



OFFICIAL CSSC BASKETBALL RULES

Latest Revision: 11/1/18

(newest rules highlighted)

(recent rules highlighted)

I. Participants

A. CSSC TEAM members

II. Players' Uniforms and Equipment

A. Game jerseys shall be of the same single color.

B. The color, style and design of all teammates' game jerseys shall be alike.

C. The referee shall not permit any player to wear equipment that in his or her judgment is dangerous to other players. It is strongly encouraged to not wear objects which may cause injury to a player such as jewelry or hats.

D. Equipment that could cut or cause an injury to another player shall be prohibited, without respect to whether the equipment is hard.

E. Equipment used shall be appropriate for basketball. Basketball knee braces may be worn if they are covered properly. A protector for a broken nose, even though made of hard material, shall be permissible when it does not endanger other players. Eyeglass protectors are appropriate equipment when they meet the qualifications outlined in this rule.

III. The Team

A. At the start of the game, each team shall consist of **five** players, one of whom shall be the captain or acting captain and at least one female. CSSC "rostered" players must be present to begin play.

If a female is not present, the team may play down with only four males

B. Each team may continue to play with fewer than **five** players when all other squad members are not eligible or able to play.

IV. The Captain

The captain is the representative of the team and may address an official on matters of interpretation or to obtain essential information, when it is done in a courteous manner.

V. Lineup

Before the start of the game, each team shall supply the scorers with the names and uniform numbers of squad members who may participate, and those of the **five** starting players.

VI. Substitutions

A. Each substitute who desires to enter the game shall give the scorers his or her uniform number.

B. Substitutions between halves shall be reported to the official scorer by the substitute(s) or a team representative before the signal that ends the intermission rather than after the warning signal.

VII. The Game

A. Basketball is played by two teams of **five** players each. The objective is for each team to throw or tap the ball into its own basket and to prevent the other team from scoring.

B. The winning team shall be the team that has accumulated the greater number of points when the game ends

C. The ball may be thrown, batted, rolled or dribbled in any direction, subject to the restrictions that follow.

VIII. Scoring

A. A goal from the field shall count two points for the team into whose basket the ball is thrown, tapped or directed.

B. When a player scores a field goal in the opponent's basket, it shall count two points for the opponent regardless of the location on the playing court from where it was released.

C. A goal from a free throw shall be credited to the free-thrower and shall count one point for the free-thrower's team.

D. The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponent's basket.

IX. Forfeit

A. GAME TIME IS FORFEIT TIME! Any team that is not present at the game site when their game is scheduled to begin will forfeit that contest. It is strongly recommended that your team arrive 15 minutes early in order to be ready to play at your assigned time.

B. 1. Team Captains may request a bye for a particular weekend by calling Student Programs or an Intramural Coordinator no later than 3 p.m., the Tuesday before the weekend that the bye is needed.

2. A team may request one bye. However, depending upon the number of teams participating; teams may receive more than one bye per season.

3. If a scheduling conflict arises, the team contact or representative must contact the Intramural Coordinator before 5 p.m. on the Thursday prior to the game date. The team that is forfeiting will not receive a loss if notice is given in proper time frame. The opposing team will automatically receive a win. If forfeiting team does not contact coordinator in time, they will automatically receive a loss. Conflicts will be handled on a case by case basis.

C. A team will be eliminated from competition after two forfeits.

X. Length of Periods

Playing time for games shall consist of two halves of 20 minutes each with a halftime of 5 minutes. Extra periods shall be five minutes each in length with a one-minute intermission before each.

XI. Beginning and End of Period

A. Each period shall begin when the ball becomes live.

B. Each period shall end when time expires except that:

1. When the ball is in flight during a try, the period shall end when the try ends.

2. When a held ball or violation occurs so near the expiration of time that the game clock is not stopped before time expires, the period shall end with the held ball or violation.

3. When a foul occurs so near the expiration of time that the official timer cannot stop the game clock before time expires or when the foul occurs after time expires but while the ball is in flight during a try, the period shall end when the free throw(s) and all related activity have been completed.

XII. Extra Period

A. When the score is tied at the end of the second half, play shall continue without change of baskets for one or more extra period(s) with a one minute intermission before each extra period. The game shall end when, at the end of any extra period, the score is not tied.

B. The length of each extra period shall be five minutes. As many such periods as are necessary to break the tie shall be played.

C. Each extra period is an extension of the second half.

XIII. Stopping Game Clocks

A. The length of each extra period shall be five With the exception of the last 2 minutes in the game, the game clock shall be stopped only when an official stops play because of an injury or for any emergency.

1. During the **playoffs**, the clock will stop during the last 2 minutes when fouls occur.

XIV. Timeouts

A. Each team will be given 2 time-outs per half such request being granted only when the player's team is in possession of the ball (this includes that team's throw-ins and its free throws) or when the ball is dead.

