.*

4. *If there is a violation by both teams, play shall be resumed by the team entitled to the alternating possession throw-in at the out-of-bounds spot nearest to where the simultaneous violation occurred.*

#### Section 11. Excessive Swinging of Arm(s)/Elbow(s)

(a) A player shall not excessively swing his/her arm(s) or elbow(s), even without contacting an opponent.

(b) A player may extend arm(s) and elbow(s) to hold the ball under the chin or body.

(c) Action of arm(s) and elbow(s) resulting from total body movements as in pivoting or movement of the ball incidental to feinting it, releasing it, or moving it to prevent a held ball or loss of control shall not be considered.

*PENALTY: The ball is dead when the violation occurs and is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation.*

## **RULE 10. FOULS AND PENALTIES**

### **A. TECHNICAL FOUL**

**FORFEITURE:** The referee or staff assistant may forfeit a game if any player, squad member, or bench personnel fails to comply with any penalty, or repeatedly commits acts which make a travesty of the game. Three unsportsmanlike technical fouls in one game by the same team results in forfeiture of the game and the opponent declared the winner.

#### Section 1. A substitute shall not enter the court:

- (a) without reporting to the scorers;

(b) without being beckoned by an official, except between halves;

**Section 2.** A player shall not:

(a) participate after having been disqualified (penalty also includes ejection);

(b) wear an identical or illegal number;

(c) grasp the basket, or dunk or stuff, or attempt to dunk or stuff a dead ball prior to or during the game or during any intermission. This item applies to all team personnel (exception: a player may grasp the basket to prevent injury).

(d) slap or strike either backboard or cause either ring to vibrate while the ball is in flight during a try or tap or is touching the backboard or is on or in the basket or in the cylinder above the basket. A player may not place a hand on the backboard to gain an advantage;

(e) delay the game by such acts as: preventing the ball from being made alive promptly or from being put in play; attempting to gain an advantage by interfering with the ball after a violation is called; or repeatedly violate the throw-in provisions. Intentionally, interfering with the ball following a goal is a team warning the first time and technical foul the second time the same team delays the game.

(f) leave the court for an unauthorized reason or delay returning after legally being out-of-bounds.

(g) commit an unsportsmanlike foul. This includes but is not limited to, acts or conduct such as:

(1) disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment;

(2) using profane or inappropriate language or obscene gestures;

(3) baiting or taunting an opponent;

(4) obstructing the vision of an opponent not in control of the ball by waving hands near his/her eyes;

(4) climbing on or lifting a teammate to secure greater height to handle the ball;

(5) knowingly attempting a free throw or accepting a foul to which the player was not entitled;

(6) use tobacco or smokeless tobacco

NOTE: Contact after the ball has become dead is ignored unless it is unsportsmanlike, flagrant, or intentional.

(h) intentionally or flagrantly contact of an opponent when the ball is dead and such contact is not a personal foul;

(i) goaltend during a free throw.

(j) commit a violation following the warning regarding the throw-in boundary plane, or reach through the plane and touch or dislodge the ball prior to the warnings.

(k) **BE CHARGED WITH FIGHTING.**

*PENALTY: (all sections) 2 points plus the ball for division line throw-in. If flagrant, the offender is ejected and banished from the playing site. Sections (a) and (l) are flagrant. Section (a) is penalized if discovered while being violated. Section (b) is penalized one time if discovered prior to ball becoming alive for each designated starter and each substitute who enters.*

**Note: If simultaneous technical fouls are called on opponents, no points are awarded and the ball is put into play by the team previously in possession of the ball at the Point of Interruption.**

**Section 3.** Any player may be ejected after receiving the first technical foul. He/she must be expelled after receiving a second technical foul. The second technical foul on any player is considered flagrant. A team that receives three unsportsmanlike technical fouls in the same game will forfeit that contest.

**B. PERSONAL FOUL**-Personal fouls always involve contact and occur during a live ball except during a common foul or by an airborne shooter.

**Section 1.** A player shall not: hold, push, charge, trip, nor impede the progress of an opponent by extended arm, shoulder, hip or knee, or by bending the body into other than a normal position; nor use any rough tactics. He/she shall not contact an opponent with his/her hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball. The use of hands on an opponent in any way that inhibits the freedom of movement of the opponent or acts as an aid to a player in



starting or stopping is not legal. Extending the arms fully or partially other than vertically so that freedom of movement of an opponent is hindered when contact with the arms occurs is not legal. These positions are employed when rebounding, screening or in various aspects of post play. A player may not use the forearm and hand to prevent an opponent from attacking the ball during a dribble or when throwing for goal. A player may hold the hands and arms in front of his or her face or body for protection and to absorb force from an imminent charge by an opponent. It is a form of pushing when the player holding the ball is contacted by a defensive player who approaches from behind. Contact that is caused by the momentum of a player who has thrown for goal is a form of charging. A dribbler shall not charge into nor contact an opponent in his/her path nor attempt to dribble between two opponents or between an opponent and boundary, unless the space is such as to provide a reasonable chance for him/her to go through without causing contact. If a dribbler, without contact, passes an opponent sufficiently to have head and shoulders in advance of that opponent the greater responsibility for subsequent contact is on the opponent. If a dribbler in his/her progress has established a straight line path, he/she may not be crowded out of the path but, if an opponent is able legally to establish a defensive position in that path, the dribbler must avoid contact by changing direction or ending his/her dribble. The dribbler should not be permitted additional rights in executing a jump try for goal, pivoting, feigning, or in starting a dribble. A player who screens shall not:

- (a) when he/she is behind a stationary opponent, take a position closer than a normal step from his/her;
- (b) when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her. If the screen is set within the visual field of a stationary opponent, the screener may be as close to the opponent as the screener desires short of contact.
- (c) take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
- (d) after assuming his/her screening position move to maintain it, unless he/she moves in the same direction and path of his/her opponent. When both opponents are moving in exactly the same direction, the player behind is responsible if contact is made because the player in front slows up or stops and the player behind overruns his or her opponents. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

A player who is screened within his or her visual field is expected to avoid contact by going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener; and if the opponent is running rapidly, the contact may be severe. Such a case is to be ruled as incidental contact provided the opponent stops, or attempts to stop, on contact and moves around the screen, and provided the screener is not displaced if he or she has the ball. A player may not use the arms, hands, hips or shoulders to force his or her way through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position on an opponent.

