

The George Washington University
Campus Recreation
Intramural Sports Program

5 on 5 Intramural Basketball Rules

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

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.

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 GW Campus Recreation shall be used for all intramural contests. Players will NOT be allowed to warm-up with the game ball. Players must bring their own balls to warm-up with. The smaller game ball will be used for all women's games (28 ½" – 29" circumference, 18-20 oz weight).

RULE 2. OFFICIALS AND THEIR DUTIES

Section 1. The officials shall be a referee and two umpires. 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 (including LIVESTRONG bracelets). 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 begin the game by tossing the ball in the center restraining circle, this starts the alternating possession procedure. He/she shall decide 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. **All officials shall have power to make decisions on any points not specifically covered in the rules.**

Section 5. The officials shall penalize unsportsmanlike conduct by any player, coach, substitute, team attendant, or fan. If there is flagrant misconduct, the officials shall penalize by removing any offending player from the game AND the facility. In addition, the officials shall banish any offending coach, substitute, team attendant, or fan from the vicinity of the court if ejected. A player who commits his fifth foul shall also be removed from the game (but not the playing area).

Section 6. The officials shall have power to make decisions for infractions or rules committed either within or outside the boundary lines from before the scheduling starting time of the game through the referee's approval of the final score. The jurisdiction of the officials is terminated and the final score has been approved when the referee leaves the visual confines of the playing area. This includes periods when the game may be momentarily stopped for any reason.

Section 7. 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, such error must be recognized by an official during the first dead ball after the clock has properly started. If in (e) the error is made while the clock is running and the ball is 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 throw attempts by the wrong player or at the wrong basket shall be corrected by applying rule 8-1 and 2.

Section 8. The scorers/timers will be provided by the intramural department and shall record the field goals made, free throws made, 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 timeouts charged to each team. They shall keep track of the alternating possession procedure and be responsible for the possession arrow. Note: bookkeeping mistake may be corrected at any time **(by the referee)** 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. **AT NO TIME SHOULD A PLAYER LEAVE THE TEAM BOX TO PROTEST THE SCORE AT THE TABLE. IN THIS CASE THE OFFENDING TEAM WILL BE ASSESSED A TECHNICAL FOUL.**

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 must continue with less than 5. A team may continue with as few as 2 players as long as they have a chance to win. Any fewer than 2 players will result in a default, and no forfeit fee will be assessed.

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 timeout 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 re-enter before the next opportunity to substitute after the clock has started following his/her replacement. **No substitutes will be allowed on free throws until there is one free throw left. EXCEPTION: If there is an injury, either team may substitute.**

Section 4. Team shirts shall be of the same color, with a permanent number of contrasting colors on the front and back. Numbers must be whole numbers between 0-99, no fractions or decimals.

Section 5. A Team Box will be established on the floor by a taped boundary. Players will only leave the Team Box to substitute or leave the playing area (for water, etc). Once the player enters the box, he is automatically a substitute. Any player leaving the Team Box to protest the score will result in his team receiving a technical foul.

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. Note: A player is in the act of shooting when he starts his shooting motion.

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.

Section 4. **Bonus Free Throw(s)** are awarded when teams reach the 7th and 10th foul in one half.

Section 5. **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 6. **Continuous Motion** applies both to 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.

Section 7. **Player control** refers to a situation when a player is holding/dribbling a live ball inbounds.

Team control refers to a situation when a player of the team is in control, and also while a live ball is being passed between teammates. 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

Neither team nor player control exists during:

- a) a dead ball
- b) a throw-in
- c) ball is in flight for a try or tap for goal

Section 8. **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. **Players will receive a technical foul for all violations of this rule.**

Section 9. **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 10 – 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 or intentional nor committed against a player trying or tapping for a goal, nor 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.
- d) a **flagrant foul** may be a personal or technical of a violent or savage nature or a technical non-contact foul which displays vulgar or abusive conduct.
- 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. **A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent.**
- f) 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.
- g) 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
- h) 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.
- i) a **team foul** is any personal or technical foul which is charged to either team. All team fouls count towards bonus free throws.

