



Campus Recreation
Intramural Sports
2024-2025 5v5 Basketball Rules

19. PLAYER EQUIPMENT: Head decorations, headwear, and/or jewelry (including rubber bands) are illegal. Headbands no wider than two inches made of nonabrasive, unadorned, cloth, fiber, soft leather, or rubber are legal. Headbands (just described) and rubber (elastic) bands to control the hair are the only legal pieces of equipment on the head.
20. FREE THROWS: Marked lane spaces may be occupied by a maximum of four (4) defensive and two (2) offensive players. The first marked lane spaces on either side may not be occupied by any player. The second marked lane spaces on either side must be occupied by the defense. The third marked spaces on either side may be occupied by the offense, and the fourth marked lane spaces on either side may be occupied by the defense. Players in marked lane spaces may break the plane of the lane once the ball is released. The thrower and all players not in a marked lane space may NOT break the plane of the free throw line until the ball touches the rim, backboard, or until the free throw ends.
Clarification: It will be a violation for a free thrower to consume more than ten (10) seconds after the ball is placed at his/her disposal.
21. TECHNICAL/INTENTIONAL FOULS: Free throws will be shot for technical and intentional fouls in accordance with NFHS Basketball Rules. The clock will not stop during these free throws, unless there is less than one minute left in the half.
22. MERCY RULE: A game will be ended if a team is fifty (50) points ahead at any time or thirty (30) or more points ahead with five (5) minutes or less remaining in the second half.

SPORTSMANSHIP

CO-ED TEAMS

All of the above rules apply with the following exceptions:

28. TEAMS: Five (5) players constitute a team. At least two (2) males and two (2) females shall be on the floor at all times during games. If a team is playing with less than four (4) players (due to injury or disqualification), the male/female ratio may be 2:1 or 1:2.
29. GAME BALL: A women's ball (28.5 inches) will be used.
30. SCORING: Any basket scored by any participant will count as two (2) points (inside the 3pt arc) or three (3) points (outside the 3pt arc).
31. DEFENSE: There are no defensive restrictions.