## Summary of Penalties for all Fouls

*The offended player or team is awarded free throws as follows:*

*(1) No free throws for:*

- (a) each common foul before the bonus rule is in effect;*
- (b) a player control foul;*
- (c) a double personal foul or a simultaneous foul by opponents;*
- (d) A double technical foul or a simultaneous technical foul by opponents;*
- (e) In d or e, a throw-in is to occur to resume play from point of interruption.*

*(2) One free throw if fouled in the act of shooting and 2 or 3-point try or tap is successful.*

*(3) Bonus free throw:*

- (a) for 7th, 8th, 9th team foul each half if first free throw is successful.*
- (b) beginning with 10th team foul each half whether or not 1st free throw is successful.*

*(4) Two points and possession of the ball at the throw-in spot nearest where the foul occurred for intentional or flagrant fouls.*

*(5) Two points and possession of the ball at the division line opposite the table for technical fouls.*

*(5) Fouled in the act of shooting and try or tap is unsuccessful:*

- (a) two free throws on a 2-point try;*
- (b) three free throws on a 3-point try;*
- (c) plus ball for throw-in if intentional or flagrant.*

*(6) Multiple Foul:*

*(a) one free throw for each foul:*

- (1) No try involved (team in bonus situation);*
- (2) Successful 2-point try or tap;*
- (3) Successful 3-point try or tap.*
- (4) In case of a false double or a false multiple foul, each foul carries its own penalty.*

# CO-REC BASKETBALL RULES

Current National Federation Basketball Rules will apply with the following modifications.

## RULE 1. PLAYERS

Each team will consist of 5 players: 2 men and 3 women, or 3 men and 2 women. A team may start a game with 4 players without penalty, provided there is **not less than 1 player of each gender**. Substitutions can be made during any dead ball, however the substitutes must be approved by the officials. It is required that each team has one representative to assist in the scoring and timekeeping on the sidelines. If no such person is provided, a player from the floor must assume these duties. If both teams fail to provide someone to keep score/time each team shall put a player at the table and play the game with one less player on the court. Game time is forfeit time.

## RULE 2. TIMING

Each game will consist of two 20-minute halves. The clock will run continuously except for the final 2 minutes of the second half. During the final 2 minutes the clock will stop on all fouls, violations, and any officials' time out. The clock will not stop if a team is ahead by 15 or more points with 2 minutes or less remaining in the second half, even if the 15-point margin is reduced. Each team is entitled to two (2) time-outs per game, to be used at any time. There will be a three minute break between halves. Overtime periods will be 3 minutes in length and the clock will stop on fouls and violations during the last minute only. No additional time-outs are given for any overtime periods. Unused time-outs from regulation will carry over.

## RULE 3. SCORING

A field goal by a female counts 3 points and by a male counts 2 points. All free throws are worth 1 point. When fouled on a shot, females will be granted the number of free throws equal to the basket, had it been successful. If a female is fouled and the goal is successful, she will be awarded one free throw. If a female is fouled in bonus situation, she will be awarded up to three free throws. If fouled in a double bonus situation, a female will be awarded three free throws. "Three-point" shots made by women count 4 points. Those made by men count 3 points.

## RULE 4. SPECIFIC REGULATIONS

**\*Updated Spring 2018**

- a. **\*A women's-sized (28.5 in) basketball will be used for all Co-Recreational games.**
- b. ***The game shall be started with a Jump Ball.*** The second half will begin with a throw-in.
- c. The bonus free throw shall be in effect beginning with the seventh foul by a team during a half. Beginning with the 10th team foul the bonus free throw will be awarded whether the first free throw is successful or not (i.e. it is a two shot foul). If the foul is a player control foul or team control foul, no free throws will be awarded; however, the ball will be awarded to the offended team at the nearest out-of-bounds spot.
- d. Players may not wear jewelry. This rule is for player safety; it is to protect the wearer and the opponents.
- e. Team members must wear the same color jerseys with permanent numbers of contrasting color displayed on the front and back.

- f. The team captain is the only player that should address the officials. If the captain is not in the game, the team may appoint a player on the floor to act as the team spokesperson.
- g. If a team is ahead by 15 or more points with two minutes or less remaining in the second half, the clock will not stop even if the 15-point margin is reduced.
- h. If a team is ahead by 40 or more points anytime in the second half, the game will be called.
- i. Current National Federation Rules will govern all other aspects of play.

#### **RULE 5. JERSEYS and EQUIPMENT**

Teams may check out jerseys at the Campus Recreation Center Equipment Rental and Checkout located in room 34 upon presentation of a current UNL photo ID. Team Jerseys must be of the same color with permanent numbers of contrasting color displayed on the front and back. Campus Recreation will provide a **\*WOMEN'S REGULATION SIZE BASKETBALL** for all games.