Section 11. 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 12. **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.

Section 13. 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 14. **Incidental contact** is contact which is permitted and does not constitute a foul. 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.

Section 15. **Kicking the ball** is intentionally striking it with any part of the leg or foot.

Section 16. **Resuming play procedure** is used to prevent delay in putting the ball in play following a timeout or intermission. The procedure results in a violation and the ball is awarded to the opposing team.

Section 17. A **screen** is legal action by a player who, without causing contact, delays or prevents an opponent from reach a desired position.

Article 1. – To establish a legal screening position:

- a) the screener may face any direction
- b) time and distance are relevant
- c) the screener must be stationary except when both are moving in the same direction.

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

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

Article 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.

Article 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 18. 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.

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 19. 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 20. **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:

Article 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.

Article 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 be the pivot.

Article 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

Article 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.

Article 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 21. 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 that 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.

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. The clock will run continuously except during timeouts and the final two minutes of the 2nd 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 or less left in the game and a team is ahead by 20 or more points, the game is over. If a team is ahead by 30 or more points at halftime or anytime after the second half has started the game will be called.**

Section 3. Each team will be given three (3) one-minute timeouts per game. The clock will stop on all timeouts.

Successive timeouts may be called except:

- 1) between the end of the second half and the first extra period, and/or
- 2) between any extra periods

Teams will be **ONLY** be given one (1) timeout for all combined extra periods. All timeouts will carry over into extra periods.

Section 4. In the event that the score is tied at the end of regulation play, a **two (2)** minute extra period will be played. The clock will stop on all fouls, violations, and whistles. Personal, team, and technical fouls accumulated in the second half and/or extra period will carry over into each succeeding extra period. There will be a one minute rest period between each extra period. NOTE: In the regular season games that end in a tie after one overtime will result in a tie.

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 administering free throws. This applies when the foul occurs after each half is ended, provided there is an extra period. If there is no way to determine whether there will be an extra period until the free throws are administered, the throws are attempted immediately, as if the foul had been part of the preceding 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 no table to play after the 10 minute extension, a forfeit will be declared. If the 10 minute extension is granted, the game clock starts and will not stop until the half is over. If both teams fail to arrive at game time with at least 3 players, a double forfeit will be recorded and the contest will not be rescheduled.

Rule 6. LIVE BALL AND DEAD BALL

Section 1. The game shall be started with a jump ball in the center restraining circle. 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 dribble and traveling rules are not in effect in these situations. 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.

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 to determine possession. Throw-ins to start the second half and to start each overtime period will be administered at the division line opposite the scoring table.

Section 3. Jump-Ball Administration

Article 1. For any jump ball, each jumper shall have both feet within that half of the center restraining circle which is farther from his/her basket.

Article 2. When the referee is ready and until the ball is tossed, nonjumpers shall not:

- a) move onto the center restraining circle
- b) change position around the center restraining circle

Article 3. Teammates may not occupy adjacent positions around the center restraining circle if an opponent indicates a desire for one of these positions before the referee is ready to toss the ball.

Article 4. The referee shall then toss the ball upward between the jumpers in a plane at right angles to the sidelines. The toss shall be to a height greater than either of them can jump so that it will drop between them.

Article 5. Until the tossed ball is touched by one or both jumpers, nonjumpers shall not:

- a) Have either foot break the plane of the center restraining circle
- b) Take a position in any occupied space

Article 6. The tossed ball must be touched by one or both of the jumpers after it reaches its highest point. If the ball contacts the floor without being touched by at least one of the jumpers, the referee shall toss it again.

Article 7. Neither jumper shall:

- a) Touch the tossed ball before it reaches its highest point
- b) Leave the center restraining circle until the ball has been tossed
- c) Catch the jump ball
- d) Touch the ball more than twice

The jump ball and these restrictions end when the touched ball contacts one of the eight nonjumpers, the floor, a basket or backboard.

