



## BASKETBALL RULES

National Federation Basketball Rules will govern play, with the following modifications:

### 1. Team Requirements

- 1.1 A team shall consist of no more than five (5) players on the court at one time.
- 1.2 Substitutes must report to the score's table and called in by the officials. **Illegal substitutions will result in a technical foul.**

### 2. Equipment and Facilities

- 2.1 All jewelry must be removed before participating. Any jewelry seen on a player once play has begun will result in a **technical foul**.
- 2.2 Proper Attire shall be worn at all times. Any player not adhering to the rules **will not be allowed to play until they meet the guidelines**.
  - a. All players must wear non-marking athletic shoes. Open toed shoes, and boots are not allowed.
  - b. Shorts/Pants without pockets must be worn. Shorts/Pants can be turned inside out if they have pockets.
  - c. Teams will wear jerseys/vests of like colors with numbers, provided by IM Sports. Teams may provide their own jerseys or team shirts; however, they must be of the same color.
- 2.3 Equipment such as helmets, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inches of slow recovery rubber or similar material will be allowed.
- 2.4 Basketballs will be provided by the XU Intramural Department.

### 3. Start of Game and Timing

- 3.1 The game will consist of two 20-minute halves and a 5-minute overtime period if necessary. A second OT period will be 4 minutes, a third OT period will be 3 minutes, a fourth OT will be 2 minutes, a fifth and any more OT periods will be 1 minute in length. The clock will run non-stop the first half. The clock stops the last minute of each overtime period.
- 3.2 During the last 2 minutes of the second half, the clock will stop on all dead balls.
- 3.3 An official or team time-out will stop the clock during "running time."
- 3.4 Time-outs will last one minute and half-time will last two minutes. Teams have two (2) time-outs per half. **Time-outs do not carry over from the first half.** Teams will be awarded one (1) time-out for each overtime period played.

### 4. Game Rules

- 4.1 No basket may be scored on a player control (charging) foul, regardless of when the ball is released.

- 4.2 Teams will enter the 1-and-1 bonus on the 7th team foul. On a teams' 10th foul, all fouls will result in two free throws. Any player fouled on a missed 3-point attempt will shoot three free throws.
- 4.3 Referees or managers withhold the right to stop any game for any reason. (i.e. excessive cursing, continued inappropriate actions/sportsmanship, unnecessary roughness resulting in continued endangerment of participants). The score of the game when the match is stopped will be recorded as final.
- 4.4 The Mercy Rule will be as follows:
  - a. 20-point mercy rule with 2 minutes remaining in the second half.
  - b. 30-point mercy rule with 3 minutes remaining in the second half.
  - c. 40-point mercy rule with 4 minutes remaining in the second half.
  - d. 50-point mercy rule at any point in the second half.
- 4.5 Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul and the possibility of a game suspension: Cursing at the officials, supervisors, or opposing players, insulting the officials, supervisors, or opposing players, or participating in a fight (AUTOMATIC EJECTION). Other unsportsmanlike acts will also earn a technical foul. All unsportsmanlike fouls result in two free throws and the ball, regardless of whether the foul is on a player or the bench.
- 4.6 Two technical fouls on a player or coach will result in an automatic ejection from the game. The ejected player must also **leave the playing facility**. Additionally, the ejected player must meet with Xavier University Intramurals Director and Head of the Board of Conduct before reinstatement can occur.
- 4.7 Slapping the backboard is not a technical in itself, but intentionally hitting the backboard hard enough to alter the flight of the ball will result in a technical and a goaltending call.

## 5. Other Rules

- 5.1 In all instances not covered by the above rules, National Federation Basketball Rules shall be invoked. The officials shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.

