



march  
wellness

## **League Sports**

### **Basketball Rules**

#### **Timing Regulations:**

- Game Time: Games will be two 20-minute halves with a running clock. The clock only stops during a time out (1 minute) or for an injury timeout.
- If the score is within 10 points in the last two minutes of the second half the clock will be stopped for all calls.
- Half time will be two minutes in length.

#### **Overtime:**

- If the score is tied at the end of regulation play, a three-minute overtime period will be played.
- The clock will run continuously until the last minute of the period when it will stop for all fouls, violations and timeouts.
- Each team is allowed one time out, one minute in length. Time outs not used during regulation play do not carry over into overtime play.
- If a second overtime is necessary, the team scoring first wins.

#### **Time Outs:**

- Each team is allowed two timeouts per game, each one-minute in length.
- Time outs not used in regulation play cannot be used in overtime.

#### **Substitutions:**

- A substitution may be made when the ball is dead.
- A substitute should check in at the scorer's table and wait to be called in by the official.
- If a substitute reports to enter for a free throw shooter, the substitute may not enter until the second shot is attempted or the ball is dead and the official beckons the sub in.
- A substitute may replace an injured player or to attempt a technical-foul free throw.
- It is not permissible for a substitute to replace a free throw shooter when the free throw is for a personal foul, unless the shooter is disqualified or injured.

#### **Fouls and Penalties:**

- Any player charged with a fifth personal foul is disqualified from the game.
- Upon being charged with a seventh team foul, the opposing team will shoot the one-and-one bonus free throw.
- Upon being charged with a tenth team foul, the opposing team will shoot a double bonus (two shots).
- Two free throws will be attempted for flagrant fouls and technical fouls and the offended team gets possession of the ball after the free throws have been attempted.
- Flagrant and technical fouls may result in an ejection from the game depending upon severity; decision will be left to the officials and Intramural Coordinator.