Section 4. 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) A double personal foul or double technical foul occurs;
- (7) Opponents commit simultaneous personal or technical fouls;
- (8) 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.

Section 5. The ball becomes dead or remain 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 is 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) a foul occurs (other than player control);

f) time expires for a half or extra period;

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) The ball is in flight on a try for field goal or tap by a player toward his/her basket or during a free throw, and an opponent excessively swings his/her arms or elbows without making contact (the ball remains alive).

Rule 7. OUT-OF-BOUNDS AND 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 or 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, any player of the team entitled to the ball under the alternating possession procedure shall make the throw-in from the out-of-bounds spot nearest the foul.
After a double technical foul or after a simultaneous technical foul by opponents, any player of the team entitled to the ball under the alternating possession procedure shall make the throw-in from out-of-bounds at the division line on the side of the court opposite the scorers' and timers' table.

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

Article 1. When a free throw is awarded, the administering official shall take the ball to the free throw line of the offended team and place the ball at the disposal of the free thrower. In each situation:

- a) The ball will be bounced to the free thrower if he/she 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.

Article 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.

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

- a) Marked lane spaces may be occupied by a maximum of four defensive and two offensive players
- b) The first marked lane spaces (the lane spaces adjacent to the end line) shall be occupied by opponents of the free thrower
- c) The second marked lane spaces on each side may be occupied by teammates of the free thrower
- d) The third marked lane spaces may be occupied by opponents of the free thrower
- e) The fourth marked lane spaces shall not 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 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 free throws awarded because of a technical foul may be attempted by any player of the offended team, including an eligible substitute or designated starter. The coach or captain shall designate the free thrower.

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. After a free throw which is not followed by another free throw, the ball shall be put in play by a throw-in:

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

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

Article 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. Resuming Play Procedure

Article 1 If a free throw for a personal foul, other than intentional or flagrant, is unsuccessful, or if there is a multiple throw for a personal foul(s) and the last free throw is unsuccessful, the ball remains live.

Article 2 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 all 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 semi-circle;

(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 a 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 simultaneous violation by each team, and no further free throws are to be administered, the ball becomes dead, no point can be scored and play shall be resumed by the team entitled to the alternating-possession throw-in from the designated out-of-bounds spot nearest to where the simultaneous violation occurred.
4. If there is a violation first by the free-thrower's opponent followed by the free thrower or a teammate:
 - a. If both offenders are in a marked lane-space, the second violation is ignored, as in penalty item (2)
 - b. If the second violation is by the free thrower or a teammate behind the free-throw line extended and the three-point line, both violations are penalized as in penalty item (3)
 - c. If a violation by the free thrower follows disconcertion by an opponent, a substitute free throw shall be awarded
 - d. If a fake by an opponent causes a teammate of the free thrower to violate, only the fake is penalized

- Section 2. Violate provisions governing the throw-in. The thrower shall not:
- Article 1. Leave the designated throw-in spot until the ball has been released on a throw-in pass;
 - Article 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;
 - Article 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)).
 - Article 4. Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court;
 - Article 5. Carry the ball onto the court;
 - Article 6. Touch the ball so that it enters the basket before it touches, or is touched by, another player;
 - Article 7. Throw the ball so that it enters the basket before it touches, or is touched by, another player.
- No player shall:
- Article 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
 - Article 9. Replace the thrower or be out-of-bounds after a designated spot throw-in begins;
 - Article 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.

Article 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.

Article 12. No teammate of the thrower shall be out-of-bounds after a designated-spot-throw-in 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 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 time 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.

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.

Section 10. Excessive swinging of arm(s)/elbow(s)

- a) a player shall not excessively swing his/her arms or elbows even without contacting an opponent
- b) a player may extend arms or elbows to hold the ball under the chin or against the body
- c) Action of arms and elbows resulting from total body movements as in pivoting or movement of the ball incidental to feinting with it, releasing it, or moving to prevent a held ball or loss of control shall not be considered excessive.

