

# 5-on-5 Basketball Rules

Updated 8/10/23  
Indicates updated rule or Point of Emphasis.

## GENERAL INFORMATION

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
3. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. Official NFHS (National Federation of State High School Associations) rules will be observed with the following Intramural Sports modifications.

## EQUIPMENT

1. Players must wear **similarly colored team jerseys with permanently affixed numbers.** If teams do not have team jerseys, mesh pullovers will be issued.
2. **Players may not wear any equipment or apparel which may be considered dangerous.**
3. **All jewelry must be removed before participating, with the exception of medical alert jewelry. Players discovered with jewelry during a game will be removed from the game until the next eligible substitution period. Any player removed from the game for a jewelry violation may be replaced by a legal substitute. A team may use a timeout in order to allow the player to remain in the game.**
4. **Players may wear braces or guards made of soft, yielding material below the waist. Players may wear knee and ankle braces, as long as there are no exposed hinges. Players may not wear any guards, casts, or braces above the waist.**
5. Appropriate gym footwear must be worn.
6. Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.
7. Basketballs will be provided by Intramural Sports. Participants may use their own basketballs as long as both teams agree.

## PLAYERS

1. Team rosters will be limited to 20 participants.
2. Teams will consist of **five (5) players.**
3. A minimum of **three (3)** players is required to begin a game. A team may continue with as few as **two (2)** players, provided that the team still has a chance to win in the officials' judgment.

4. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.
5. Before each game, teams will provide the scorekeeper the names and numbers of each player present.
6. Late arriving players may be added to the score sheet upon arrival. However, those players must be on the score sheet before entering the game.

## SUBSTITUTES

1. A substitute who desires to enter shall report to the scorer.
  - o Substitutions may be made during dead ball periods.
  - o During multiple free throw personal fouls, substitutions may be made either before the final attempt or after a converted final attempt.
2. The substitute shall remain outside the boundary line until beckoned by the official.
3. Teams may substitute freely during timeouts or between periods.
4. A player who is bleeding or who has blood on their clothing shall be directed to leave the game until the problem is rectified.

## THE GAME

### TIMING

1. Game time is forfeit time!
2. The game will consist of **two 20-minute halves**, with a running clock. The clock will run continuously except during the last two minutes of the second half. At this point the clock will be stopped for all dead balls, except made baskets.
3. Each team is allowed three (3)-60 second timeouts per game. Each team is entitled to one 60- second timeout for each extra period played. **Unused timeouts will carry over to extra periods.**
4. Timeouts in excess of the allotted number may be requested and granted at the expense of a technical foul.
5. Half-time will be three minutes.
6. Regular season games may end in ties. If the score is tied at the end of regulation in the playoffs, then a 3-minute overtime will be played. The clock will only stop in the last minute of overtime. If the score is still tied after the first overtime period, then the process will be repeated until a winner is declared.
7. **A game shall be ended under the Mercy Rule if :**
  - o **At any time a team is leading by fifty points.**
  - o **With five minutes or fewer remaining in the second half, a team is leading by thirty points.**
  - o **With two minutes or fewer remaining in the second half, a team is leading by twenty points.**

## SCORING

1. A goal is made when a live ball enters the basket from above and 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 **during a successful attempt**, the goal is cancelled.
2. A successful try, tap from the field by a player who is located behind the team's own 19-foot, 9-inch line counts 3 points. Any other field goal counts as 2 points.
3. A free throw counts as 1 point.

4. The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponents' basket.
5. When play is resumed with a throw in or free throw and three tenths (.3) seconds or less remains on the clock, no field goal may be scored if the ball is caught before the try.