## **INTRAMURAL BASKETBALL DEFINITIONS**

1. An **airborne shooter** is a player who has released the ball on a try for goal and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.
2. **Alternate possession and arrow**
  - a) Alternating possession is the method of putting the ball in play by a throw-in.
3. **Ball location**
  - a) A ball, which is in contact with a player or with the court, is in the backcourt if either the ball or the player (either player if the ball is touching more than one) is touching the backcourt.
  - b) A ball, which is in contact with a player, is in the frontcourt if neither the ball nor the player is touching the backcourt.
  - c) A ball, which is in flight, retains the same status as when it was last in contact with a player or the court.
  - d) A ball, which touches an official, is the same as the ball touching the floor at the official's location.

- e) During a dribble from backcourt to frontcourt, the ball is in the frontcourt when the ball and both feet of the dribbler touch the court entirely in the frontcourt.
  - f) A ball at the disposal of a player is a ball handed to a thrower or free thrower or a ball placed on the floor at that spot or available.
4. **Basket interference** occurs when a player:
- a) Touches the ball or any part of the basket while the ball is on or within the basket.
  - b) Touches the ball while any part of the ball is within the imaginary cylinder, which has the basket ring as its lower base.
  - c) Reaches through the basket from below and touches the ball before it enters the cylinder.
5. **Blocking, Charging**
- a) Blocking is illegal personal contact, which impedes the progress of an opponent.
  - b) Charging is illegal personal contact by pushing or moving into an opponent's torso.
6. A **bonus free throw** is the second free throw which is awarded for each common foul (except a player control foul) committed by a player of a team beginning with that team's 7<sup>th</sup> personal foul in a half, provided the first free throw for the foul is successful. A player control is counted as a team foul for reaching the bonus.
7. **Boundary Lines**
- a) Boundary lines of the court consist of end lines and sidelines.
  - b) The inside edges of these lines define the inbounds and out-of-bounds areas.
8. A **closely guarded** situation occurs when a player in control of the ball is guarded by an opponent who is within a distance of 6 feet of the player who is holding or dribbling the ball.
9. **Control, Player and Team**
- a) A player is in control when he or she is holding or dribbling a live ball.
  - b) A Team is in control of the ball when a player of the team is in control and also while a live ball is being passed among teammates.
  - c) Team control continues until:
    - (1) The ball is in flight during a try for goal;
    - (2) An opponent secures control;
    - (3) The ball becomes dead.
  - d) While the ball remains alive a loose ball always remains in control of the team whose player last had control, unless it is a try for a goal.
  - e) Neither team control nor player control exists during a dead ball, or when the ball is in flight during a try for a goal.
10. A **disqualified player** is one who is barred from further participation in the game because of having committed his or her 5<sup>th</sup> personal foul, or a 2<sup>nd</sup> technical foul.
11. **Dribble**
- a) A dribble is a ball movement caused by a player in control who bats, pushes, or taps the ball to the floor once or several times.

- b) During a dribble the ball may be batted into the air provided it is permitted to strike the floor before the ball is touched again with the hand(s).
- c) The dribble may be started by pushing, throwing, tapping, or batting the ball to the floor.
- d) The dribble ends when:
  - (1) The dribbler catches the ball with one or both hands;
  - (2) The dribbler simultaneously touches the ball with both hands;
  - (3) An opponent bats the ball;
  - (4) The ball becomes dead.
- e) An interrupted dribble occurs when the ball is loose after deflecting off the dribbler or after it momentarily gets away from the dribbler.

12. A **foul** is an infraction of the rules, which is charged and penalized.

- a) A personal foul is a player foul which involves illegal contact with an opponent while the ball is alive or committed by an airborne shooter when the ball is dead.
- b) A common foul is a personal foul which is neither flagrant non intentional nor committed against a player trying for a field goal.
- c) An intentional foul is a personal or technical foul, which, in the judgment of the official, appears to be designed or premeditated. Judgment is not based on the severity of the act.
- d) A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical non-contact foul, which displays vulgar or abusive conduct. It may or may not be intentional.
- e) A technical foul is:
  - (1) A foul by a non-player
  - (2) A non-contact foul by a player
  - (3) An intentional or flagrant contact foul while the ball is dead.
- f) A player control foul is a common foul committed by a player while he/she is in control of the ball, or by an airborne shooter.
- g) An unsportsmanlike foul is a non-contact technical foul which consists of unfair, unethical, or dishonorable conduct.

