

**University of Oregon
Recreational Sports**

Basketball Rules

High School federation basketball rules will govern play except for the following Rec Sports modifications:

The Game

1. 2 teams of 5 players
2. Minimum to start is 3 players (COED min. 3 players with ratio maintained within 1 at all times)
3. COED must play one half with a 3:2 and one half with a 2:3 ratio of men:women
4. 20 minute halves
5. The clock does not stop except for the last minute of the first half (regardless of score) and the last 2 minutes of the second half provided there is less than a 15 point differential
6. Game time is forfeit time

Eligibility

1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST SIGN THE ROSTER BEFORE PARTICIPATING
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Varsity basketball players are not eligible

Equipment

1. Teams must provide a game ball
2. Pinnies will be provided
3. Proper footwear and attire is mandatory
4. Any articles that may endanger other players are not permitted (i.e. jewelry, plaster casts, etc.)
5. Contact lenses or protective goggles are highly recommended

Scoring

1. All ties stand at the end of league games
2. PLAYOFFS: if tied at the end of regulation there will be a 3 minute 'stop time' overtime
If still tied the game shall be decided by a free throw shootout
3. SHOOTOUT: Each team will shoot free throws until a winner is determined (COED must alternate)

Time outs

1. 2 time outs per game that can be used at any time
2. Clock runs through time outs except during 'stop time' as designated above

Free Throws

1. Team A attempting a free throw, Team B must occupy positions on lane closest to basket
 2. Players must occupy a lane space or be positioned behind the top of the key extended
 3. Maximum 4 defensive and 2 offensive players allowed in lane spaces
 4. Ball is live off of the release (except shooter and players behind the arc – live off rim)
 5. A player fouled in the act of shooting a three point shot will be awarded 3 foul shots
 6. 10 seconds per attempt
 7. Bonus situation (1-1) in effect on 7th foul
 8. Double bonus (2 shots) in effect on 10th foul
- Note: Act of Shooting begins with the motion which habitually precedes the release of the ball and ends when ball is in flight

Substitutions

Unlimited substitutions on a dead ball (must be called in by the official or team technical foul called)

Out of Bounds

1. Supports, back of backboard, and any object outside the lines are out of bounds
2. Ball going over the backboard is out of bounds
3. All 4 sides of backboard are in bounds
4. Can not score from out of bounds

In-bounding Pass

1. Player must throw in from designated spot, except after a goal is awarded
2. Players have 5 seconds to release pass
3. Clock starts on the touch

Violations and Penalties

Result in change of possession

1. double dribble
2. traveling
3. failure to move ball over half court within 10 seconds
4. 3 seconds in the key (unless ball is in backcourt or in flight towards the basket)
5. entering or leaving lane/circle during free throw or jump ball
6. goal tending (touching basket or ball when: ball is on or in basket, within the cylinder of the basket, during downward arc or field goal try)
7. 5 second closely guarded
8. intentionally contacting the ball with any part of the body below the waist (i.e. kicking)

Fouls

Administered in order of occurrence

Personal Fouls – 5th foul removes player from the game

1. Hitting
2. Pushing
3. Blocking
4. Charging (no basket awarded on offensive player control fouls)
5. Hand check

Personal Technical Fouls – immediate 3 minute removal from playing area

2 personal technical fouls – immediate ejection and suspension from the team's next game and subject to review by the discipline committee for further ruling

1. Hanging from the rim
2. Backboard violations
3. Flagrant fouls
4. Unsportsmanlike conduct

Team Technical Fouls – result in 2 shots and possession of the ball to non-offending team

1. Delay of game
2. Excessive time outs called
3. More than 5 players

Sports Code

1. All participants and spectators are governed by the SPORTS CODE available in 102 Esslinger
2. Only captains may address the official
3. Team captains are responsible for their sidelines and spectators
4. Negative consequences for the team may result as a direct reaction to spectators' behaviors or actions

NO dunking before, during or after the game. Dunking will result in a Technical Foul

NO alcoholic beverages permitted on University property

PROTESTS

Protests based solely on a decision involving the accuracy of judgement on the part of an official will not be considered

Protests involving player eligibility will be considered