B. The game clock shall be stopped for a timeout when:

A player requests a timeout in the last two 2 minutes of the game

XV. Dead Ball

The ball shall become dead or remain dead when:

- a. Any goal is made.
- b. It is apparent that the free throw will not be successful on a free throw for a technical foul or a false double foul or a free throw that is to be followed by another free throw.
- c. A held ball occurs or the ball lodges on a basket support.
- d. An official blows the whistle.
- e. Time expires for a half or extra period.

XVI. Ball Does Not Become Dead

A. A live ball shall not become dead until the try in flight ends when:

1. An official's whistle is blown.
2. Time expires for a half or extra period.
3. A foul occurs.

B. A live ball shall not become dead when a foul is committed by an opponent of a player who starts a try for goal before a foul occurs, provided that time does not expire before the ball is in flight.

C. A live ball shall not become dead when the ball is in flight on a try for field goal or during a free throw when an opponent swings his or her arms or elbows excessively without making contact. When the shooter, tapper or his or her teammates commit this infraction, the ball shall become dead immediately.

D. While a free throw is in flight, the ball shall not become dead when:

1. An official blows the whistle
2. A foul occurs.

XVII. Out of Bounds—Player, Ball

A. A player shall be out of bounds when he or she touches the floor or any object other than a player on or outside a boundary line. An airborne player's status shall be where he or she was last in contact with the floor.

B. The ball shall be out of bounds when it touches a player who is out of bounds; any other person, the floor, or any object on or outside a boundary; the supports or back of the backboard; or the ceiling, overhead equipment or supports.

C. The ball shall be out of bounds when it passes over the backboard from any direction.

D. Ball Caused to Go Out of Bounds:

1. The ball shall be caused to go out of bounds by the last player to touch or to be touched by the ball before the ball goes out, provided that the ball is out of bounds because of touching something other than a player who is out of bounds.
2. When the ball is out of bounds because of touching or being touched by a player who is on or outside a boundary, such player shall have caused the ball to go out of bounds.

XVIII. Throw-in

- A. The throw-in shall start and the throw-in team shall have team control when the ball is placed at the disposal of a player entitled to the throw-in.
- B. The throw-in count shall end when the ball is released by the thrower-in so that the ball goes directly onto the playing court.
- C. The thrower-in shall release the ball within five seconds so that the pass goes directly into the playing court.
- D. When the throw-in spot is adjacent to a front-court boundary line, the throw-in team may cause the ball to go into the back court.
- E. Until the thrown-in ball crosses the plane of the sideline or end line:
 1. The thrower-in shall not leave a designated spot;
 2. No opponent of the thrower-in shall have any part of his or her person over the inside plane of the sideline or end line;

XIX. Free Throw

A. Free Throw

1. The try shall be attempted from within the free-throw semicircle and behind the free-throw line.
2. After the ball is placed at the disposal of a free-throws:
 - a. The free-throws shall release the try within 10 seconds and in such a way that the ball enters the basket or touches the ring or flange before the free throw ends.
 - b. The free-throws shall not purposely fake a try nor shall the free-throws's teammates nor opponents purposely fake a violation.
 - c. The free-throws shall not break the vertical plane of the free-throw line with either
foot until the ball strikes the ring, flange or backboard or until the free throw ends.
 - d. The free-throws shall not enter the semicircle. The free-throws shall not leave the
semicircle before releasing the free throw.
 - e. No player shall enter or leave a marked lane space.
 - f. No opponent shall disconcert (e.g., taunt, bait, gesture or delay) the free-throws.
 - g. Players not in a legal marked lane space shall remain behind the free-throw line extended and behind the three-point field-goal line until the ball strikes the ring, flange or backboard, or until the free throw ends.

h. Players occupying any of the legal marked lane spaces on each side of the lane may break the vertical plane of a lane-space boundary once the free-thrower has released the ball.

XX. Travel, Kick, Fist, Through Basket from Below

A. A player shall not travel or run with the ball, intentionally kick it, strike it with the fist or cause it to enter and pass through the basket from below.

XXI. Double Dribble

A player shall not dribble a second time after the player's first dribble has ended, unless the player subsequently loses control because of:

1. A try for field goal.
2. A bat by an opponent.
3. A pass or fumble that has then touched or been touched by another player.

XXII. Three-Second Rule

A. A player shall not be permitted to have any part of his or her body remain in the three-second lane for more than three consecutive seconds while the ball is in control of that player's team in his or her front court.

B. A team in control of the ball for a throw-in adjacent to a front-court boundary line may not be called for a three-second violation.

C. Allowance shall be made for a player who, having been in the three-second lane for less than three seconds, dribbles or moves in to try for field goal.

XXIII. 10-Second Violation

An inbounds player (and his team) shall not be in continuous control of a ball that is in his back court for 10 consecutive seconds.

XXIV. Ball in Back Court

A. A player shall not be the first to touch the ball in his or her back court when the ball came from the front court while the player's team was in team control and the player or a teammate caused the ball to go into the back court.