13. **Free Throw**

- a) A free throw is the opportunity given to a player, to score one point, by an unhindered try for agoal from within the free throw circle and behind the free throw line.
- b) A free throw starts when the ball is placed at the disposal of the free thrower.
- c) The free throw ends when the try is successful, when it is certain the try will not be successful, when the try touches the floor or any player, or when the ball becomes dead.

14. **Goaltending**

- a) Goaltending occurs when a player touches the ball during a field goal try or tap while:
  - (1) The ball is in downward flight;
  - (2) The entire ball is above the level of the basket ring;
  - (3) The ball has a possibility of entering the basket in flight; and
  - (4) The ball is not touching an imaginary cylinder, which has the basket ring as its lower base.

15. **Guarding** is the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required between the guard and opponent, but the maximum is six feet when closely guarded. Every player is entitled to a spot on the floor provided such player gets there first without illegally contacting an opponent.

- a) To establish an initial legal guarding position:

- (1) The guard must have both feet touching the floor, and
- (2) The front of the guard's torso must be facing the opponent.
- b) After the initial legal guarding position is established:
  - (1) The guard is not required to continue facing the opponent;
  - (2) The guard may move laterally or obliquely to maintain position; provided it is not toward the opponent when contact occurs;
  - (3) The guard may raise hands or jump within his/her own vertical plane; and
  - (4) The guard may turn or duck to absorb the shock of contact.
- c) Guarding an opponent with the ball or a stationary opponent without the ball:
  - (1) No time or distance is required to establish an initial legal position;
  - (2) If the opponent with the ball is airborne, the guard must have established legal position before the opponent left the floor.
- d) Guarding a moving opponent without the ball:
  - (1) Time and distance are factors required to establish an initial legal position;
  - (2) The guard must give the opponent the time and/or distance to avoid contact;
  - (3) The distance need not be more than two strides; and
  - (4) If the opponent is airborne, the guard must have established legal guarding position before the opponent left the floor.

16. A **held ball** occurs when:

- a) Opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness
- b) An opponent places his or her hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on try

17. **Holding** is illegal personal contact with an opponent, which interferes with his or her freedom of movement.

18. **Kicking the ball** is when the defense intentionally strikes the ball with the knee or any part of the leg or foot below the knee.

19. A **pass** is movement of the ball caused by a player who throws, bats, or rolls the ball to another player.

20. **Penalties**

- a) The penalty for a foul is the charging of the offender with the foul and awarding a free throw(s) and/or the ball for a throw-in as specified by the type of infraction committed.
- b) The penalty for a violation is the awarding of the ball to the opponents for a throw-in, or the awarding of one or more points, or the awarding of a substitute free throw.

21. A **Pivot** takes place when a player who is holding the ball steps once, or more than once, in any direction with the same foot while the other foot, called the pivot foot, is kept at its point of contact with the floor.

22. **Player Location**

- a) The location of a player or non-player is determined by where such player is touching the floor as far as being:

- (1) Inbounds or out-of-bounds;
- (2) In the front court or back court;
- (3) Behind or inside the 3-Point field goal line;

23. A **screen** is a legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

- a) To establish a legal screening position:
  - (1) The screener may face any direction;
  - (2) Time and distance are relevant; and
  - (3) The screener must be stationary, except when both are moving in the same path and the same direction.
- b) When screening a stationary opponent from the front or side, the screener may be anywhere short of contact
- c) When screening a stationary opponent from behind, the screener must allow the opponent one normal step backward without contact.
- d) When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance need not be more than two strides.
- e) When screening an opponent, who is moving in the same path and direction as the screener, the opponent is responsible for contact if the screener slows up or stops.

