



**WELLNESS &
HEALTH PROMOTION**
UNIVERSITY OF NORTH DAKOTA

Basketball Rules

General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/RecSports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through Fusion IM's.

Facility

All games will be played at the Student Wellness Center on the basketball courts in the main gym.

Questions

Please feel free to contact RecSports with any questions or concerns.

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Rules

The RecSports program utilizes NFHS Basketball Rules unless they are removed/modified below.

Players, Rosters, and Substitutions

- Each team consists of 5 players, one of whom is the captain. A team must have a minimum of 4 players to start and end the game. If a team only contains the minimum number of players and has no additional players to replace disqualified or injured players, the game is over. This is in place to ensure safety of the participants and to ensure the integrity of the game.
- The captain is the representative of their team and may address an official on matters of interpretation or to obtain essential information if it is done in a courteous manner. Any player may address an official to request a timeout or permission to leave the court.
- A sub must report to the scorekeeper before entering the game. Substitutions may only be made during a dead ball situation. **Substitutions that occur during a live ball situation will be penalized with a technical foul.**
- Subs may not enter the court until beckoned by an official.
- **Players may only play for one open and one gender-specific team. Teams with players found to be playing on more than one team within a league will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the RecSports staff.**

Equipment

- Teams should wear contrasting color jerseys during the game. If a team has all same color shirts with numbers on the front or back, they will not be required to wear RecSports jerseys. The RecSports program will provide jerseys.

The Game

- Games will consist of 2-20-minute halves with a 2-minute halftime.
- The clock will run continuously except for time-outs and until the last two (2) minutes of each half.
 - In the second half, the clock will run inside 2 minutes if the score differential is greater than 18 points.
- Games will begin with a jump ball. Each jump ball after will result in alternating possession.
- Overtime: In the event of a tie at the end of regulation, a 2-minute overtime period will result with a 1-minute intermission beforehand.
 - Each overtime period will begin with a jump ball.
 - The clock will run continuously except for the last 1 minute of the overtime period.
 - Teams will stay at the same basket as 2nd half.
 - If during the regular season, the score is tied at the end of the 1st overtime period, the game will be ruled a tie.
 - If during playoffs, overtimes will continue until a winner is declared.
- Time-outs: Each team will be allowed 3 time-outs per game, all 1-minute in length.
 - Teams may use a timeout to advance the ball in the final 2 minutes of the 2nd Half or during Overtime.
 - Timeouts do not carry over to overtime. Each team will have only 1-1-minute time-out per overtime period.
 - If a team calls a time-out prior to or during a free-throw situation, the clock will start once the ball is inbounded after a made free throw or once the ball touches a player inbounded.
 - If a team has no time-outs and calls for one, a technical foul will be assessed, plus possession of the ball at half court.
 - Live ball: A player/team must be in control of the ball before a time-out will be granted. The player may not be falling out of bounds
 - Dead-ball: Any player/team may call a time-out during any dead-ball situation. The ball does become dead once a basket is made. Accordingly, Team A may call a time-out immediately after it has scored a basket and before Team B throws the ball into play.

- **Mercy Rule:** The game will be called if a team is up by 50 points at any time, 40 points with 12 minutes or less in regulation, or 30 points with 7 minutes or less to play in regulation.
- **Free Throws:** No player may enter the lane until the ball is released from the shooter's hands.
 - Marked lane spaces may be occupied by a maximum of 4 defensive and 2 offensive players.
 - The bottom blocks will not be occupied.

Fouls and Penalties

- Dunking during the game will be allowed provided the player does not hang on the rim.
- If a player hangs on the rim during a dunk, the points will not be counted, and the player will receive a technical foul.
- **Dunking during pre-game, halftime, and postgame periods is not allowed.** Dunking during these periods will result in an automatic technical foul and is counted as a team foul.
- **Offensive Fouls:** Offensive fouls will result in a throw in by the defensive team at the nearest spot of the foul.
- Three free throws will be awarded if the player is fouled in the act of shooting a three pointer.
- **Technical Fouls:** Technical fouls will result in 2 free throws and possession.
 - 1st Technical Foul: The player is warned
 - 2nd Technical Foul: Player is removed from contest and must meet with Coordinator of RecSports
 - 3rd Technical Foul: The player is suspended for the remainder of the season
 - **ALL TECHNICAL FOULS ARE CUMULATIVE!** Any individual player receiving 3 technical fouls in any combination during a season will be suspended for the remainder of the season.
 - Technical and player control fouls will be counted as personal fouls
 - Technical fouls will be counted as team fouls
 - If a team receives 2 technical fouls, the manager/captain is ejected from the game. This ejection will be included in the RecSports sportsmanship system. If the captain is ejected, the team will select a new captain and the same rules will apply to him/her.
 - Any team that receives 3 technical fouls in one game will then forfeit that game.
 - A player may not slap the backboard in order to shake the rim to prevent a basket. Incidental contact with the backboard will be allowed, at the discretion of the official.
- **Flagrant and Intentional Fouls** will result in 2 free throws and possession. Technical and Flagrant Fouls may carry an ejection.
- **Bonus free throws will be awarded at 7 team fouls in a half**
 - **NEW FOR 23-24: BONUS FREE THROWS ARE 2 SHOTS**

Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record. Scorekeepers will be responsible for keeping score, team fouls, personal fouls, timeouts, and possession arrow.
- Teams can use their own basketballs provided that the opposing team agrees to play with that ball. If no agreement is reached the RecSports ball will be used for play.