Intramural Activities

5v5 Basketball Rules/Regulations

A group of balls and a game controller

AI-generated content may be incorrect.

*All rules are adapted from the National Federation of State High School (NFHS) Association standards (w/ Intramural adaptations).*

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# Rule 1: Players, Substitutes, and Equipment

## Section 1: Players, Rosters, and Substitutes

1. Each team consists of five (5) players, but may start with four (4) players. A team must have four (4) players on the court at all times.
   1. Exception: Less than four (4) players are allowed if an individual cannot continue due to an injury or they have fouled out of the games, as long as the officials deem the team to have a legitimate chance to win the game.
2. Teams must wear shirts of the same color, and each shirt must have a different number. Numbers must be large enough to read (at least three (3) inches) and must be painted or written on shirts if a team has their own jerseys. IM Staff will always have pinnies to provide for all participants.
   1. **NOTE**: Jerseys with taped or stapled on numbers are not permitted as they may fall off causing interruptions and difficulties for score keeping.
3. All players must wear non-marking rubber-soled shoes. Barefoot running shoes are not permitted.
4. Jewelry of any kind (bracelets, dangly earrings, necklaces, rings, chains, rubber bands, etc.) may not be worn.
   1. **Exception**: Anything worn for religious or medical reasons may be taped down (IM Staff will provide tape). Fitness trackers may be worn as long as they are covered by pre-wrap and tape (provided by IM staff) to avoid damage and possible injury since they are often made up of unyielding, firm materials.
5. Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or Program Manager may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
6. All players present at the game must be on the printed roster. Once a player receives their jersey, they must report their number to score keeper prior to the game starting.
7. Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official calls them in.
8. If the entering substitute is replacing a player who shall jump or attempt a free throw, the substitute must wait until the next opportunity to enter the game.
   1. **Exception**: unless they foul out or are replaced for flagrant conduct issues.
9. Unless the issue can be resolved within 20-seconds, a player who is bleeding, has an open wound, has any amount of blood on their uniform, or has blood on the player’s body shall be directed to leave the game until the bleeding as stopped, the wound is properly covered, and the uniform has been replaced.
   1. **NOTE**: A team may call a time-out if they believe this will get resolved within the time-out period. IM Staff may stop the clock to better accommodate the situation if needed.

# Rule 2: The Game and Timing

## Section 1: Length of Game and Clock

1. There will be two (2) 20-minute halves of continuous running time. The clock will stop for team time-outs or official time-outs (injuries, retrieving a ball, etc.). The clock will not stop for violations.
   1. **Exception**: During the last two (2) minutes of the second half, the clock will be stopped for all dead ball situations (violations, turnovers, time-outs, fouls, etc.). The clock will not stop for a made basket.
2. When a team is shooting free throws and a time-out is called, the clock will start when the ball is touched in bounds on a missed basket or a after a throw-in on a made basket. The clock continues to run on technical fouls unless a time-out has been called.
3. There will be a three (3) minute intermission between halves.
4. Overtime: If necessary, a three (3) minute period shall be played to determine a winner. The clock will stop on all dead ball situations in the last two minutes. If numerous overtimes are needed, there will be a one (1) minute break between overtime periods. If additional overtimes are needed, each will be one (1) minute long. Each overtime will begin with a jump ball.
   1. **NOTE**: Overtime will only be played in the playoffs. Regular season games may end in a tie.

### Mercy Rule:

1. If a team is up by 35 points or more at any time in the second half, the game will end. If a team is up 20 points with two minutes or less remaining in the game the clock will not stop.

## Section 2: Live Ball

1. The game and any extra time shall be started by a jump ball in the center restraining circle. After any deadball moving forward, the only way to get the ball live is to resume play by a jump ball in the center, throw-in, or free throw.
2. The ball becomes live when:
   1. On a jump ball, the tossed ball leaves the official’s hands.
   2. On a throw-in, it is at the disposal of the thrower.
   3. On a free throw, it is at the disposal of the free thrower.