24. **Shooting, Try, Tap**

- a) The act of shooting begins simultaneously with the start of the try and ends when the ball is clearly in flight, and includes the airborne shooter.
- b) A try for field goal is an attempt by a player to score two or three points by throwing the ball into a team's own basket.
- c) The try starts when the player begins the motion, which habitually precedes the release of the ball.
- d) The try ends when the throw is successful or when it is certain the throw is unsuccessful or when the thrown ball touches the floor or when the ball becomes dead.

25. **Throw-in, Thrower**

- a) A Throw-in is a method of putting the ball in play from out-of-bounds.
- b) The throw-in begins when the ball is at the disposal of a player of the team entitled to it.
- c) The throw-in count ends when the ball is released by the thrower so the passed ball goes directly into the court.
- d) The throw-in ends when the passed ball touches, or is touched by, an inbounds player other than the thrower.

26. **Traveling** (running with the ball) is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movements are as follows:

- a) A player who catches the ball with both feet on the floor, may pivot, using either foot. When one foot is lifted, the other is the pivot foot.
- b) A player, who catches the ball while moving or dribbling, may stop and establish a pivot foot as following:
  - (1) If both feet are off the floor and the player lands:
    - (a) Simultaneously on both feet, either foot may be the pivot;
    - (b) On one foot followed by the other, the first foot to touch is the pivot;

- (c) On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot.
- (2) If one foot is on the floor:
  - (a) It is the pivot when the other foot touches in a step;
  - (b) The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot
- c) After coming to a stop and establishing a pivot foot;
  - (1) The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for a goal;
  - (2) If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for a goal;
  - (3) The pivot foot may not be lifted, before the ball is released, to start a dribble
- d) After coming to a stop when neither foot can be a pivot;
  - (1) One or both feet may be lifted but not returned to the floor before the ball is released on a pass or try for a goal;
  - (2) Neither foot may be lifted before the ball is released to start a dribble

27. **Verticality** applies to a legal guarding position. The basic components of the principle of verticality are:

- a) Legal guarding position must be established initially and movement thereafter must be legal;
- b) From this position, the defender may rise or jump vertically and occupy the space within his or her vertical plane;
- c) The hands and arms of the defender may be raised within his or her vertical plane;
- d) The defender should not be penalized for leaving the floor vertically or having his or her hands and arms extended within the vertical plane;
- e) The defensive player, whether on the floor or airborne, may not “clear out” or cause contact, which is a foul, within the defender’s vertical plane;
- f) The defender may not “belly up” or use the lower part of the body or arms to cause contact, which is a foul, outside his or her vertical plane;
- g) The player with the ball is to be given not more protection or consideration than the defender in judging which player has violated the rules.

## **SCORING AND TIMING REGULATIONS**

1. A **goal** is made when a live ball enters the basket from the above and remains in or passes through. No goal is scored if an untouched throw-in goes through the basket. Whether the clock is running or stopped has no influence on the counting of a goal. If a player control foul occurs after a goal, the goal is cancelled.

### **2. Scoring:**

- a) A successful try from the field by a player who is located behind the 19-foot, 9-inch line counts 3 points. Any other goal from the field counts as 2 points for the team into whose basket the ball is thrown.
- b) A goal from the a free throw counts as 1 point for the shooter’s team and is credited to the shooter.
- c) The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponent’s basket.

3. The referee shall forfeit the game if a team refuses to play after being instructed to do so by either official.
4. Playing time shall be 20 minutes running time except the final two minutes of the second half if the score difference is less than 20 points.
5. Time out occurs and the clock, if running, shall be stopped when an official:
  - a) Grants a player's oral request for a time-out, such a request being granted only when:
    - (1) The ball is in control or at disposal of a player of his or her team;
    - (2) The ball is dead;
    - (3) A disqualified or injured player(s) has been replaced if a substitute(s) is available.
  - b) Responds to the scorer's signal to grant a coach's request that a correctable error be prevented or rectified. The request to the scorer must be made before the first dead ball becomes alive after the clock has started.
6. **Time-outs:**
  - a) Two time-outs may be charged to each team per half during a regulation game and one in overtime. Timeouts do not carry over into the next half or overtime period.
  - b) Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.

