

**The University of Maine
Campus Recreation**

Intramural Basketball Rules

A. GENERAL RULES

- To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)
- Any and all dangerous equipment must be removed prior to participation.
- Jewelry cannot be taped or covered with a band-aid.
- Teams **MUST** wear the same color shirts (pinnies) with numbers on the back.

B. THE GAME AND FIELD

- All games will be played at the Rec. Center. Players must wear athletic clothing and appropriate footwear.
- **Game Length:** The game consists of two 20-minute halves with an intermission of 3 minutes. The clock will run continuously, until the final two minutes of the second half only if the game is within 15 points. At this point, the clock will be stopped for all dead-ball situations. The supervisor has the authority to shorten any game due to time restraints or any other reason.
- **Mercy Rule:** If a team is ahead by 30 points at anytime during the 2nd half, the game will end by Mercy Rule.
- Games tied during regular season can end in a tie. During playoffs, there will be as many overtime periods as necessary to determine a winner. Overtime will be three minutes in length. The clock will stop the last minute of the overtime period.
- Each team will have three regular 1 minute timeouts for the game. Each team will receive one regular timeout each overtime period. Timeouts do not carry over from regulation to overtime.
- **Special Areas of Play:** Subs may only enter the court with the referee's permission during stoppage time.

C. PLAYER RULES AND FOULS

- A team will consist of 5 players with a minimum of 4 players on the court at all times to continue the game.
- The bonus will be in effect on the 7th team foul. The offended team will be awarded a one plus one free throw attempt. On and after the 10th team foul, the offended team will be awarded 2 free throw attempts.
- The following is a partial list of prohibited acts for which a technical foul will be assessed for any of these infractions:
 - verbal abuse of an official
 - obscene gestures
 - taunting (ex. Blocking a shot and yelling at opponent)
 - fouls with intent to injure
 - fighting
 - entering the court without permission of an official
- All technical fouls will count toward a player's total personal fouls. All technical fouls are two shots and the ball possession.
- Player control fouls (offensive fouls) do not result in foul shots.
- There will be ZERO TOLERANCE for unsportsmanlike conduct of any kind. Inappropriate behavior will result in suspension of the player and/or team from intramural sports.
- The supervisor on duty reserves the right to remove any player from competition who has violated any UMAINE Intramural Policy or Rule and/or endangered any player or IM staff member.
- Ejected players must leave the facility. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports. Supervisors also have the authority to end a game.

D. TRAVELING

- Areas of specific concern are: the spin move, the step-through move, the jump stop, perimeter shooters taking an extra “hop” prior to releasing the try and ball handlers lifting the pivot foot prior to releasing the ball on the dribble. The key to determining the legality of those moves is to first find the pivot foot. Then, if the player moves a foot or the feet in any direction in excess of prescribed limits, a traveling violation has occurred. Officials must know the rule, find the pivot foot and improve call accuracy.

1. GUIDELINES FOR TEACHING AND OFFICIATING

A. Determine the pivot foot immediately.

B. At the start of the dribble, the ball must be released before the pivot foot is lifted.

C. After the dribble has ended, the player may lift pivot foot, but must release the ball on a pass or shot before the pivot foot returns to floor.

D. A player may never take two steps while in possession of the ball.

E. CLOSELY GUARDED

- Well-officiated, closely-guarded situations provide for better balance between offense and defense. When the closely-guarded rules are not followed, there is a significant advantage for the offense. The following areas are to be emphasized:
- **Rule basics.** A closely-guarded situation occurs when a player in control of the ball in his or her team's frontcourt, is guarded by an opponent who is within 6 feet of the player who is holding or dribbling the ball; the defensive player must obtain a legal guarding position. A player shall not hold the ball for five seconds or dribble the ball for five seconds while closely guarded in his or her frontcourt. A player can legally hold the ball while closely guarded for four seconds, dribble the ball for four seconds and hold the ball again for four seconds before violating.
- **Measuring 6 feet.** Officials must define and have a clear image of the 6-foot guarding distance necessary. Good visual examples of this distance can be found on the court as: the distance between the free-throw line and the top of the semi-circle; from the division line to the jump circle; two adjacent marked lane spaces. Failure to properly judge the 6-foot distance and require the defender to be within 3 or 4 feet of the dribbler before beginning the count puts the defensive player in an unfair position.
- **Ending the count.** A closely-guarded count ends when no defensive player is within 6 feet. The count also stops when a closely guarded player: completes a dribble anywhere in the team's own frontcourt; starts a dribble in the team's own frontcourt and ends it anywhere in the frontcourt (a new five-second count will start if the player holds the ball); loses possession of the ball for any reason in the team's own frontcourt; or has his or her dribble interrupted. If a closely-guarded player beats the defender(s) by getting head and shoulders past the defensive player, the count has ended.