## Section 3: Jump-Ball Administration

1. Each jumper shall have both feet within the half of the center restraining circle which is farther from the jumper’s basket.
2. When the official is ready and until the ball is tossed, nonjumpers cannot:
   1. Move into the center circle
   2. Change position around the center circle
3. The ball shall be tossed upward between the jumpers. The toss shall be greater than either of them can jump so that it will drop between them.
4. Until the tossed ball is touched by one or both jumpers, nonjumpers cannot:
   1. Have either foot break the plane of the center circle
   2. Take position in any occupied space
5. The ball shall be touched by one or both players after it reaches its highest point. If the ball contacts the floor without being touched, the official will toss the ball again.
6. Neither jumper shall:
   1. Touch the tossed ball before it reaches its highest point
   2. Leave the center circle until the ball has been touched
   3. Catch the ball before the jump all ends
   4. Touch the ball more than twice
7. **NOTE**: During a jump ball, a jumper is not required to face the jumper’s own basket, provided they are in the proper half of the center circle. The jumper is also not required to jump and attempt to touch the tossed ball. However, if neither jumper touches the ball, the toss will be redone and the official will direct the players to attempt to touch the ball.

## Section 4: Alternating Possession

1. Other than the start of the game, and any extra time, the teams will alternate taking the ball out of bounds for a throw-in. The team obtaining control from the jump ball establishes the alternating-possession procedure. Control may also be established by the results of a violation or foul.
2. The alternating-possession throw-ins shall be taken from
   1. One of the four (4) designated spots nearest to where the ball was located if team control is retained or gained in the team’s front court.
   2. The out-of-bound spot nearest to where the ball was located if team control is retained or gained in the team’s backcourt.
3. An alternating-possession throw-in shall result when:
   1. A held ball occurs
   2. The ball goes out of bounds
   3. Simultaneous floor or free throw violations occur
   4. A live ball gets stuck between the backboard and the rings, unless a free throw or throw-in follows.
   5. Opponents commit simultaneous basket-interference violations
   6. A warning is issued for faking being fouled when an offensive player fakes being fouled after a try has been released and the attempt is unsuccessful.
4. The opportunity to make an alternating-possession throw-in is lost if the throw-in team violates. If either team fouls during an alternating-possession throw-in, it does not cause the throw-in team to lose possession. If the defensive team commits a violation during the throw0in, possession does not switch.

## Section 5: Dead Ball

1. A ball becomes dead, or remains dead, when:
   1. A basket is made.
   2. It is apparent the free throw will not be successful on a:
      1. Free throw which is to be followed by another free throw
      2. Free throw which is to be followed by a throw in
   3. A held ball occurs, or the ball gets stuck between the ring and backboard.
   4. A player-control or team-control foul occurs.
   5. An official’s whistle is blown.
   6. Time expires
   7. A foul, other than player-control or team-control, occurs.
   8. A free throw violation by the throwing team occurs.
   9. A violation occurs.
2. Exceptions: The ball does not become dead until the try for a basket ends, or until the airborne shooter returns to the floor when:
   1. Number 5, 6, 7 occurs while a basket attempt is in flight
   2. Number 5 or 7 occurs while a free throw attempt is in flight.
   3. Number 7 occurs by any opponent of a player who is in the act of shooting before the foul occurred, provided time did not expire before the ball was in flight.
3. **NOTE**: If Player A’s attempt is legally touched in flight, the basket counts if made, if the half ends before or after the legal touching. If the touching is interference or goaltending by Team A, no points are scored. If Team B violated, the points are rewarded – either two (2) or three (3) depending on whether it was a two (2) or three (3) point try.

## Section 6: Out-Of-Bounds – Player and Ball

1. A player is out of bounds when the player touches the floor, any object, or gains an advantage by contacting, or being contacted by, a player on or outside a boundary.
2. The ball is out of bounds:
   1. When it touches or is touched by:
      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. When it passes over a rectangular backboard.

## Section 7: Resumption-of-Play Procedure, Throw-Ins

1. When a team does not make a thrower available, after a time-out or the intermission, the resumption-of-play procedure is used to prevent delay. The official will sound the whistle to indicate play will resume. In each situation:
   1. The ball shall be put in play if Team A is ready or it shall be placed on the floor.
   2. The throw-in count shall begin and if a violation occurs, the procedure will be repeated for Team B.
   3. Following a violation by one team only, if that team continues to delay when authorized to make a throw-in, it is a technical foul.
   4. Following a violation by both teams, any further delay by either team is a technical foul.
2. After an out of bounds violation in either front or backcourt by either tea, the throw-in shall be at spot nearest to where the ball went out of bounds.
3. After a violation by either team, a foul by either team before the bonus is in effect or any other stoppage in play, the throw-in location will be determined by the location of the violation/foul or the location of the ball when the stoppage occurs:
   1. If the throw-in is in the team’s frontcourt, it will either be at the nearest 28-foot mark along the sideline or the nearest 3-feet spot outside the lane line along the end line.
   2. If the throw-in is in the team’s backcourt, it will be at the designated spot nearest to where the stoppage occurred.
4. Officials shall determine the designated spot based off of the diagram provided

# Rule 3: Time-Outs

1. Each team will have two (2) 30-second time-outs per half. After each time-out, the official should record the number of the player who called the time-out and the time it was called.
2. Time-outs may only be called by the team with the possession of the ball or during a dead ball situation. Players that are in the game and coaches who have properly checked in and are not playing in the game may call a time-out. Players on the bench cannot call time-outs.
3. Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.
4. One time-out per overtime period is allowed. Time-outs from regulation play do not carry over to overtime.