### **LIVE BALL AND DEAD BALL**

1. The game shall be started by a jump ball in the center of the court. All other jump ball situations will be determined by alternating possession rule including any extra periods. Each overtime period will be started by a jump ball as well.
2. Alternating Possession:
  - a) The team **not** obtaining control of the jump ball will start the alternating possession procedure. Control may also be established by the results of a violation or foul.
  - b) To start the second half a throw-in shall be awarded to the team with possession from out-of-bounds at the division line opposite the table

### **OUT-OF-BOUNDS AND THE THROW-IN**

1. **Out-of-bounds:**
  - a) A player is out-of-bounds when he or she touches the floor, or any object other than a player, on or outside of a boundary
  - b) The ball is out-of-bounds when it touches;
    - (1) A player who is out-of-bounds;
    - (2) Any other person, the floor, or any object on or outside a boundary;
    - (3) The supports or back of the backboard
    - (4) The ceiling, overhead equipment or supports.
2. The ball is caused to go out-of-bounds by the last player to touch, or to be touched by, it before it goes out, provided it is out-of-bounds because of touching something other than a player. If the ball

is out-of-bounds because of touching, or being touched by a player who is on or outside a boundary, such player causes it to go out.

3. If the ball goes out-of-bounds and was last touched simultaneously by two opponents, both of whom are in bounds or out-of-bounds or if the officials disagree, play shall be a throw in at the spot of out-of-bounds nearest to where the simultaneous violation occurred.
4. The ball is awarded out-of-bounds after:
  - a) A violation;
  - b) A free throw for a technical foul or a flagrant or intentional personal foul;
  - c) A field goal or a successful free throw for any other personal foul;
  - d) The ball becomes dead while a team is in control, provided no infraction or the end of a period is involved;
  - e) A player control foul;
  - f) A common foul before the bonus rule is in effect;
  - g) A held ball
5. **Throw-in:**
  - a) When the ball is out-of-bounds after any violation, the official shall place the ball at the disposal of an opponent of the player who committed the violation for a throw-in from the designated spot nearest the violation.
  - b) After a dead ball, any player of the team in control shall make the throw-in from the designated out-of-bounds spot nearest to the ball when it becomes dead
  - c) After a player control foul, or after a common foul prior to the bonus rule being in effect, any player of the offended team shall make the throw-in from the designated out-of-bounds spot nearest the foul.
  - d) If in letters a, b, & c above, the throw-in spot is behind the backboard, the throw in shall be made from the nearest free throw lane line extended.
  - e) After a goal, the team not credited with the score shall make the throw-in from the end of the court where the goal was made and from any point outside of the end boundary. Any player of the team may make a direct throw-in, or he or she may pass the ball along the end boundary to a teammate(s) behind the boundary line.
  - f) After a technical foul, any player of the team to whom the free throw has been awarded shall make the throw-in from out-of-bounds at the division line on either side of the court.
  - g) After an intentional personal foul or flagrant personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out-of-bounds spot nearest the foul.
6. **Throw-in administration:**
  - a) The throw-in starts when the ball is at the disposal of a player or team entitled to the throw-in. The thrower shall release the ball on a pass directly into the court within 5 seconds after the throw-in starts. The throw-in pass, after crossing the boundary line, must touch a player (in-bounds or out-of-bounds) on the court before going out-of-bounds.