## LIVE AND DEAD BALL

1. Live Ball:
  - The game and each extra period shall be started by a jump ball at center court. After any subsequent dead ball, the only way to get the ball live is by a throw in or by a free throw. The traveling and dribbling rules are not in effect in these situations.
  - The ball becomes live when:
    - a. On a jump ball, the tossed ball leaves the referee's hand.
    - b. On a throw in, it is at the disposal of the thrower.
    - c. On a free throw, it is at the disposal of the free thrower.
2. Starting Game/Period:
  - To start the game and each extra period, the ball shall be put in play at center court by a jump ball between two teams.
  - To start the second half, the ball shall be put in play by a throw in under the alternating-possession procedure.
3. Jump Ball Administration:
  - For a jump ball, each player shall have both feet on the side of the court farthest from their basket.
  - When the referee is ready and until the ball is tossed, nonjumpers shall not change positions.
  - Teammates may not occupy adjacent positions if an opponent indicates a desire for one of those positions before the toss.
  - The referee shall toss the ball upward between the jumpers in a plane at right angles to the sidelines. The height of the toss should be greater than either player can jump.
  - The tossed ball must be touched by one or both jumpers after it reaches its highest point. If the ball touches the floor without being contacted, the referee shall toss again.
  - Neither jumper shall:
    - a. Touch the tossed ball before it reaches its highest point.
    - b. Catch the jump ball.
    - c. Touch the ball more than twice.
    - d. The jump ball and these restrictions end when the touched ball contacts one of the eight nonjumpers, the floor, a basket, or backboard.
4. Alternating Possession:
  - In all jump ball situations after the initial toss, teams will alternate taking the ball out of bounds for a throw-in. The team obtaining control of the initial toss establishes the alternating possession procedure.
  - To start the second half, the throw-in shall be taken from out of bounds at the division line opposite the scorer's table.
  - Alternating possession throw ins shall result when:
    - a. A held ball occurs.
    - b. The ball is caused to go out by simultaneous contact by two opponents.
    - c. A simultaneous free throw violation occurs.
    - d. A live ball lodges between the backboard and the ring.
    - e. A double foul occurs.
    - f. Opponents commit simultaneous technical fouls.
    - g. Opponents commit simultaneous basket violations.

- h. The throw-in for these situations shall be administered from out of bounds at the spot nearest to where the violations occurred.
- The direction of the possession is reversed immediately after an alternating possession throw-in ends.
- Ball in Play by Free Throw:
  - a. The ball shall be put in play by placing it at the disposal of the free thrower before each free throw.
- Dead Ball:
  - a. The ball becomes dead, or remains dead, when:
    1. A goal is made.
    2. It is apparent the free throw will not be successful on a free throw that is either followed by another free throw or by a throw-in.
    3. A held ball occurs.
    4. A foul occurs.
    5. A violation occurs.

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

1. Out Of Bounds – Player, Ball:
  - A player is out of bounds when he/she touches anything other than player on or outside a boundary.
  - The ball is out of bounds when it touches:
    - a. A player who is out of bounds.
    - b. Any other object, the floor, or person on or outside a boundary line.
    - c. The supports or back of the backboard.
    - d. The ceiling, overhead equipment or supports.
    - e. If a rectangular backboard is used, the ball is out of bounds if it passes over the backboard.
2. Causing the Ball to Go Out Of Bounds – Individual Player:
  - The ball is caused to go out of bounds by the last player inbounds to touch it, unless the ball touches a player who is out of bounds prior to touching something else that is out of bounds.
3. Causing the Ball to Go Out Of Bounds – Simultaneously:
  - If a ball is caused to go out of bounds by simultaneous contact between two opponents, an alternating-possession throw-in shall occur at the out of bounds spot nearest where the simultaneous contact occurred.
4. Ball Awarded Out Of Bounds:
  - The ball is awarded out of bounds after:
    - a. A violation.
    - b. A free throw for a technical, flagrant, or intentional foul.
    - c. A field goal or successful free throw.
    - d. A player-control foul.
    - e. A common foul before the bonus rule is in effect.
    - f. A held ball.
5. Throw-In, Resuming Play:
  - 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 out of bounds spot nearest the violation.
  - After a dead ball, any player of the team in control shall make the throw-in from the designated spot.
  - After a player control foul, or after a common foul prior to the bonus being in effect, any player from the offended team shall make the throw-in from the designated spot.
  - If the throw-in spot is behind a backboard, the throw-in shall be made from the nearest free throw land extended line.

