



VCU

Recreation and Well-Being

2026-27 Intramural 5 vs. 5 Basketball Rules

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including the use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. All intramural participants are required to sign the Assumption of Risk waiver form for the department before competing in intramurals.

Virginia Commonwealth University and the Commonwealth of Virginia are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Recreation and Well-Being.

Virginia Commonwealth University is committed to holding intramural sports and events in a safe environment free from bullying. Offensive language including profanity, derogatory remarks around a person's race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, social or economic class, religion, professional status, or other intimidating actions directed at officials, event staff, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the competition site and from the league altogether.

The Virginia Commonwealth University Intramural Basketball program follows the current National Federation of State High School Associations Rule Book. The rules listed below do not represent the entire rulebook; rather they have been compiled as a guide. Some rules have been modified for the Intramural program.

I. Player Eligibility

- a. All undergraduate & graduate students who have paid the recreation fee, purchased the Intramural Semester Pass, and are **currently enrolled** in any department or college of the University shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.
- b. If participants are not on the official roster on IMLeagues, they must present their physical VCU ID to be added to the roster and checked in.
- c. If participants are on the official roster on IMLeagues, they can use either their physical VCU ID, a physical government issued photo ID, or a picture of their VCU or government issued photo ID.
- d. Professional athletes, varsity sport athletes, and Olympic athletes in the sport may not participate.
- e. For a full list of all eligibility requirements please refer to the Intramural Sports Participant Handbook.

II. Team Composition

- a. Five (5) players constitute a team. A team must have at least 4 players by the time the game is scheduled to begin. Teams will be allowed a 5 minute grace period after the time of their game to assemble at least 4 players. Failure to do so will result in a forfeit. Please note, if the game starts with 4 players, the 5th arriving player will need to wait for the referee's signal before they can join the ongoing game.

- b. If, due to circumstances beyond our control, a game in progress must be stopped and cannot be restarted and the game has reached halftime, it is over and the score is official. If the game has not yet reached halftime, it is considered a canceled game and will not be counted toward playoff qualification nor made up.
- c. Games will be played in four, 8 minute quarters. The time is running time, i.e. the clock runs during foul shots, ball out-of-bounds, etc. EXCEPTION: The clock will be stopped and started according to National Federation timing rules following a timeout, timeouts for injuries and during the last 2 minutes of the second and fourth quarter.
- d. Games in which one team is winning by forty (40) or more points at the start of the fourth quarter or at any point after, or winning by twenty (20) or more points under the last two (2) minutes in the fourth quarter will end by **mercy rule**.
- e. A team will be granted (4) timeouts per game. Those timeouts will be thirty (30) seconds in length. If a team is charged no timeouts in the first half; only three (3) timeouts may be used in the second half. The game clock will stop for charged timeouts. If a team does not have a coach, all timeouts must be called by one of the players on the floor. If a team has a coach, a timeout may be called by the coach on the bench.
- f. Five (5) fouls (personal and technical combined) will result in disqualification from the game. Personal fouls carry over from each quarter.
- g. On the fifth (5) team foul in each quarter, the bonus rule is in effect and 2 free throws are awarded. Prior to the bonus rule, non-shooting fouls will be taken out of bounds. A foul committed while the team is in control of the ball will not result in bonus free throws. Team fouls reset after each quarter.

Article 2: Equipment

- 2.1. Hoop, rigid, and spiked jewelry is prohibited. All other jewelry must be secured and covered by participants at all times. Participants will be removed from the contest at any point if jewelry becomes exposed and will be allowed to return once the jewelry is covered.
 - 2.1.a. If jewelry consistently becomes exposed during a competition, staff members may ask the participant to remove the jewelry in the interest of the game and other participants.
 - 2.1.b. Failure to adhere to **Rule 2.1.** will result in a technical foul.
- 2.2. All participants must follow all clothing guidelines for the CSG facility. In addition to those requirements participants must wear proper athletic attire and non-marking tennis shoes. Participants should always wear clothing that is appropriate to the sport being played.
- 2.3. Must have a government issued, or VCU card, to be eligible to sign in with an intramural supervisor before the game.

