

CU • STUDENT REC CENTER INTRAMURALS
CO-REC BASKETBALL • RULES
Office Line: 303-492-2893 • Weather Hotline: 303-492-7244
Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 12 PLAYERS
Teams winning a championship will receive a maximum of 8 t-shirts.

Games will be governed by the 2006 National High School Federation, with the following modifications:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages are not allowed in the Student Recreation Center. Violations will be grounds for forfeit and possible season suspension. Captains, please do not allow your players to play while intoxicated.
- Game time is forfeit time!
- No Buff OneCard = No Play!
- If you forfeit your first game you will be dropped from the league, if you forfeit your 2nd, 3rd, or 4th game you will not advance to the tournament. If you accumulate 2 Honest Effort Forfeits you will not advance to the tournament.
- If your team cannot make a regular season game please email us at imsports@colorado.edu and we will email out all the teams to see if we can find a replacement team. If a replacement team is found your team will not get credited with a forfeit. If a replacement team is not found your team is responsible for the game.
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

ELIGIBILITY

- Must be a full fee paying CU student or Rec-center member.
- Must present your “Buff OneCard” or Rec-Center Membership card in order to check-in before every game. If a player does not have their Buff OneCard or Rec-Center Membership, they will not be allowed to participate.
- Players may play on only one team per sport (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to play tournament.

TEAMS/ SUBSTITUTIONS

- A team consists of 5 players on the court but can be played with a minimum of 4.
- Teams may have no more than 3 players of one gender and no less than 1 at all times.
- An Honest Effort Forfeit will be awarded to teams that have only 3 players at game time, teams with any less than this will be given a standard Forfeit.
- Two players may finish the game if the team has a reasonable chance of winning.
- All substitutes must report to the scorekeeper and wait until an official waves him/her into the game.

UNIFORM/EQUIPMENT

- Teams are required to wear shirts of the same color.
- If both teams are wearing the same color jersey pennies will be given to the away team.
- Players may not wear hats, watches, or jewelry.
- A men’s size basketball will be used.

THE GAME

LENGTH OF GAME

- IM games are 40 minutes, consisting of two 20 minute running clock periods. The last 2 minutes, of the second period only, are timed with the clock stopping on the whistle if the score is within 10 points. If the score difference is over 10 points, there is no stopped clock (except for time-outs) until the score gets within 10 points, and then normal stopped clock re-occurs.
- Games are subject to being limited to 15 minute periods by supervisors. This is a rare event but occasionally is necessary.

TIMEOUTS

- Each team is entitled to 2 time-outs per half (non cumulative).
- For each overtime period, one more time out is granted.
- The alternating possession rule is used for jump balls. Tip-offs are only used at the start of the game and the start of any extra periods.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captains meeting. Officials will go over any questions or rules changes with captains at this time.

STARTING THE GAME

- A jump ball shall start the first half and overtime in the center restraining circle.
- The alternating possession rule is used for jump balls to determine team possession.

SCORING

Men:

- **3 points:** A player must be leaving the floor from a spot entirely behind the 3 point line.
- **2 points:** All other field goals
- **1 point:** Free Throw

Females:

- **4 Points:** A player must be leaving the floor from a spot entirely behind the 3 point line
- **3 points:** All other field goals
- **2 points:** Free Throw

MERCY RULE

- If a team is losing by 20 points at the 2 minute mark, the game is over.

OVERTIME

- There is no overtime during the regular season. Overtime is only in the tournament where each overtime period is 3 minutes (2 minutes running, 1 minute stop time). A jump ball will start the overtime period.

RULE CLARIFICATIONS

GUARDING

- A male may not actively block a female's shot. This is penalized as goal tending (he is entitled to raise his arms straight up, with no motion to block the shot).

LANE OF PLAY

- A male may not shoot from the lane. This is penalized as loss of possession.

FOULS/FREE THROWS

- A maximum of 3 players can be along side the lane (each side) during a free throw; they can enter the lane as the ball hits the rim. The shooter and any player behind the free throw line may not cross the line until the ball has made contact with the rim or backboard.
- All technical fouls, intentional fouls, and "break-away" fouls will result in two shots plus the ball. Technical fouls count as personal fouls. The only case that a technical foul is not considered a personal foul is if a double technical foul occurs.
- The clock will not stop during technical foul proceedings unless there is unusually long delay.
- Only captains may address an official or scorekeeper on matters of interpretation and discussion.

- Upon the seventh team foul in a half the opposing team will be in the bonus situation. There is no double bonus.
- Three flagrant technical fouls committed by one team in a game result in the game being ended at that point and forfeited and additional sanctions may be imposed.
- Two technical fouls committed by one player in a game result in that player being suspended for the rest of that game, plus the team's next game.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and is be grounds for the entire team being dropped from the program. Any team whose members leave the bench results in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely questioning of calls directed at an official, scorekeeper, or player is grounds for a technical foul. Bench technical may be called. Captains, control your bench.
- Pre and post game: harassing of officials, scorekeepers, other players, or a supervisor, poor sportsmanlike conduct, or lack of cooperation is subject to penalty from a mild warning to complete expulsion from the program.

TOURNAMENT SCHEDULES

- All teams that do not forfeit, do not have 2 or more Honest Effort Forfeits, and have an average of 3.0 sportsmanship rating will advance to the post season tournament.
- Tournament schedules will be posted the last week of the regular season.

New in 2007:

- *If a foul is committed by a team with Team Control no free throws are awarded (This includes the bonus)*
- *In the event that there is ...*
 - *A double personal foul*
 - *A double technical foul*
 - *Instantaneous fouls*

...Play resumes from the point of interruption, meaning the ball will be thrown in by the team that was in control at a spot nearest the spot the ball was located when the foul occurred. This rule replaces the alternate possession rule for double fouls