- After a goal is scored, the team not credited with the score shall make the throw in from any point behind the end line. Any player of the team may make a direct throw-in or they may pass the ball along the end line to a teammate who is out of bounds.
  - After a technical foul, any player of the team to whom the free throws have been awarded shall take the throw-in from out of bounds at the division line opposite the scorer's table.
  - After a double personal foul, a simultaneous foul, or a double-technical foul, a throw-in shall be awarded to the team in possession at the point of interruption.
  - After an intentional or flagrant foul, any player of the offended team may take the throw in at the spot nearest the foul.
  - After a free throw violation and provided there are no more free throws to award, any player of the entitled team shall make the throw in from the out of bounds spot nearest the violation.
6. Throw In Administration:
- The throw-in starts when the ball is at the disposal of the thrower. The thrower shall release the ball on a pass directly into the court, within five seconds after the free throw starts. The pass shall touch another player on the court before going out of bounds untouched. If the pass goes out of bounds untouched, a throw-in is awarded to the opposing team at the spot of the initial throw.
  - The opponent of the thrower shall not have any part of their body across the boundary line until the ball has been released.

## FREE THROWS

1. Free Throw Administration:
- When a free throw is awarded, the ball shall be placed at the disposal of the free thrower (bounced) by the administering official and the free throw count shall begin.
  - During a free throw , lane spaces may be occupied as follows:
    - a. Marked lane spaces may be occupied by a maximum of four defensive players and two offensive players.
    - b. The lane areas from the end line up to, and including, the neutral-zone marks, shall remain vacant.
    - c. The first marked lane spaces on each side of the lane, above and adjacent to the neutral-zone marks, shall be occupied by opponents of the free thrower.
    - d. The second marked lane spaces may be occupied by opponents of the shooter.
    - e. The third marked lane spaces on each side, nearest the free thrower, may be occupied by opponents of the free thrower.
    - f. Players shall be permitted to move along and across the lane to occupy a vacant space as long as the ball is not at the disposal of the shooter.
    - g. Not more than one player may occupy any part of a marked lane space.
    - h. Any player, other than the shooter, who does not occupy a lane space must be behind the free throw line extended and behind the three point line.
2. Attempting Personal Foul Free Throws:
- The free throws awarded because of a personal foul shall be attempted by the offended player. If such a player must withdraw because of injury or disqualification, their substitute shall attempt the free throw. If no substitute is available, any teammate may attempt the free throws.
3. Attempting Technical Foul Free Throws:

- The free throws awarded because of a technical foul may be attempted by any player of the offended team.
- 4. Bonus Free Throw
  - A bonus free throw is the second free throw awarded for a common foul as follows:
    - Beginning with the team's 7<sup>th</sup> foul in each half the bonus is awarded only if the first free throw is successful
    - Beginning with the team's 10<sup>th</sup> foul in each half the bonus is awarded whether or not the first free throw is successful.
  - Player control, team control and technical fouls are counted as team fouls to reach the bonus
- 5. Ten-Second Limit:
  - The try for goal shall be made within 10 seconds of the ball being placed at the disposal of the shooter.
- 6. Resuming Play With Throw-In:
  - After a free throw which is not followed by another free throw, the ball shall be put in play by a throw-in.
- 7. Resuming Play Differences:
  - If a free throw for a personal foul is unsuccessful, or if there are multiple shots awarded due to a personal foul and the last free throw is unsuccessful, the ball remains live.
  - If there is a multiple throw and both a personal and technical foul are involved, the tries shall be attempted in the order in which the fouls were called. If the last try is for a technical, intentional, or flagrant personal foul, the ball shall be put in play by throw-in.
- 8. Penalty Administration Sequence:
  - Penalties for fouls are administered in the order in which the fouls occurred.