# Rule 4: Violations and Penalties

## Section 1: Out of Bounds

1. A player shall not cause the ball to go out of bounds.
   1. **NOTE:** The dribbler has committed a violation if the dribbler steps on or outside a boundary, even though the dribbler is not touching the ball while the dribbler is out of bounds.
2. A player shall not be out of bounds when a player touches or is touched by the ball after it has been released on a throw-in pass.
3. A player shall not step out of bounds under the player’s own volition and then become the first player to touch the ball after returning to the playing court or to avoid a violation.

## Section 2: Travel, Kick, Fist, Ball Enters Basket From Below

1. A player shall not travel with the ball, intentionally kick the ball, strike it with a fist or cause it to enter and pass throw the basket from below.
   1. **NOTE:** Kicking the ball is only a violation when it is intentional, accidentally striking the ball with he foot or leg is not a violation.

## Section 3: Illegal Dribble

1. A player shall not dribble a second time after the player’s first dribble has ended unless it is after the player has lost control because of:
   1. A basket attempt
   2. A touch by an opponent
   3. A pass or fumble which has then touched, or been touched, by another player.

## Section 4: Jump Ball

1. A player shall not violate any provision of the jump ball. If both teams simultaneously commit violations during the jump ball or if the official makes a bad toss, the toss shall be repeated.

## Section 5: Three (3) Seconds

1. An offensive player cannot be inside of or in contact with the free throw lane (known as the key) for more than three (3) seconds while the ball is in their team’s frontcourt.
   1. **NOTE**: the three (3) second restriction is not in effect when a team is in control of the ball for a throw-in.
2. The three (3) second restriction applies to a player who has only one foot touching the lane boundary. The line is part of the lane. All lines designating the free throw lane, but not lane-space marks, are part of the lane.
3. Allowance shall be made for a player who, having been in the restricted area for less than three (3) seconds, dribbles in or moves immediately to attempt a basket.

## Section 6: Ten Seconds

1. A player shall not be, nor may the player’s team be, in continuous control of the ball which is in the team’s back court for 10 seconds.

## Section 7: Backcourt

1. A player cannot be the first to touch the ball after it has been in team control in the frontcourt, if the player or a teammate last touched or was touched by the ball in the front court before it went to the back court.
   1. **Exception**: A ball in team control of team A in the frontcourt that is deflected by a defensive player, which causes the ball to go into the backcourt, may be recovered by either team unless the offense was the last to touch the ball before it went unto the backcourt. If the offense was last to touch the ball in its front court, only the defense can legally recover the basketball.
2. While in player and team control in its back court, a player cannot cause the ball to go from backcourt to frontcourt and return to backcourt, without the ball touching a player in the frontcourt, such that the player or teammate is the first to touch it in the backcourt.
3. During a jump ball, throw-in or while on defense, ta player may legally jump from the player’s frontcourt, secure control of the ball with both feet off the floor 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 to first foot down is in the frontcourt or backcourt.
   1. **NOTE**: the backcourt violation rule is not in effect when a team is in control of the ball for a throw-in.

## Section 8: Closely Guarded (Five Seconds)

1. A player shall not, while closely guarded:
   1. In the team’s frontcourt, hold the ball for five (5) seconds or dribble the ball for five (5) seconds.
   2. In the team’s frontcourt, control the ball for five (5) seconds in ana area enclosed by screening teammates.
2. A closely guarded count shall not be started during an interrupted dribble.
3. A closely guarded count shall be terminated during an interrupted dribble.

## Section 9: Goaltending

1. Players cannot touch the ball during a basket attempt while the ball is in its downward flight entirely above the basketball ring level, has the possibility of entering the basket in flight, and is not touching the basket. Goal tending may also occur when a player touches the ball outside the cylinder during a free-throw attempt.