Article 3: Co-Rec

- 3.1. may not start the game with less than four (4) players.
- 3.2. The court can be shared by no more than a 2-person gender difference of participants.
- 3.3. A women's ball will be used for all co-rec games. If both of the captains agree a men's ball may be used. Once the game has begun the size of the ball must remain the same throughout the contest.
- 3.4. **Scoring will be the same as single gender.** 2-points for shots made inside the 3-point arc, and 3-points for shots beyond the 3-point arc for female and male players.

- 3.5.** When a female or male is in the act of shooting and is fouled inside the 3-point arc, two (2) free throws are awarded if the try is unsuccessful and one (1) free throw is awarded if the try is successful. When a female or male is in the act of shooting and is fouled beyond the 3-point arc, three (3) free throws will be awarded, if the try is unsuccessful and one (1) if the try is successful.

Article 4: Player, Playing Area

- 4.1.** A game ball will be provided by VCU IMs, although captains can decide on playing with a personal ball.
- 4.2.** Substitutions must be beckoned on the court by an official during a dead ball period.
- 4.3.** Only players with possession on the court are allowed to call timeouts unless the captain grants a coach or someone on the sideline permission to do so.

Article 5: Beginning the Game

- 5.1.** Players must have a minimum of 4 players checked in in order to start a game.
- 5.2.** The game will start with a tip off between the two teams in order to determine who gets the ball.
- 5.3.** A maximum of five players are allowed on the court for both teams.
- 5.4.** A captains meeting will be held before every game to address certain boundaries and answer any questions players may have.
- 5.5.** The clock will start once a team possesses the ball and score will be kept by officials.
- 5.6.** If a player shows up late to a game they must still check in with IM supervisors and notify the score keeper before playing with a sticky note provided by IM's.

Article 6: Player Elimination

- 6.1.** Any physical abuse or fighting of any sort can result in a player being disqualified from participation.
- 6.2.** Taunting players or trash talking is prohibited.
- 6.3.** A player playing in the game prior to checking in can result in an elimination and cause the team to forfeit.
- 6.4.** Excessive technical, intentional, flagrant fouls can result in a player elimination.

Article 7: Rule Enforcement

- 7.1.** All games will be officiated by IM's, therefore all fouls and violations of the game will be enforced in the game by the officials.
- 7.2.** If a team feels an official has misinterpreted a rule, it must lodge a protest at the time of the ruling. The team must call a time-out at the time of the ruling and inform the official it wishes to protest a misapplication or misinterpretation of a rule. The game will be stopped to obtain a ruling from the Intramural Supervisor.

Article 8: Overtime (Playoffs Only)

- 8.1.** Overtime is considered an extension of the 2nd half. All team fouls carry into the overtime period, and teams will continue to shoot at the same basket that they shot at during the 2nd half.

- 8.2. All team fouls from the 4th quarter will carry into the overtime period.
- 8.3. The first overtime period is three (3) minutes long. The clock will stop during the last one (1) minute of each overtime period.
- 8.4. Teams get one (1) timeout for the entirety of overtime. The timeout is sixty (60) seconds in duration.
- 8.5. Each subsequent overtime period will be two (2) minutes long.
- 8.6. All overtime periods will begin with a jump ball.

SPORTSMANSHIP:

- **UNSPORTSMANLIKE CONDUCT:** Players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials by any coach, manager or spectator, flagrant fouling, fighting, etc. Unsportsmanlike acts will result in expulsion of that individual and/or team from further participation in that scheduled game. **A PLAYER SUSPENDED FROM THE GAME FOR UNSPORTSMANLIKE CONDUCT MUST LEAVE THE GAME SITE IMMEDIATELY, AND WILL BE DECLARED INELIGIBLE FOR HIS/HER TEAM'S NEXT PLAYED GAME.**
- **TECHNICAL FOULS:** If a team receives three (3) unsportsmanlike technical fouls in a game the game is ended and forfeited to the opposing team.
- If a player receives two (2) technical fouls or one (1) flagrant foul in a game the player is ejected and must leave the facility.
- **PROTEST:** Any team wishing to protest must do so before the next live ball by calling a timeout.
- **Playoff Specific:** If a player receives two (2) technical fouls or one (1) flagrant foul in a game, the game is forfeited immediately.
- A sportsmanship rating system will be used to promote good sportsmanship with a winning attitude. Intramural Sports officials will rate teams after each league game on a five-point scale for sportsmanship. Teams earning less than a 3.5 average sportsmanship rating will not be allowed to participate in their league playoffs (regardless of the team's win/loss record). You can find a complete description of the in the [Intramural Sports Participant Handbook](#)

V. Game Rules

- a. The five second rule (close guarding player with the ball) will be in effect.
- b. The alternate possession rule will be in effect.
- c. Three (3) point shots will be used for intramural play.
- d. **Fouls & Foul Shots**
 - a. Fouls occurring when a player attempts to gain an advantage offensively or defensively
 - i. Illegal use of hands, arms, legs, feet and/or torso.
 - ii. Pushing, holding, grabbing, and /or hooking of an opponent.
 - b. A player will be ejected from the game upon their **5th personal foul**. Technical and player control fouls will be counted as personal fouls and as team fouls.
 - c. If **2 technical fouls** are called against a player, they will be automatically ejected and required to leave the facility. After four technical fouls on any one team the game will end in a forfeit.
 - d. No foul shots for player control fouls.
 - e. No "one and one" all bonus shots will be issued 2 free throws
 - f. **Flagrant and intentional fouls** will result in two free throws for the non-violating team, plus possession. Intentional fouls are fouls where a player commits a foul that is not making a play for the ball, instead makes a play on the player. A flagrant foul is an intentional foul where the contact created is deemed excessive and unnecessary. A flagrant foul always carries an ejection.

- g. **Foul Shots:** No player may move into the restricted area (the key) until the ball is released on the shot. Players outside the lane area may not cross the foul line extended (the three-point arc) until the ball hits the rim.
- h. The offensive team (shooting team) may not have more than 2 players in marked line spaces.
- i. The defensive team (non-shooting team) may not have more than 4 players in the marked line spaces. They must have at least two players in the marked spaces.
- j. The two top marked line spaces (nearest the shooter) may not be occupied.
- k. Penalties for Foul Shots
 - i. Missed basket = 2 shots awarded
 - ii. Made basket = 1 shot awarded and basket counts
 - iii. Missed 3 point = 3 shots awarded
 - iv. Made 3 point = 1 shot awarded and basket counts
 - v. Intentional fouls = 2 shots and possession at spot of foul
 - vi. Flagrant fouls = Ejection of player, 2 shots and possession
 - vii. Technical fouls = 2 shots and possession at half court
 - viii. Common violations = change of possession

VII. Playoff Eligibility

- a. Only teams that meet the minimum requirements of the sportsmanship rating for the season are eligible for the playoffs. The rating each team must meet is an average of 3.0.
- b. Seeding is determined by a) Win-Loss Record; b) Average Sportsmanship Rating; c) Total Point Differential; d) Total Points Scored; e) Coin flip
 - i. Head-to-head becomes a determining factor ONLY when two teams are a) tied in win percentage and b) Directly next to each other in the league standings
 - ii. Teams can be moved up or down one seedline to avoid a regular season rematch in the first round of playoffs.

VIII. Forfeits & Defaults

- a. A forfeit is recorded when a team failed to show up for their scheduled contest or displayed unsportsmanlike behavior which resulted in the early dismissal of a game.
- b. When a team has a forfeit the following will occur:
 - a. The captain will be emailed the day after the forfeit to confirm that the team intends on staying in the league
 - b. If an answer is not received within 3 business days of that email being sent, the team will be removed from the league
 - c. If confirmation is given by the captain, the team will remain in the league, but will be on probation for the remainder of the regular season
 - d. If the team forfeits a second time during the regular season, they are automatically