## **FREE THROW**

1. Free throw administration:

- a) When a free throw is awarded, the administrating official shall take the ball to the free throw line of the offended team and place it at the disposal of the free thrower. In each situation:
  - (1) The ball will be handed A1 if A1 is ready, or it will placed on the floor;
  - (2) The free throw count will begin and Team A and/or Team B may be charged with a violation.
- b) If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy spaces along the free throw lane.
- c) During a free throw when lane spaces may be occupied:
  - (1) Each of the lanes spaces adjacent to the end line be occupied by one opponent of the free thrower unless the resuming of play procedure is in effect;
  - (2) A teammate of the free thrower is entitled to the next to the adjacent lane space on each side and to each other alternate position along each lance line;
  - (3) Not more then one player may occupy any part of a marked lane space;
  - (4) Only the marked lane spaces may be occupied.
2. The free throw(s) awarded because of a personal foul shall be attempted by the offended player. If such player must withdraw because of an injury or disqualification, his or her substitute attempt the throw(s) unless no substitute is available, in which event any teammate may attempt the throw(s).
3. The free throws awarded because of a technical foul may be attempted by any player of the offended team on the court at the time of the foul. The captain shall designate the free thrower.
4. The try for a goal shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower at the free throw line. This shall apply to each free throw.
5. After a free throw which is not followed by another free throw, the ball shall be put in play by a throw-in:
  - a) As after a field goal, if the try is for a personal foul, other than intentional or flagrant, and is successful;
  - b) By any player of the free thrower's team from out-of-bounds at the division line if the free throw is for a technical foul;
  - c) By any player of the free throwers team from the out-of-bounds spot nearest the foul if the free throw is for an intentional personal foul or flagrant personal foul.
6. If a free throw for a personal foul, other than intentional or flagrant, is unsuccessful, or if there is a multiple throw for a personal foul(s) and the last free throw is unsuccessful, the ball remains alive.

## **VIOLATIONS AND PENALTIES**

### **A player shall not –**

1. Violate the free throw provisions:
  - a) The try shall be attempted from within the free throw semicircle and behind the free throw line;
  - b) The free thrower shall not purposely fake a try;
  - c) No opponent shall disconcert the free thrower;
  - d) No player shall enter or leave a marked lane space;
  - e) A player, other than the free thrower, who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free throw line extended or the 3-point line with is

farthest from the basket. This restriction applies until the ball touches the ring or backboard, or until the free throw ends.

2. Cause the ball to go out-of-bounds.
3. Violate provisions governing the throw-in. The thrower shall not:
  - a) Leave the designated throw-in spot;
  - b) Fail to pass the ball directly into the court so that after it crosses the boundary line, it touches, or is touched by, another player (inbounds or out-of-bounds) on the court before going out-of-bounds;
  - c) Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly into the court;
  - d) Carry the ball onto the court;
  - e) Touch the ball in the court before it touches, or is touched by, another player;
  - f) Replace the thrower or be out-of-bounds after a designated spot throw-in begins.
4. Run (travel) with the ball, kick it, strike it with the fist, or cause it to enter and pass through the basket from below. **NOTE:** Kicking the ball is a violation only when it is a positive act; accidentally striking the ball with the foot or leg is not a violation.
5. Dribble a second time after his or her first dribble has ended, unless it is after he or she has lost control because of:
  - a) A try for a field goal;
  - b) A bat by an opponent;
  - c) A pass or fumble which has then touched, or been touched by, another player.
6. Remain for 3 seconds in that part of his or her free throw lane between the end boundary and the farther edge of the free throw line while the ball is in control of his or her team in his or her frontcourt.
7. Be, nor may his or her team be, in continuous control of a ball which is in his or her backcourt for 8 seconds.
8. Excessively swing his or her arms or elbows, even though there are is no contact with an opponent.
9. While closely guarded:
  - a) Anywhere in his or her frontcourt, hold or dribble the ball for 5 seconds;
  - b) In his or her frontcourt, control the ball for 5 seconds in an area enclosed by screening teammates.
10. Commit basket interference or goaltend;

Basket interference occurs when a player:

- a) Touches the ball or basket, (including the net), when the ball is on or within either basket;
- b) Touches the ball when it is touching the cylinder having the ring as its lower base;
- c) Touches the ball outside the cylinder while reaching through the basket from below.