## Section 10: Excessive Swimming of Arm(s)/Elbow(s)

1. A player shall not excessively swing a player’s arm(s) or elbow(s), even without contacting an opponent.
2. A player may extend arm(s) or elbow(s) to hold the ball under the chin or against the body.
3. Action of arm(s) and elbow(s) resulting from total body movement as in pivoting or movement of the ball incidental to feinting with it, releasing it, or moving it to prevent a held ball or loss of control shall not be considered excessive.

# Rule 5: Throw-In Violations

1. The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass.
2. The ball shall be passed by the thrower directly into the court from out-of-bounds so it touches or is touched by another player (inbounds or out of bounds) on the court before going out of bounds untouched.
3. The thrown ball shall not be touched by a teammate of the thrower while the ball is on the out-of-bounds side of the throw-in boundary-line plane.
4. Once the throw-in starts, the ball shall be released on a pass directly into the court before five (5) seconds have elapsed.
5. The thrower shall not carry the ball into the court.
6. The thrown ball shall not touch the thrower in the court before it touches or is touched by another player.
7. The thrown ball shall not become lodged between the backboard and ring or come to a rest on the flange before it touches or is touched by another player.
8. The thrower shall not be replaced by a teammate after the ball is at the thrower’s disposal.
9. The opponent(s) of the thrower shall not have any body part through the inbounds side of the throw-in boundary-line plane until the ball has been released on a throw-in pass.
10. **NOTE**:
    1. The thrower may enter the plane provided the thrower does not touch the in-bounds area or a player inbounds before the ball is released on the throw-in pass. The opponent in this situation may legally touch or grasp the ball.
    2. In situations with the clock running and five (5) seconds or less are left on the game clock, a throw-in plane violation or interfering with the ball following a basket should be ignored if its only purpose is to stop the clock.

# Rules 6: Fouls

## Section 1: Administrative Technical

1. Teams shall not:
   1. Use a megaphone or any electronic communication device, or electronic equipment for voice communication with players on the court or use electronic audio and/or video devices to request a review of a decision of the game officials.

## Section 2: Team Technical

1. Allow the game to develop into an actionless contest, this includes but is not limited to:
   1. When the clock is not running, consuming a full minute through not being ready when it is time to start either half.
   2. Delay the game by preventing the ball from being made promptly live or from being put in play. The Resumption-of-Play procedure can be used prior to charging a technical foul in these specific situations.
   3. Commit a violation of the throw-in boundary-line plane.
   4. Contact with the free thrower that delays the administration of the free throw or a huddle of two or more players in the lane by either team prior to a free throw following any team warning for delay.
   5. Interfering with the ball following a basket after any team warning for delay.
   6. Not having the court ready for play following any time-out after any team warning for delay.
   7. For failure, when in possession, to immediately pass the ball to the nearest official when a whistle sounds after any team warning for delay.
   8. Faking being fouled after a previous warning for faking being fouled.
2. Have more than five (5) players on the court at a time.
3. Request an excess time-out
4. Commit an unsporting foul
5. Allowing players to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.
6. Dunking or attempting to dunk prior to the game or during intermission or any dead ball situation.

## Section 3: Substitute Technical

1. A substitute shall not enter the court:
   1. Without reporting to the scorer
   2. Without being called in by the official, except between halves and during timeouts.
   3. **NOTE**: A single flagrant technical foul or the second technical foul charged to a substitute result in ejection.

## Section 4: Player Technical

1. A player shall not:
   1. Participate after changing the player’s number without reporting it to the scorer and an official.
   2. Purposefully or deceitfully delay returning after legally being out of bounds.
   3. Hanging on the ring of either basket at any time during the game, except to prevent injury, dunk, or attempt to dunk.
   4. Illegally contacting the backboard by:
      1. Placing a hand on the backboard or ring to gain an advantage
      2. Intentionally slapping or striking the backboard or causing the ring to vibrate while a basket attempt is in flight or is touching the backboard or is in the basket or in the cylinder above the basket.
   5. Delay the game by acts such as:
      1. Preventing the ball from being made live promptly or from being in play.
      2. The free thrower failing to be in the free-throw semi-circle when the official ready to administer the free throw unless the resumption-of-play procedure is in effect following a timeout or intermission.
      3. Repeated violations of the throw in
   6. Commit an unsporting foul. This includes but is not limited to:
      1. Disrespectfully addressing or contacting an official or gesturing in such a manner to suggest resentment.
      2. Using profane or inappropriate language or obscene gestures.
      3. Baiting or taunting an opponent.
      4. Purposefully obstructing an opponent’s vision by waving or placing hand(s) near an opponent’s eyes.
      5. Climbing on or lifting a teammate to secure a greater height.
      6. Knowingly attempting a free throw or accepting a foul to which the player was not entitled.
      7. Using alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with arrival at the court until departure following the game.
      8. Leaving the playing court for an authorized reason to demonstrate resentment, disgust, or intimidation.
   7. Intentionally of flagrantly contacting an opponent when the ball is dead, such contact is not a personal foul.
   8. Being charged with fighting.
   9. Commit goaltending during a free throw.
   10. Reach through the throw-in boundary-line and touch or dislodge the ball after warnings have already been given.
       1. **NOTE**: a single flagrant technical foul or the second technical foul charged to a player results in an ejection.

