

Instructional Basketball Rules

Equipment

1. All participants should wear proper recreational attire. This includes NBA Replica Jerseys, Shorts and athletic closed-toe shoes.
2. Jewelry or sun glasses shall not be worn.
3. Headwear that contains knots, hard or stiff material including billed hats, are prohibited.
4. Team Uniforms will be provided
5. Any hard braces must be covered and padded.
6. Participants wearing casts are prohibited from intramural play.
7. The final determination regarding legal equipment will be made by the Intramural Supervisor present at the game.

Time Regulations

1. Games will consist of four 8 minute quarters with a 3-minute half time.
 - a. The clock will run continuously with the exception of: injuries, referees' time and time-outs.
 - b. Clock starts when ball is tipped during the jump ball.
2. Time-Outs
 - a. Each team may call 1 timeouts per half. Unused timeouts cannot be carried over to the next half.
 - b. Timeouts are 30 seconds in duration.
 - c. There is 1 time out per overtime quarter. Timeouts left over from regulation do not carry over to overtime
3. Overtime (**ONLY DURING PLAYOFFS**)
 - a. Overtime will consist of a 3-minute period.
 - b. Teams are entitled to one 30 second time-out in the overtime period.
 - c. Time-outs do not carry over.
 - d. There will be no ties in the playoffs.

Playing Time

1. All players must play at least 50% of each game. The only possible exceptions are:
 - a. Illness/injury

Minimum Number of Players

1. A team may start with 4 players. If a team has less than 4 players, a game may be declared a forfeit at the time the game is scheduled to begin.

Substitutions

1. A substitution who desires to enter the game shall report to the scorer's table, giving their number, and the number of the player who is being replaced.
2. A substitute shall remain outside the court boundary until an official beckons them, whereupon the participant shall enter immediately.

3. Substitutions take place during dead ball situations, between periods and time-outs.
4. If a player enters the field of play without notifying the official, a technical foul can be called.

Scoring

1. A basket is made when a live ball enters the basket from above the rim and passes through.
2. 3 points will be awarded for baskets made beyond the three-point arch.
3. 2 points will be awarded for baskets made within the three-point arch.
4. 1 point will be awarded for foul shots.
5. Mercy Rule: If a team is ahead by 30 points at any time in the 2nd half, the game will be called.

Out-of-Bounds

1. A player is out-of-bounds when a player touches the floor, or any other object other than a player, on or outside a boundary line.
2. The ball is out-of-bounds when it touches:
 - a. A player who is out-of-bounds.
 - b. Any person, the floor, or any object outside a boundary line.
 - c. The ceiling, overhead equipment or backboard supports.
 - d. The supports or back of the backboard or passes over the backboard.