## VIOLATIONS AND PENALTIES

1. Free Throw Provisions:
  - A player shall not violate the following provisions governing free throws.
    - a. The try shall be attempted from within the free throw semicircle and behind the free throw line.
    - b. Teams shall properly occupy marked lane spaces.
    - c. The shooter has 10 seconds from the time it is at his/her disposal to shoot the ball.
    - d. The free thrower may not fake a shot.
    - e. No opponent shall disconcert the free thrower.
    - f. No opponent shall enter a leave a marked space once the ball is at the shooter's disposal.
    - g. The shooter may not have their foot on or beyond the front edge of the free throw line.
    - h. A player who does not occupy a marked lane space may not have either foot beyond the plane of the free throw line extended or on or beyond the three point line.
    - i. A player occupying a marked lane space may not have a foot on or beyond the lane line.
    - j. **Players occupying marked free-throw lane line spaces may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.**
    - k. **The restrictions on items a - j apply until the shooter releases the ball, or until the free throw ends.**
  - **Penalty:**
    - a. **If the first or only violation is by the shooter or one of his/her teammates, then the ball becomes dead at the time of the violation and**

**no point can be scored. The following out of bounds provisions apply if no further free throws are to be administered:**

1. **If the violation occurs during a free throw for a personal foul, the ball is awarded out of bounds to the opponent at the spot nearest the violation.**
  2. **If the violation occurs during a free throw for a technical foul, the ball is awarded out of bounds to the opponent at the division line across from the scorer's table.**
  3. **If the violation occurs during a free throw for a flagrant or an intentional foul, the ball is awarded out of bounds to the opponent at the spot nearest the foul.**
  - b. **If the violation is by the shooter's opponent only:**
    1. **If the try is successful, the goal counts and the violation is disregarded.**
    2. **If the try is unsuccessful, the ball becomes dead and an additional free throw will be awarded to the shooter.**
  - c. **If there is a simultaneous violation by each team, the ball becomes dead. Remaining free throws are administered or play is resumed by use of the alternating-possession arrow out of bounds at the spot nearest the violation.**
  - d. **If there is a violation first by the shooter's opponent followed by the shooter or a teammate:**
    1. **If both offenders are in a marked lane space, the second violation is ignored.**
    2. **If the second violation is by the free thrower or a teammate behind the free throw line extended and the three point line, both violations are penalized.**
    3. **If a violation by the shooter follows disconcertion by an opponent, a substitute free throw shall be awarded.**
    4. **If a fake by an opponent causes a teammate of the shooter to violate, only the fake is penalized.**
2. **Throw-In Provisions:**
- o A player shall not violate the following provisions governing the throw-in. The thrower shall not:
    - a. Leave the designated throw-in spot until the ball has been released.
    - b. Fail to pass the ball directly into the court from out of bounds.
    - c. Pass the ball so it is touched by a teammate while the ball is on the out of bounds side of the throw in boundary line plane.
    - d. Consume 5 seconds from the time the throw-in starts until the ball is released.
    - e. Carry the ball onto the court.
    - f. Touch the ball in the court before it is touched by another player.
    - g. Throw the ball so it enters the basket before it touches another player.
    - h. Throw the ball so it lodges between the backboard and the rim.
    - i. Replace the thrower after the ball is at the thrower's disposal.
    - j. Be out of bounds when he/she touches the ball after it has been released on a throw in pass.
    - k. The opponent of the thrower shall not have any part or his/her person through the inbound side of the throw- in boundary line plane until the ball has been released.
  - o **Penalty:**
    - a. **The ball becomes dead where the violation occurs. Following the violation, the ball is awarded to the opponent for a throw-in at the original spot.**