- **Multiple defenders.** The count should continue even if there is a defensive switch, provided the 6-foot distance is maintained. There is no requirement for the defensive player to remain the same during the count as long as the offensive player is closely guarded throughout.
- **Counting mechanics.** The official begins a visible count when the 6-foot distance is established and must switch arms when going directly from one counting situation to another.

F. THREE SECONDS

- When a team is in control of the ball in its frontcourt, a player of that team may not remain in the lane for three seconds. The lane is bounded by the end line and the farther edge of the free-throw line – and includes the lane lines.
- **Team control.** In order to understand the administration of the rule, it is necessary to know when team control exists. Team control exists: during player control, holding and dribbling inbounds; during a pass between teammates; during an interrupted dribble. Team control continues until: the ball is in flight during a try for goal; an opponent secures control; the ball becomes dead. Team control does not exist during the tapping of a rebound or when the ball is loose following a try. There is no team control during a throw-in. The three-second restriction is not in effect when there is no team control, and is terminated the instant team control ends.
- **Exception.** Allowance is made and the count is momentarily stopped when a restricted player has the ball and dribbles or makes a move to try for goal. However, the previous count is resumed if the player does not continue and try for goal. Some may feel that exception complicates the rule, but it is necessary in order to balance the offense and defense.
- **Screener.** Another situation that is occurring more frequently, and which is often not properly called, is when an offensive player sets a screen in the lane and remains there for more than three seconds. The responsible official must make sure that offensive players are not occupying restricted positions for more than the permitted time. The offensive player gains an unwarranted advantage if he or she can “camp out” in the lane, either as a potential shooter or as a screener.
- **Rough post play.** When the three-second rule is properly enforced, rough post play is likely reduced. Post defenders cannot be expected to defend and deny an opponent in the lane indefinitely. When an offensive post player “camps out” in the lane, defenders tend to get frustrated and become more physical. Calling this infraction when it occurs goes a long way to decreasing rough post play – an area that has been emphasized for many years.

G. BLOCK/CHARGE

- The obtaining and maintaining of a legal guarding position on a person with and without the ball has been a point of emphasis over the years, but yet, remains one of the most difficult plays to coach and officiate.

A. The basics. To correctly understand the guarding rule, the following points are critical:

- 1) To obtain an initial guarding position on a player with the ball, the defender must get to the spot first without contact, have both feet touching the floor, and initially face the opponent.
- 2) Once the initial guarding position has been obtained, the defender may move laterally or at an angle or backwards in order to maintain a legal guarding position. Keep in mind that when a defender obtains an initial position with both feet touching the floor and facing his/her opponent, the defender need not be stationary but may continue to move in order to stay in front of the person with the ball.
- 3) Once the defender obtains a legal guarding position, the defender may raise his/her hands in a normal stance or may jump vertically within his/her vertical plane.
- 4) A defender may turn or duck to absorb the shock of contact.
- 5) A player is never permitted to move into the path of an opponent after the opponent has jumped into the air.
- 6) A player who extends an arm, shoulder, hip or leg into the path of an opponent and causes contact is not considered to be in a legal guarding position.

B. Guarding a player with the ball. Points to remember when a defender is guarding a player with the ball:

- 1) Time and distance are of no consequence. If the defender gets to the spot first and is in a legal guarding position, the onus is on the person with the ball.
- 2) A defender is never permitted to move into an opponent and thus cause contact.
- 3) If a player with the ball gets his/her shoulders past the front of the torso of the defender and contact occurs, the defender has blocked and a foul must be called. In order for the defender to re-obtain a legal guarding position, all “guarding a person with the ball” criteria must be met.
- 4) When an offensive player receives a long pass with his/her back turned

and places one foot on the floor and crashes into a legally set defender, it is a player-control foul. It seems many officials are calling this a traveling violation, which is incorrect.

C. Guarding a player without the ball. Time and distance are the key factors. The distance allowed depends on the speed in which the offensive player is moving, with the distance never to exceed two strides, regardless of how fast he or she is moving. Once the defender has met the criteria of both feet touching the court and initially facing the opponent, the defender has obtained a legal guarding position and may move the same as if he/she were guarding a player with the ball.

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