PENALTY: (for sections 3 thru 10) 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 11. Commit basket interference or goaltend.

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 11):

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, a 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 is awarded to the opponents for a throw-in at the out-of-bounds spots 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 from the designated 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 violations occurred.

Rule 10. FOULS AND PENALTIES

A. Technical Foul

FORFEITURE: The referee or supervisor 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.

If at any time a team maintains a lead of 20 points or greater, the team with the lead will no longer be allowed to apply defensive pressure in the backcourt. Pressure may not be applied until the ball gains frontcourt status. Violation of this rule shall result in a team technical foul. This rule takes effect following the issuing of a formal verbal warning by the game official. This warning will apply to the team for the duration of the contest.

Section 1. A substitute shall not enter the court:

Article 1. Without reporting to the scorer;

Article 2. Without being beckoned by an official, except between quarters;

Article 3. Without name appearing on the scorecard (players must sign-in before game)

Section 2. A player shall not:

- a) participate after having been disqualified (player will be ejected)
- b) wear and 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 goal; failing when in control, to immediately pass the ball to the nearer official when a violation is called; or repeatedly violate the throw-in provisions. 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) Come out of the team box to protest the score at the table
- h) 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
 - (5) climbing on or lifting a teammate to secure greater height to handle the ball;
 - (6) knowingly attempting a free throw or accepting a foul to which the player not entitled;
 - (7) swinging elbows excessively whether or not contact was made;
 - (8) use tobacco or smokeless tobacco

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

- i) intentionally or flagrantly contact of an opponent when the ball is dead and such contact is not a personal foul;
- j) goaltend or commit basket interference during a free throw;

- k) 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;
- l) **Be charged with Fighting**

PENALTY: Team will be given two free throws and the ball at the division line opposite the scorer's table.

- 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 extending an 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 postplay. 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/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 this is caused by the momentum of a player who has thrown for a goal is a form of charging.

Section 2. 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 a boundary, unless the space is such as to provide a reasonable chance for him or her to go through without contact. If a dribbler, without contact, sufficiently passes an opponent 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 is moving in a straight-line path, he/she may not be crowded out of that path, but if an opponent is able to legally obtain 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, feinting or in starting a dribble.

Section 3. A player who screens shall not:

- Article 1. When he/she is outside the visual field of a stationary opponent, take a position closer than a normal step from the opponent.
- Article 2. When he/she assumes a position at the side or in front of a stationary opponent, make contact with that opponent. 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.
- Article 3. 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.
- Article 4. After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of that opponent. When both opponents are moving in exactly the same path and same direction, the player behind is responsible if contact is made because the player in front slow up or stops and the player behind overruns his/her opponent.

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/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 of attempts to stop on contact and moves around the screen, and provided the screener is not displaced if he/she has the ball. A player may not use the arms, hands, hips or shoulders to force his/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;
 - d) a double technical foul or a simultaneous technical foul by opponents;
 - e) In c or d, an alternating possession throw-in follows.
- (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, and 9th team foul each half if first throw is successful.
 - b) beginning with 10th team foul each half whether or not 1st free throw is successful.
- (4) Two free throws if intentional or flagrant plus ball for throw-in
- (5) Fouled in the act of shooting an 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

Co-Rec Modifications

All NFHS rules apply for Co-Rec games with the following modifications:

- Section 1. There may never be more than 2 person gender difference. For example, a team may play with either 3 men and 2 women OR 3 women and 2 men. At no point during the game may a team play with 4 men and 1 woman OR 4 women and 1 man.
- Section 2. All field goals are worth the same amount of points regardless of gender. All field goals taken inside the 3-point arc will be worth 2 points. All field goals taken outside the 3-point arc will be worth 3 points.
- Section 3. A coin toss will be held prior to each game. The winner of the toss shall have the choice of using a men's or women's ball for the **entire** game. Once a choice of ball has been made, neither team can use a different ball.