## Section 5: Bench Technical

1. Bench personnel, including a coach if a team as one, shall not:
   1. Commit an unsporting foul. This includes but is not limited to:
      1. Disrespectfully addressing an official.
      2. Attempting to influence an official’s decision.
      3. Using profane or inappropriate language or obscene gestures.
      4. Disrespectfully addressing, baiting or taunting an opponent.
      5. Objecting an official’s decision by rising from the bench or using gestures
      6. Inciting undesirable crowd reactions.
      7. Being charged with fighting
      8. Hanging on the rim of the basket except to avoid injury
   2. Enter the court unless by permission of an official to attend to an injured player.
   3. Be under the influence of any form of alcohol, tobacco, or controlled or illicit substance(s) for non-medicinal purposes at any point when at the event facility.
   4. Stand at the team bench while the clock is running or is stopped and shall remain seated, except:
      1. When a teammate is reporting to the scorer’s table.
      2. During a charged time-out, or the intermission between quarters and extra periods.
      3. To spontaneously react to an outstanding play by a team member or to acknowledge a replaced player(s), but shall immediately return to their seats.
   5. Leave the confines of the bench during a fight or when a fight may occur.

## Section 6: Contact

1. A player shall not hold, push, charge, trip, or impede the progress of an opponent by extending arm(s), shoulder(s), hip(s), or knee(s), or by using any rough tactics.
2. A player shall not contact an opponent with the 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.
3. A player shall not use the hands pm an opponent in any way that inhibits the freedom of movement of the opponent of acts as an aid to a player in starting or stopping.
4. A player shall not extend the arm(s) fully or partially other than vertically so that freedom of movement of an opponent is hindered when contact with the arms occurs. A player may hold their hands or arms in front of the player’s face for protection and to absorb force from, an imminent charge.
5. A player shall not use the forearm or hand to prevent an opponent from attacking the ball during a dribble or when going for a basket attempt.
6. Contact caused by a defensive player who approaches from behind is pushing. Contact caused by the momentum of a player who has attempted a shot is charging.
7. A dribbler shall neither charge not contact an opponent in the dribbler’s path nor attempt to dribble between two (2) opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable change to dribble through without contact.
8. When a dribbler, without contact, sufficiently passes an opponent to have head over shoulders in advance of that opponent, the greater responsibility for subsequent contact is on the opponent.
9. When a dribbler is moving in a straight-line path, the dribbler may not be crowded out of that path, but if an opponent is able to legally obtain a defensive position in that path, the dribbler shall avoid contact by changing direction or ending the dribble.
10. The dribbler is not permitted additional rights when executing a jump try for a basket, pivoting, feinting or in beginning a dribble.
11. A player shall adhere to the rules pertaining to illegal contact, including but not limited to guarding, rebounding, screening, and verticality.
12. The following acts constitute a foul when committed against a dribbler. A player becomes a ball handler when that player receives the ball. This would include a player in a post position
    1. Placing two (2) hands
    2. Placing an extended arm bar on the player
    3. Placing and keeping a hand on the player
    4. Contacting the player more than once with the same hand or alternating hands.

