

INTRAMURAL SPORT RULE SHEET

SPORT: BASKETBALL INTRAMURALS

General Intramural Sports Rules

All Upstate Medical University students and CAB Members with a valid Upstate ID card are eligible to participate in Intramural Sports leagues. Family dependents are eligible to participate so long as they are registered on a family membership. No guests are eligible to participate in any Intramural Sports league or tournament. No individual will be allowed to play on more than one team in any league. Therefore, the entire basketball program is considered one league.

Team Rosters are due by the stated deadline and must include the name of all team participants. Teams may add participants to their roster only through Friday of the 4th week of the season.

League Schedules will be distributed to all participants. Each sport will conclude the season with playoffs to determine a league champion. In order to qualify for the playoffs, the team must finish in the top half of the league. Leagues will be available in men's, women's and co-ed brackets dependant on rosters submitted.

Teams should arrive ten minutes prior to the posted start time of their contest. A team can begin and play the contest with one less player than the official rules specify without forfeiting the contest. A grace period of five minutes is allotted to each team. After five minutes, either the game will be played or the team ready to play will be awarded the win. Forfeited games will be posted as a score of 2 – 0.

All participants and spectators are expected to behave and conduct themselves in a sportsman-like manner and treat others as you would wish to be treated.

The winning team is responsible for filling out the Score Reporting Form and submitting it to the Office of Campus Activities immediately following the contest.

Intramural Champion T-Shirts will be awarded to the winners of each tournament bracket.

4 on 4 Basketball Rules

- Four players are allowed on the court for each team. (A team may legally play with three players but no less than three.)
- Ball is out of bounds when it touches the wall.
- (2) 90-second timeouts are given to each team (one per half).
- Screens – When setting a screen, make sure your feet are planted firmly on the ground; any movement is a violation. (moving screen)
- Offensive players call out fouls.

Beginning of the Game

The visiting team, denoted on schedule, receives possession to begin the game; the home team receives possession at the start of second half. When inbounding the ball, player should stand with back against the wall and has five seconds to inbound the ball.

Periods, Timing & Substitutions

1. The game shall consist of two periods of 20-minute duration.
2. There will be five minutes of rest between halves.
3. There will be a continuous clock throughout each period except for the final one minute of the second period where the clock will stop for the following:
 - Violations.
 - Fouls.
 - Time Outs.
4. Substitutions may be made during a possession change or after a made basket.

Continued on reverse

INTRAMURAL SPORT RULE SHEET

Scoring - Points are counted in twos and threes.

Possession change shall occur when

- A foul occurs.
- Ball hits the wall or ceiling (out-of-bounds).
- Ball is stuck on backboard.
- Double Dribble.
- Traveling Violation.
- Illegal Screens.
- After a made basket.

In all instances of possession change, the ball should be checked with a defensive player before play begins.

There is no backcourt violation.

Overtime

If both teams are tied at the end of regulation, overtime will consist of a five-minute continuous clock except for the final minute as stated in (#3) above. No time outs will be given for overtime.

If a score is tied at the end of overtime, sudden death overtime is initiated. The first team to score wins the game.

