# Q FIT + REC INTRAMURAL SPORTS

## Regular Season Basketball Rules

## **League Structure**

## League Play

One game per week over the course of four weeks.

#### **Divisions**

- Coed
- Fraternity
- Men's Residential
- Men's Open
- Women's Open
- Faculty/Staff

## **Player Eligibility**

- Participants may play on a maximum of ONE single gender team and ONE coed team.
- Participants are responsible for determining their own eligibility.

#### Location

All games are played at the Sarkeys Fitness Center

#### **Playoff Eligibility**

- Teams with at least a .500 record and an appropriate sportsmanship rating qualify for playoff competition.
  - All Faculty/Staff teams qualify for the playoffs.

#### **Playoff Tournament**

• All qualifying teams will play in a single elimination tournament within their division at the conclusion of the regular season.

#### **General Basketball Information**

- All participants must provide a valid OUID (with picture) prior to each contest.
  - o No OUID = No Play
- 30 Minutes Before Competition
  - Equipment is issued.
- 15 Minutes Before Competition
  - OUID's are checked and rosters are verified.
- 5 Minutes Before Competition
  - Captains are called by supervisors and game officials.
- Game Time
  - The game will start on time or be forfeited (at the discretion of the OU Intramural Sports Staff).

## The Game

- Two, twenty minute halves with a continuous running clock plus a three-minute halftime; the clock will only stop during the following scenarios:
  - a. Timeout
  - b. Injury
  - c. Official's Discretion
  - d. All dead ball situations during the final minute of regulation and during any overtime
- Any team that gains at least a 35-point advantage with ten or fewer minutes remaining in the second half will immediately be declared the winner.
- Females will play with a 28.5" sized basketball while coed and men will play with a 29.5" sized basketball.
- A team will consist of five players, however, a game may be legally played when a team has a minimum of four players.
- The International three-point line will be used for both men and women.
- Each team is allowed four (4) one-minute timeouts during regulation. Timeouts do not carry over to overtime, but teams will
  receive one (1) timeout per overtime to stop the clock.
- Teams will reach the Single Bonus (1-and-1) at 7 fouls in a half and the Double Bonus (2 FTs) at 10 fouls in a half.
- There are no ties in Intramural Sports basketball games. The first overtime will be three minutes in duration. If tied after one overtime, the second overtime will be two minutes in duration. If tied after two overtimes, the third overtime and all subsequent ones will be one minute in duration.

## **Clothing and Equipment**

- Athletic attire is required.
  - a. Participants must wear some type of athletic shoe (non-marking).
  - b. Players must remove all jewelry prior to participating, including any viewable body piercings, bracelets, necklaces, and earrings.
  - c. Shirts and jerseys must be tucked in and appropriately worn.
  - d. No pants or shorts with belt loops, denim, or khaki are allowed.
- The Intramural Sports Department provides red/white pennies (with numbers) and game balls to be checked out for each contest.
  - a) Each team must wear contrasting colors; every player must wear a uniform with a number.



 The basketball checked out from Intramural staff will be the official ball of play, unless both teams agree to a ball of their choosing.

## **Personal Conduct**

- Captains are responsible for the conduct of their players and fans.
- Only the captain is allowed to address an official during play.
- 3 technical fouls by a team will result in the forfeiture of a game.
- Acts of unsportsmanlike conduct including unnecessary roughness, arguing with officials, fighting, abusive language directed towards officials/opponents will result in player(s) involved being ejected from the game.
- For all issued technical fouls, the offended team receives two free throws and the ball at the point of interruption.
- Any player ejected from the game must leave the facility immediately and will automatically be suspended for one contest. Further, they will be ineligible to participate in any intramural sport until she/he meets with Jonathan Dewhirst, Intramural Sports Coordinator.
- The Intramural Sports Department has the final say in rule interpretations.

## **Faculty/ Staff Modifications**

Faculty and Staff teams must consist of at least one male and one female on the court at all times.

#### **Coed Modifications**

Coed teams must consist of at least two males and two females on the court at all times.

For rules not specifically mentioned above refer to NFHS Official Rules.