5 x 5 Basketball Rules

University of Utah, Intramural Sports

Note: Intramural Sports will be using rules established by the National Federation of State High School Associations. These rules are either in addition to or a replacement of specific rules.

Location

All games will be played in the HPER East or West

Equipment

<table>
<thead>
<tr>
<th>Intramural Sports will provide...</th>
<th>You will provide...</th>
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</thead>
<tbody>
<tr>
<td>- Numbered jerseys</td>
<td>- Non marking shoes</td>
</tr>
<tr>
<td>- Officials</td>
<td>- T-shirts to wear underneath jerseys</td>
</tr>
<tr>
<td>- Scorekeepers</td>
<td>- No jewelry is to be worn</td>
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<tr>
<td>- Game Ball</td>
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</tbody>
</table>

Starting the Game

Teams must have a minimum of four (4) players to begin the game. The game will begin as soon as both teams have the minimum number of players. Four players may finish the game.

The games are to begin at the time indicated on the schedule. **GAME TIME is forfeit time.**

A jump ball will begin the game.

Possession will alternate with each jump ball situation and begin the second half (the team that begins the game on defense will receive the first possession on a jump ball situation).

The Game

- Two 20 minute halves
- Five (5) minute half-time
- Two (2) one-minute time-outs per half. Timeouts do not carry over. Can be taken at any time your team has possession or when the ball is dead. An additional time-out will be added for overtime play.
- Running clock except for the last two (2) minutes of the second half, time-outs, or injuries.

Over-Time Rule

A game tied at the end of regulation will have a one-minute intermission and continue without a change of baskets. The extra period will be 3 minutes long and conducted under a controlled clock. If the game is still tied at the end of the first extra period, sudden death will apply. The first team to score 5 points will win the game. Each team will be given one time-out for the extra period played. A jump ball will begin the extra periods.

Substitutions

Players wishing to enter the game **must report to the scorers table and be seated on the floor until the ball is dead and they are beckoned onto the court by an official.**
**Shot Clock (5 second) Rule**

In place of a shot clock we will use the “closely guarded” rule. It states...

A player shall not while closely guarded:

a. In his/her frontcourt holds the ball for five seconds or dribbles the ball for five seconds.
b. In his/her frontcourt, control the ball for five seconds in an area enclosed by screening teammates.
c. A closely-guarded count shall not be started during an interrupted dribble.
d. A closely-guarded count shall be terminated during an interrupted dribble.

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

**Lane Entry on Free Throws**

Lane entry shall be off the rim and not off the release.

**No Discussion Policy**

If only one official is available to call a game, the game will be played under a no discussion policy.

**Mercy Rule**

a. If a team is ahead by twenty (20) points with two (2) minutes remaining in the second half, the game will end.
b. If a team gains a twenty (20) point advantage with less than two (2) minutes remaining, the game will end.
c. If a team is ahead by forty (40) points at the end of the first half, the game will end.
d. If a team gains a forty (40) point advantage any time during the second half, the game will end.

**Technical Fouls & Sportsmanship**

- First Technical Foul will result in a yellow card
- Second Technical Foul will result in a red card and ejection from the game.
- Third Team Technical Foul will result in the game being forfeited.

**Profanity**

Use of profanity will result in an automatic technical foul.

**Dunking**

Dunking will only be allowed during the game. Any dunking before, after, or during the half-time will result in a technical foul.
Intramural Sports uses a Yellow/Red Card system to monitor and ensure good sportsmanship. This applies to players, captains, bench personnel, and spectators for your specific team. This includes but is not limited to unsportsmanlike conduct, rough play, and improper behavior (persistent infringement of any rules of the game).

TEAM CAPTAINS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR PLAYERS AND SPECTATORS. Penalties for rough play are sport specific and will be enforced in addition to unsportsmanlike penalties.

Co-Rec Modifications

Players

Each team shall consist of five players. The minimum number of players needed to begin a contest is four. **There must be at least two women on the court (playing) at all times.**

Scoring

Scoring for both men and women will be consistent with regular rules.

Equipment

A regulation women's basketball will be used.

Key Rule

Male players are not allowed in the key at any time, on either end of the court. This holds true for offensive driving, defensive guarding, rebounding for both field goals and free-throws, and all other cases without exception. A violation of this provision will be treated as follows:

A. If the encroachment is in the violator’s offensive court, the ball shall be awarded out-of-bounds to the other team under the basket.

B. If the encroachment is in the violator’s defensive court, it shall be treated as a basket interference, (whether a shot has been attempted or not) and two points shall be awarded.

Equal Number Gender Rule

When both teams have the equal numbers of men and women they must guard someone of the same gender. If there are more women than men, a man may guard a woman with the following guidelines:

a. He may not steal the ball while she is dribbling or is in possession of it.

b. He may not block a shot outside of the key (inside is always a violation).

c. No double-teaming is allowed.

All of the above will result in a foul (one-on-one for non-shooting and two for shooting).