### Penalties Summary

1. No Free Throws:
   1. For each common foul before the bonus rule is in effect.
   2. For a player-control or team-control foul.
   3. For a double personal or technical fouls (point of interruption).
   4. For simultaneous personal or simultaneous technical fouls by opponents (point of interruption).
   5. After time has expired for the second half (or extra time), unless the point(s) would affect the outcome of the game.
   6. **NOTE**: if one (1) or both fouls or a double foul are flagrant, no free throws are awarded. Any player who commits a flagrant foul is ejected.
2. One (1) Free Throw if fouled in the act of shooting and two (2) point or three (3) point try for a basket is successful.
3. Bonus Free Throws: One (1) free throw beginning on the seventh team foul.
4. Two (2) free throws if intentional or flagrant, plus ball for throw-in.
5. Fouled in the act of shooting and try for a basket is unsuccessful:
   1. Two (2) free throws on two (2) point attempts
   2. Three (3) free throws on a three (3) point attempt.
   3. Plus ball for throw-in intentional or flagrant
6. Multiple Foul:
   1. One (1) free throws for each foul:
      1. No try involved.
      2. Successful or unsuccessful two (2) point try for a basket.
      3. Successful three (3) point try for a basket.
   2. Two (2) free throws for each foul
      1. Intentional or flagrant foul
      2. Unsuccessful three (3) point attempt for a basket
      3. Plus ball for throw-in if intentional or flagrant.
   3. **NOTE**: If one (1) or both fouls of a multiple foul are flagrant, two (2) free throws are awarded for each flagrant foul. Any player who commits a flagrant foul is ejected.
7. In case of a false double foul or a false multiple foul, each foul carries its own penalty.
8. Fighting
   1. Players on the court
      1. Corresponding number from each team: All participants are ejected, no free throws are awarded, ball is in play at the point of interruption.
      2. Number of participants are not corresponding: Flagrant fouls and disqualification for all participants, two (2) free throws are awarded for the offended team for each additional player, offended team awarded a division line throw-in.
   2. Bench personnel leaving the team bench during a fight or when a fight may breakout:
      1. Any player who leaves the bench, regardless of participation in the fight, will be assessed a flagrant foul and ejected.
      2. If the number leaving the bench for each team is corresponding (the same), no free throws are awarded. If the number leaving the beach are unequal (and bench players did not participate in the fight), a maximum of two (2) free throws are awarded to the offended team, followed by a division line throw-in opposite the table.
      3. If the number leaving the bench are unequal (and bench players did participate in the fight), two (2) free throws are awarded to the offended team for each additional person leaving the bench, followed by a division line throw-in opposite the table.
      4. **NOTE**: all fouls (except an indirect technical foul charged to a student checked in as a coach), count toward the team’s foul count in the half.

# Rule 7: Free Throws

## Section 1: Free-Throw Provisions

1. The try shall be attempted from within the free-throw semicircle and behind the free-throw line.
2. Teams shall properly occupy marked lane spaces.
3. After the ball is placed at the disposal of a free thrower:
   1. The free thrower shall throw within 10 seconds
   2. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
   3. No opponent shall distract the free thrower.
   4. The free thrower must not touch the free throw line
4. **The number of free throws attempted is dependent on the previous attempt/play**:
   1. For all two (2) point attempts, a player (if fouled while in the act of shooting), shall shoot two (2) free throws.
   2. For all three (3) point attempts, a player (if fouled while the in the act of shooting), shall shoot three (3) free throws.
   3. A player will only shoot one (1) free throw for the following reasons:
      1. If a basket is made when a foul occurs while in the act of shooting.
      2. If a team enters the bonus penalty.
      3. If a team commits and administrative foul (technical, intentional, flagrant, etc.).
5. A player will receive the one-and-one bonus after the offending team has accumulated seven (7) fouls each half. This rule applies to all common fouls. Exceptions include: shooting, player control, technical, intentional or flagrant fouls. On the tenth (10th) foul and thereafter the team who was fouled will shoot two (2) free throws for all common fouls. Fouls in the act of shooting will be awarded free throws based on where the shot was taken and if the shot was made or missed.

# Rule 8: Free Throw Violations/Penalties

1. Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces with the opponent of the free thrower occupying the spaces nearest the end line.
   1. **NOTE**: These spaces MUST be occupied. Once the ball is at the disposal of the free throw shooter, these players may not enter the lane until the ball has contacted either the rim or backboard or the free throw has ended.
2. Any player other than the free throw shooter, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter the lane until the ball has contacted either the rim or backboard or the free throw has ended.
3. The free thrower must not touch the free throw line. They cannot fake a try, and **must release the ball within 10 seconds.**
   1. In a one-on-one situation this will result in a turnover.
   2. If this occurs on the first attempt of a two (2) shot foul, the first shot is void and the second will be administered.
   3. If this occurs on the second attempt of a two (2) shot foul, it will result in a turnover.
4. Failure to cause the ball to touch the rim will result in a dead ball.
   1. In a one-and-one situation this will result in a turnover.
   2. If this occurs on the first attempt of a two (2) shot foul, the first shot is void and the second will be administered.
   3. If this occurs on the second attempt of a two (2) shot foul, it will result in a turnover.