CU • STUDENT REC CENTER INTRAMURALS
BASKETBALL • RULES
Office Line: 303-492-2893 • 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 current rules of the National Federation of State High School Associations (NFHS), with the following points of emphasis and modifications:

GENERAL
- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any Recreation Center Property and at all Intramural sanctioned events. Participation while under the influence of these substances is also prohibited these areas. Violations will be grounds for immediate ejection, forfeiture and possible season suspension.
- NO JEWELRY is allowed in any Intramural Competition.
- Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at your game time, your team will receive a Forfeit. NO EXCEPTIONS!
- No Buff OneCard = No Play! All Intramural Participants are required to have either their Buff OneCard or Recreation Center Membership card with them at EVERY Intramural Event. Failure to do so will result in ineligibility. NO EXCEPTIONS!
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
  - If you forfeit two regular season games.
  - If you accumulate two or more Honest Effort Forfeits (HEF).
  - If you receive two or more Defaults for failure to comply with equipment regulations.
  - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Office DOES NOT reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, your team captain must email the Intramural Office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The Intramural Office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the Intramural Office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

FORFEIT POLICY
- TEAMS RECEIVING ONE FORFEIT
  - If a team accumulates one Forfeit during the regular season, they will automatically be charged a $20 fee that must be paid within the four business days following the forfeited game.
  - If a team receiving one forfeit pays the assessed $20 fee within the four business days, this team will be allowed to continue in the league for the remainder of the regular season and will still be eligible for the post-season tournament.
  - If the team fails to pay this $20 fine within the four business days, they will still be responsible for the $20 fee, but will be automatically dropped from the remainder of the regular season and will not be allowed to participate in the post-season tournament.
- TEAMS RECEIVING TWO FORFEITS
If a team accumulates two Forfeits during the regular season, they will automatically be charged an additional $10 fee. This team will then be dropped from the remainder of regular season play and will be ineligible for the post-season tournament.

ELIGIBILITY

- Every eligible Intramural Participant must be a full fee paying CU Student or Recreation Center Member.
- Every eligible Intramural Participant must present their “Buff OneCard” or Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. NO EXCEPTIONS!
- Players may play on only one team per sport per session (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 be eligible to play in the post-season tournament.

**Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.

**Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS/ SUBSTITUTIONS

- A team of five players are allowed on the court at a time. Teams must have at least four players on the court by game time to be eligible to start the game, with at least one player being of the opposing gender in Co-Rec play.
- An Honest Effort Forfeit (HEF) will be given to teams that have only three players at game time. Teams with any less than this will be given a standard Forfeit. Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating.
- Two players may finish the game if the team has a reasonable chance of winning (as deemed by the Intramural Staff).
- A substitute must report to the Supervisor/Scorekeeper and wait until an Official waves him/her into the game.

UNIFORM/EQUIPMENT

- Teams are required to wear shirts of the same color with permanent numbers written on the back. Team color must be the color chosen by their captain at the time of registration. Any team that fails to honor this policy will be awarded a Default. Once a team accrues two or more Defaults they will not be allowed to advance to the post-season tournament.
- If both teams are wearing the same color jersey, scrimmage vests will be given to the away team.
- Players must wear appropriate athletic-style clothing to all Intramural Events. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, boots, etc. The Intramural Staff has the final decision on what is deemed appropriate and inappropriate.
- Players may not wear hats, watches, or any sort of jewelry.

THE GAME

**LENGTH OF GAME**

- Intramural games are 40 minutes, consisting of two 20-minute running clock periods. The clock will only stop in the last one minute of the second half if the score is within 10 points.
Games are subject to being limited to two 15 minute periods by the Intramural Supervisor on duty. This is a rare event but occasionally is necessary and is up to the discretion of the Intramural Staff.

TIMEOUTS
- Each team is entitled to two, 30-second time-outs per half (non-cumulative).
- For each overtime period, an additional 30-second time-out will be given to each team.
- 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 captain’s meeting. Officials will go over any questions or rule changes with captains at this time.

STARTING THE GAME
- A tip-off is used to start the game and any extra periods.
- The alternating possession rule is used for all other jump balls to determine team possession.

SCORING
- **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
- **Dunking is only allowed in the Competitive League. Do not hang on the rim. Dunking in all other leagues will result in a technical foul.**

MERCY RULE
- If a team is losing by 20 points at the 2-minute mark, 30 points at the 3-minute mark or 40 points at the 4-minute mark, then the game is over.

OVERTIME
- There is no overtime during the regular season. Overtime is only present in the post-season tournament where each overtime period is two minutes long (one minute running clock, one minute stop clock if the score remains within ten points).
- A tip-off will be used to start the overtime period.

FOULS/FREE THROWS
- A maximum of 3 players are allowed along each side of the lane during a free throw, occupying the top 3 spots. They may only enter the lane when the ball contacts the rim. The shooter and any player behind the free throw line may not cross this line until the ball has made contact with the rim.
- All technical fouls, intentional fouls, and flagrant fouls will result in two shots plus the ball (except double technical fouls which will result in a jump ball situation.) 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 the Intramural Staff on matters of interpretation and discussion.
- Upon the seventh team foul in a half the opposing team will be in the bonus situation. Upon the tenth team foul in a half the opposing team will be in the double bonus situation.
- Three behavioral technical fouls committed by one team in a game will result in the immediate forfeiture and end of that game. Additional sanctions may be imposed.
- Two behavioral technical fouls, or 1 behavioral flagrant foul committed by one player in one game will result in that player being ejected from that game, plus a behavioral suspension of a period to be determined by the Intramural Coordinator.

DUNKING
- Dunking is only allowed in the Competitive League of each division.

CONDUCT/SPORTSMANSHIP
- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or Intramural Program. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
• Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any Intramural Staff, Participant or Spectator is grounds for ejection. Bench technicals may be called; therefore team captains are responsible for controlling their respective benches.
• Pre and post-game: harassing of any Intramural Staff, Participant or Spectator, any unsportsmanlike conduct or lack of cooperation, is subject to penalty from a mild warning to complete expulsion from the program.
• The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
• Only Captains may address the Intramural Staff on matters of interpretation and discussion.
• Teams are required to clean up after themselves and keep the Intramural playing area clean. Failure to do so can impact your sportsmanship rating.
• **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

**TOURNAMENT SCHEDULES**
• Teams are considered ineligible for the post-season tournament for the following reasons:
  o Accruing one Forfeit and failing to pay the assessed $20 fee within the four business days following the forfeited game.
  o Accruing two Forfeits.
  o Accruing two Honest Effort Forfeits (HEF).
  o Receiving less than a 3.0 sportsmanship rating average.
  o Failing to complete the Intramural Captain’s Test by the deadline set.
• Post-season tournament schedules will be posted the last week of the regular season.
• Teams receiving two Honest Effort Forfeits (HEF), two Defaults or failing to complete the Intramural’s Captain’s Test by the set deadline will be allowed to but their way into the post-season tournament for an additional $20.

**CO-REC CLARIFICATIONS**

All Standard Intramural Rules listed above will be used for Co-Rec Basketball, with the following clarifications:

**TEAMS/ SUBSTITUTE**
• Teams may have no more than three players and no less than one of either gender on the court at all times.

**UNIFORM/EQUIPMENT**
• A men’s size basketball will be used for all levels of Co-Rec Competition.

**THE GAME**

**SCORING**
• Scoring for Co-Rec Intramural Basketball is as follows:
  **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