

Co-Rec Basketball Rules

I. The Games

A. The game, (unless otherwise stated, National Federation rules apply) which consists of two-eighteen minute halves, will be split into two separate halves titled the Men's half and the Women's half. In the first half, each team will field 3 men and 2 women (Men's Half) and in the second half each team will field 3 women and 2 men (Women's Half).

In case of overtime(s) the extra periods will continue with the stipulations in the Women's Half.

B. To start the game, each team must have 3 men and 2 women to start play. You may start the first half with (2 men, 2 women, or 3 men, 1 woman), but when the second half starts, the second woman must be present or the game will be ruled a forfeit (the women's half must have two women, cannot play more than two men). Men's and women's halves cannot be flip-flopped, even by mutual consent. The men's half will always be the first half, the women's half will always be the second half.

C. Each half (and OT) will start with a jump ball of the two members of the sex that is their respective half. (Women's half = 2 women).

D. No men are allowed in the lane area which does not include the top of the key.

1. If an offensive male is in the lane area: dead ball, loss of possession.

2. If a defensive male is in the lane area: dead ball, 2 pts. for offended team, and ball out on side of offended team.

3. If a male player goes out of bounds under either basket he must re-enter the court from the side in which he left. If he re-enters on the other side of the basket: dead ball, 1 shot technical foul.

4. If an offensive male and a defensive male enter the same lane simultaneously it will be a dead ball and the ball will be distributed to the team under the alternating possession rule at half court.

E. A female player must touch the ball in the front court before a scoring attempt can be made:

Exceptions:

1. On a missed free throw attempted by either sex, the rebound can be put back in without a female having to re-touch the ball. Otherwise: Dead ball, loss of possession.

2. Inbounds plays in the front court

F. There will be 3 seconds = camping in the lane = called on females.

- G. After the center jump to start each half or OT, any held ball called will be awarded to the team under the alternating possession arrow rule.
- H. Substitution on dead ball only: Inform the official after the whistle blows that you are subbing. Otherwise: dead ball, 1 shot technical and possession to offended team at half-court.

II. Scoring

- A. Field Goal (basket) by female: 3 points
- B. Field Goal (basket) by male: 2 points
- C. Free Throw by either sex: 1 point
 - 1. With 2 minutes remaining in each half and OT, all fouls, regardless of the nature (excluding player control), all fouls will be 2 shots.
 - 2. A technical foul will result in 2 shots and the ball at half court. If any one player gets 2 technical fouls, he or she will be ejected from the game.

III. Overtime Rules

- A. If score is tied at end of regulation the clock will be set to 2 minutes. The team ahead at the end of the OT is the winner otherwise:
- B. If a second OT is needed, the first team to score either by a made FG or made FT is the winner (Sudden Death).

IV. Scorekeeping

Each manager is responsible for designating a scorekeeper to work the intramural basketball game they are involved with. In order for the game score, fouls, and alternating possession to be correct, and to eliminate conflict, it is vitally important that each team provide a scorekeeper to work the entire game.

V. Sportsmanship

See Sportsmanship Contract

VI. Protests

All protests will be handled on the site of competition. A protest may NOT be submitted where a question of the official's judgment is concerned. A protest may only be submitted where it is clear that a definite rule has been improperly enforced or violated.

Only protests concerning eligibility will be considered after the conclusion of a contest or game, and this protest must be in the Recreation Programs Office by noon of the day following the contest or game.