Goaltending occurs when a player:

- a) Touches the ball during a field goal try while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight, or touches the ball outside the cylinder during a free throw attempt;
- b) Touches the ball while it is in its downward flight entirely above the basket ring level, which has been tapped by a player toward his or her own basket and has the possibility of entering the basket in flight.

## **FOULS AND PENALTIES**

1. A team shall not allow the game to develop into an actionless contest.  
This includes the following and similar acts:
  - a) When behind in the score, or while on defense, with failing to be continuously aggressive to secure the ball or on defense, or to advance the ball beyond the midcourt if on offense and there is no opposing action in the midcourt.
  - b) Delay the game by preventing the ball from being made promptly alive.
2. A substitute shall not enter the court without being beckoned by an official.
3. A player shall not:
  - a) Slap or strike either backboard or cause either ring to vibrate while the ball is in flight during a try or tap or is touching the backboard or is on or in the basket or in the cylinder above the basket. A player may not place a hand on the backboard to gain an advantage.
  - b) Delay the game by acts such as:
    - (1) Preventing the ball from being made alive promptly;
    - (2) Attempting to gain an advantage by interfering with the ball after a goal.
  - c) Commit an unsportsmanlike foul. This includes, but is not limited to, acts or conduct such as:
    - (1) Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment;
    - (2) Knowingly attempting a free throw to which the player was not entitled;
    - (3) Taunting or gesturing/posturing in order to intimidate opposing players.
  - d) Intentionally or flagrantly contacting an opponent when the ball is dead and such contact is not a personal foul.
4. **Contact**
  - a) A player shall not: hold, push, charge, trip; nor impede the progress of an opponent by extending an arm, shoulder, hip or knee or by bending the body into other than a normal position; nor use any rough tactics. He or she shall not contact an opponent with his or her hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to the player holding the ball or contacted by a defensive player who approaches from behind. Contact that is caused by the momentum of a player who has thrown for goal is a form of charging.
  - b) A dribbler shall not charge into, nor contact an opponent in his or her path, nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable chance for him or her to go through without contact. If a dribbler, without contact, sufficiently passes an opponent to have head and shoulders in advance of that opponent, the greater responsibility for subsequent contact is on the opponent. If a dribbler in his or her progress has established a straight line path, he or she may not be

crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the dribbler must avoid contact by changing direction or ending his or her dribble.

c) A player who screens shall not:

- (1) When he or she is behind a stationary opponent, take a position closer than a normal step from him or her;
- (2) When he or she assumes a position at the side or in front of a stationary opponent, make contact with him or her;
- (3) Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his or her stationary position. This position will vary and may be one or two normal steps or strides from the opponent.
- (4) After assuming his or her legal screening position, move to maintain it, unless he or she moves in the same direction and path of his or her opponent.

**PENALTY- Personal Foul (Contact):** Offender is charged with one foul, and if it is his or her 5<sup>th</sup> personal foul, or if it is flagrant, he or she is disqualified. The offended player is awarded free throws as follows:

a) **One free throw for:**

- (1) A player fouled in the act of shooting whose try is successful.

b) **Two free throws for:**

- (1) A player fouled in the act of shooting whose try is successful.
- (2) Each common foul (except player control) beginning with a team's 9<sup>th</sup> personal foul during the half.

c) **Three free throws for:**

- (1) A player fouled in the act of shooting a three point shot whose try is unsuccessful.

d) **Two free throws and the ball at the out-of-bounds spot nearest the foul for:**

- (1) Each intentional personal foul or flagrant personal foul. If flagrant, the offender is disqualified.

e) **Bonus free throw for:**

- (1) Each common foul (except player control) beginning with a team's 7<sup>th</sup> personal foul during the half, provided the first attempt is successful.