- a. **The first violation of the throw-in boundary line by an opponent of the thrower shall result in a delay of game warning for the offending team. Each team is allowed one warning for delay per game.**
  - b. **The second or additional violations shall result in a technical foul assessed to the offending team.**
  - c. **If the opponent of the thrower reaches across the boundary line and touches or dislodges the ball while in possession of the thrower, a technical foul shall be charged to the offender.**
  - d. **If an opponent of the thrower reaches across the boundary line and fouls the thrower, an intentional foul shall be charged to the offender.**
3. Out Of Bounds:
    - A player shall not cause the ball to go out of bounds.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  4. Travel, Kick, Fist:
    - A player shall not travel with the ball, intentionally kick it, strike it with a fist or cause it to enter the basket from below.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  5. Illegal Dribble:
    - A player shall not dribble a second time after his/her first dribble has ended, unless it is after they have lost control because of:
      - a. A try for field goal.
      - b. A bat by an opponent.
      - c. A pass or fumble which has touched another player.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  6. Jump Ball:
    - A player shall not violate any provision of the jump ball. If both teams simultaneously commit violations during the jump ball or if the referee makes a bad toss, then the toss shall be repeated.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  7. Three Seconds:
    - A player shall not remain for three seconds in that part of their free throw lane between the end line and the farther edge of the free throw line while the ball is in control of their team and in their front court.
    - The three second restriction applies to a player who has any part of a foot touching the lane.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  8. Ten Seconds:
    - A player shall not be, nor may his/her team be, in continuous control of the ball which is in their backcourt for 10 seconds.
    - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
  9. Backcourt:
    - A player shall not:
      - a. Be the first to touch a ball after it has been in team control in the frontcourt, if they or a teammate last touched the ball in the front court before it went to the backcourt.
      - b. While in team control in its backcourt, cause the ball to go from backcourt to frontcourt and return to backcourt, without the ball touching a player in the front court, and be the first to touch it in the backcourt.
      - c. **A player from the team not in control (defensive player or during a jump ball or throw-in) may legally jump from their frontcourt, secure control of the ball**

with both feet in the air and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot is down in the frontcourt or the backcourt.

- **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
- 10. Closely Guarded:
  - A player shall not, while closely guarded:
    - a. In their frontcourt, hold or dribble the ball for 5 seconds.
    - b. In their frontcourt, control the ball for 5 seconds in an area enclosed by screening teammates.
  - A closely guarded count shall not be started during an interrupted dribble.
  - A closely guarded count shall be terminated during an interrupted dribble.
  - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**
- 11. Basket Interference – Goaltending:
  - A player shall commit neither basket interference nor goaltending.
  - **Penalty:**
    - a. **If the violation is at the opponent's basket, the opponents are awarded one point on a free throw, three points during a three point try, and two points in any other case.**
    - b. **If the violation occurs at the team's own basket, no points are awarded and the ball is awarded to the opponents at the designated throw-in spot.**
- 12. Excessive Swinging of Arms/Elbows:
  - A player shall not excessively swing his/her arms or elbows, even without contacting an opponent.
  - A player may extend arms or elbows to hold the ball under the chin or against the body.
  - Action of the arms and elbows resulting from total body movements as in pivoting shall not be considered excessive.
  - **Penalty: The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the out of bounds spot nearest the violation.**

## FOULS AND PENALTIES

1. Team Technical:
  - A team shall not:
    - a. Fail to supply the scorer with the name and number of each team member who may participate.
    - b. Have identical numbers on more than one team member.
    - c. **Penalty: One Technical Foul for articles a and b.**
    - d. Interfere with the ball following a goal after a team warning for delay.
    - e. Have more than five players participating at a time.
    - f. Request and be granted an excess timeout.
    - g. Commit an unsporting foul.
    - h. Following the team warning for delay, commit a violation of the throw in boundary line.
    - i. Allow players to lock arms in an effort to restrict the movement of an opponent.
    - j. **Penalty: (All articles) Two free throws plus ball for division line throw in.**
2. Substitute Technical:
  - A substitute shall not enter the court without being beckoned by the by an official, except between periods or after a timeout.
  - **Penalty: Two free throws plus ball for division line throw in.**
3. Player Technical:
  - A player shall not:

- a. Leave the court for an unauthorized reason or delay returning after legally being out of bounds.
- b. Grasp either basket during the time of the officials' jurisdiction.
  1. Exception: A player may grasp to prevent injury.
- c. Place a hand on the ring or backboard to gain an advantage.
- d. While a tap or try is in flight or is touching the backboard or is in the basket or in the cylinder above the basket, intentionally slap or strike the backboard or cause the rim to vibrate.
- e. Delay the game by acts such as:
  1. Preventing the ball from being made live promptly or from being put into play.
  2. Failing when in control, to immediately pass the ball to the nearer official when a violation or foul is called.
- f. Commit an unsporting 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. Using profane or inappropriate language or obscene gestures.
  3. Baiting or taunting an opponent.
  4. Climbing on or lifting a teammate to secure greater height.
- g. Intentionally or flagrantly contacting an opponent when the ball is dead and such contact is not a personal foul.
- h. Be charged with fighting.
  1. **Penalty: Flagrant Foul.**
- i. Goaltending during a free throw.
- j. Reach through the throw in boundary line and touch or dislodge the ball.
- k. **Penalty: (All articles) Two free throws plus ball for division line throw in.**

### 3. Technical Foul Accumulation

- If a player accumulates two unsporting technical fouls in a game, then they shall be disqualified.
- If a team accumulates three unsporting technical fouls in a game, then the game will be ended and the team will be disqualified.

### 4. Contact:

- 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 rough tactics. They shall not contact an opponent with their hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball. The use of hands or the extension of the arms other than vertically on an opponent in any way that inhibits freedom of movement is not legal. A player may hold the hands and arms in front of the face or body to absorb imminent contact. Contact that is caused by the momentum of a shooter is a form of charging.
- A dribbler shall not charge into nor contact an opponent in their path nor attempt to dribble between 2 opponents or between an opponent and a boundary, unless there is enough space to allow the dribble to pass without making contact. If a dribbler, without contact, sufficiently passes head and shoulders in advance of an opponent, then the responsibility for subsequent contact is that of the opponent.
- A player who screens shall not:
  - a. When they are outside the visual field of a stationary opponent, take a position closer than a normal step from the opponent.
  - b. When they assume a position at the side or in front of a stationary opponent, make contact with that opponent. If the screen is set within the visual field of a stationary opponent, the screener may be as close to the opponent as the screener desires, short of contact.
  - c. 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 being screened will determine where the screener may take their stationary

- position. The position will vary and may be one to two normal steps or strides from the opponent.
- d. After assuming their legal guarding position, move to maintain it, unless they move in the same direction and path of the opponent. When both opponents are moving in exactly the same path, the player behind is responsible if contact is made because the player in front slows up or stops and the player behind overruns their opponent. If the screener violates any of these provisions and contact results, they have committed a personal foul.
- The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.
    - a. Placing two hands on the player.
    - b. Placing an extended arm bar on the player.
    - c. Placing and keeping a hand on the player.
    - d. Contacting the player more than once with the same hand or alternating hands.
  - **Penalty: Personal Foul, Offender is charged with one foul, and if it is his / her 5<sup>th</sup> foul, or if it is flagrant, he / she is disqualified.**
    - a. No free throws:
      - i. For each common foul before the bonus rule is in effect
      - ii. For player control or team control fouls
      - iii. For double or simultaneous personal or technical fouls
      - iv. After time has expired in the second half or extra period unless the point(s) would affect the outcome of the game.
    - b. 1 free throw if fouled in the act of shooting and the try or tap is successful
    - c. Bonus free throw:
      - i. For 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> team foul for each half if first free throw is successful
      - ii. Beginning with 10<sup>th</sup> team foul for each half whether or not the first free throw is made
    - d. 2 free throws if intentional or flagrant, plus ball for throw in
    - e. Fouled in the act of shooting and the try or tap is unsuccessful:
      - i. 2 free throws on a try or tap for 2 points
      - ii. 3 free throws on a try or tap for 3 points

## COED RULE MODIFICATIONS

- 28.5" will be used for Co-Rec, unless both teams agree to play with the standard sized ball.
- **No more than 3 players on the court may self-identify as the same gender (Men, Women, or Another Non-Binary) at the same time.** If a team is playing with less than 5 players, we will follow a +/-1 rule.