Saint Joseph’s University Recreation and Intramurals
5-on-5 Basketball Rules

www.sju.edu/recreation

General Information

Eligibility:

1. Each team captain must submit a completed Intramural Sports Roster with the required fee, to the Rec Office before the published date. All players must sign his/her name on the team roster/waiver.
2. Game time is forfeit time. Teams forfeiting will post a loss for that particular game and may be declared ineligible for the playoffs. Any team which forfeits twice will be banned from further competition in the league.
3. All participants must be a current student or faculty and staff member at Saint Joseph's University.
4. Participants can be on the roster of only one single sex team and only one co-rec team.
5. Teams may add new players to their roster prior to the mid-season point.
6. Players must participate in at least 2 games prior to the playoffs.
7. Only 2 Saint Joseph's University club basketball members are allowed on a team’s roster. All teams with a club player on the roster must compete in the “A” league. If a team is found with more than two club players, a forfeit will be given for each game those players participated in.
8. Varsity basketball players are not eligible for intramural participation. A team will receive a forfeit for any games where varsity athletes are used.

** All players are required to present a valid Saint Joseph's University ID prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. **

Rules and Regulations

The Game and Results:

1. A team will consist of 5 players on the court.
   a. A team must have at least 4 players to begin a game
   b. A team may continue play with less than 4 players, however the game will be stopped if a team has less than 3 available players.
2. Teams are allowed unlimited substitutions
   a. All players must check in at the scoring table before entering the game
   b. Substitutes may enter the game only during dead-ball situations.
3. All player names must be listed on the score sheet. Any players who enter the game while not on the score sheet will be assessed a technical foul.
4. The game will consist of two 20 minute halves.
   a. The first overtime period will last for 3 minutes.
   b. Each overtime after that will be 2 minutes.
   c. During the regular season teams will play only 2 overtimes. If the game has not been decided after the second overtime, it will end in a tie.
5. The game will be played with a running clock. The clock will only stop for the following reasons:
   a. If the official must stop the game for an extended period of time (i.e. injury)
   b. During time outs
   c. During the final 1 minute of each half the clock will stop on all whistles. The LAST MINUTE of the game, the clock will stop on a whistle or a MADE BASKET. The scorekeeper will give the one-minute.
6. Each team will be allowed 2 one-minute time-outs per game
   a. One additional 1-minute timeout will be given during the first overtime period. If a second overtime period is needed, one 30-second timeout will be allotted. Timeouts not used during regulation play may not be carried into overtime.
7. The game will begin with a coin toss.
   a. Any jump balls will be awarded out-of-bounds to the teams on an alternating basis.

Players and Equipment:

1. Players cannot wear any jewelry, hats, or anything considered dangerous by an official.
2. Casts or braces made of a hard substance cannot be worn unless completely covered by padding and checked by officials.
3. Teams are encouraged to wear shirts of uniform color. If not, team members should have both a light and a dark colored shirt to differentiate the two teams.
4. All players must wear non-marking rubber soled shoes.
Co-Rec Modifications

1. A game may start with four players.
2. The fifth player must be female. When there are four players, there must be two males and two females on the court. No more than two males or three females may be playing at the same time. 4 girls and 1 guy is not allowed.
3. Points will be awarded as follows: 1 point/Male and 2 points/Female within the arc; and 2 points/Male and 3 points/Female outside of the arc.
4. A men’s ball shall be used for all co-rec games.

Fouls and Infractions:

1. **Personal Fouls:**
   a. Shooting foul: A foul committed on a player while in the act of shooting.
   b. Common foul: Any foul that is committed while the person is not in the act of shooting. All common fouls will result in the offended team receiving possession of the ball, until the 7th team foul which will result in a 1-and-1. A team will shoot 2 foul shots on and after the 10th foul. **Co-Rec clarification:** Men playing in the co-rec league only shoot 1 foul shot; it does not go to 2 shots after the 10th foul.
   c. The first and third lane spots are reserved for the defending team, while the second lane spot is reserved for the shooting team. The first lane spot must be filled before the shot is attempted.
2. **Intentional Fouls:** Any foul that in the official’s judgment is not a legitimate attempt to play the ball. The offended player is awarded two free throws and their team receives the ball out of bounds.
3. **Technical Fouls:** A technical foul will be issued to a player or coach for the following:
   a. Arguing with an official/Coming in contact with an official
   b. Taunting, baiting, or making obscene gestures
   c. Delay of game
   d. Too many players on the floor
   e. Unruly fans
   f. Hanging on the rim

A player will be automatically ejected for:

- Violent conduct and fighting
- Using insulting, offensive, vulgar or abusive language towards another player or official.

Note: A player ejected from a game for any reason must leave the premises immediately and will receive an automatic suspension for the next game. The team captain(s) and ejected player(s) or spectator(s) are to contact the Director by 2:00pm the next class day. Failure to do so may cause the ejected person’s team to be suspended from further play. If a player accumulates 2 technical fouls during the season he/she will be removed from the league.

Miscellaneous Rules:

1. **Free Throws:**
   a. The first and third lane spots are reserved for the defending team, while the second lane spot is reserved for the shooting team. The first lane spot must be filled before the shot is attempted.
   b. Players cannot enter the lane until the ball hits the rim
   c. Only three players can be on each side of the lane during the free throw. The two other teammates of the shooter must be out of the three point area and behind foul line extended during the shot(s).
2. **Over and Back:** A player may not advance with the ball from the front court into the back court.
3. A player gains front court status after both feet and the ball have crossed the center line.
4. If a player is in the front court and the ball is tipped by the defense, but hits the offensive player last and goes into the back court, it is considered back court if the offensive is the first team to touch the ball.
5. A team must advance the ball into the front court within 10 seconds
6. There is no shot clock.
7. **NO DUNKING**

City 6 Participation

SJU Intramural Basketball League Champions participate in the City 6 Extramural Basketball Classic. Eligibility rules stipulate that these teams must consist of full-time, undergraduate students. In addition, the following individuals are not eligible to participate: Junior varsity, club, NCAA partial and non-qualifiers, current, and former collegiate basketball athletes. Teams with individuals on their roster who are ineligible for City 6 participation may compete for SJU league championships, but are not permitted to advance to the City 6 Tournament. Questions regarding this policy will be answered by the Director of Recreation.