B. A pass in the front court that is deflected by a defensive player so that the ball goes into the back court may be recovered by either team. **C.** When the throw-in spot is located adjacent to a front-court boundary line, the throw-in team may cause the ball to go into the back court.

D. A defensive player shall be permitted to secure control of the ball while both feet are off the playing court and land with one or both feet in the back court.

E. A player shall be permitted to be the first to secure control of the ball after a jump ball or throw -in while both feet are off the playing court and the player lands with one or both feet in the back court.

XXV. Elbow(s)

- A. A player shall not excessively swing his or her arm(s) or elbow(s), even without contacting an opponent.
- B. A player may extend arm(s) or elbow(s) to hold the ball under the chin or against the body.
- C. 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.

XXVI. Basket Interference and Goaltending

- A. A player shall commit neither basket interference nor goaltending.
- B. The ball shall be considered to be within the basket when any part of the ball is below the cylinder and the level of the ring.
- C. A player may have a hand legally in contact with the ball, when this contact continues after the ball enters the cylinder or when, in such action, the player touches the basket.
- D. Basket-Interference and Goaltending Penalties
 - 1. When the violation is at the basket of the opponent of the offending player, the offended team shall be awarded:
 - a. One point for basket interference or one point and an indirect technical foul for goaltending when, during a free throw, the ball is on its upward or downward flight.
 - b. Two points when during a two-point field-goal try.
 - c. Three points when during a three-point field-goal try.
 - 2. The crediting of the score and subsequent procedure shall be the same as when the awarded score results from the ball going through the basket, except that the official shall hand/bounce the ball to a player of the team entitled to the throw-in.
 - 3. When the violation is at a team's own basket, no points shall be scored and the ball shall be awarded to the offended team at a designated spot nearest to where the violation occurred.
 - 4. When the violation results from touching the ball while it is in the basket after entering from below, no points shall be scored and the ball shall be awarded to the opponent at a designated spot nearest to where the violation occurred.
 - 5. When there is a violation by both teams, play shall be resumed by awarding the ball to the team entitled to the alternating-possession throw-in at a designated spot nearest to where the violation occurred.

XXVII. Personal Fouls

A. By Players

- 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 bending his or her own body into other than a normal position; nor use any unreasonably rough tactics.
- 2.** A player shall not contact an opponent with his or her 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 his or her hand(s) on an opponent to inhibit the freedom of movement of the opponent in any way or to aid an opponent 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 arm(s) occurs.
- 5.** A player shall not use the forearm and hand to prevent an opponent from attacking the ball during a dribble or when trying for goal.
- 6.** A player may hold his or her hand(s) and arm(s) in front of his or her own face or body for protection and to absorb force from an imminent charge by an opponent.
- 7.** Contact caused by a defensive player approaching the player with the ball from behind is pushing; contact caused by the momentum of a player who has tried for goal is charging.

B. By Dribbler

- 1.** A dribbler shall neither charge into nor contact an opponent in the dribbler's path nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space is sufficient to provide a reasonable chance for the dribbler to pass through without contact.
- 2.** When a dribbler, without contact, passes an opponent sufficiently to have head and shoulders beyond the front of the opponent's torso, the greater responsibility for subsequent contact shall be that of the opponent.
- 3.** When a dribbler has obtained a straight-line path, the dribbler may not be crowded out of that path; when 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.
- 4.** The player intending to become the dribbler shall not be permitted additional rights to start a dribble or in executing a jump try for goal, pivot or feint.

C. By Screener

- 1.** A player shall not cause contact by setting a screen outside the visual field of a stationary opponent that does not allow this opponent a normal step to move.
- 2.** A screener shall not make contact with the opponent when setting a screen within the visual field of that opponent.
- 3.** A screener shall not take a position so close to a moving opponent

that this opponent cannot avoid contact by stopping or changing direction.

4. No player, while moving, shall set a screen that causes contact or delays an opponent from reaching a desired position.
5. When both opponents are moving in exactly the same path and direction and the screener slows down or stops and contact results, the trailing player shall be responsible for such contact.
6. No player shall use arm(s), hand(s), hip(s) or shoulder(s) to force through a screen or to hold or push the screener.
7. Screeners shall not line up next to each other within 6 feet of a boundary line and parallel to it so that contact occurs.
8. Screeners shall be permitted to line up parallel to a boundary line and next to each other without locking arms or grasping each other, provided that the screen is set at least 6 feet from that boundary line.

XXVIII. Playoffs

- A. At the conclusion of the regular season, a single elimination playoff will be held. Playoff format may change season to season based on number of teams. Please check with the league for this season's format.
- B. Seeding is determined by points earned during the regular season.
 - a. If two teams have the same point total, the tie will be broken by the head to head regular season game result if possible. If not possible, or if more than 2 teams are tied, the team with the highest combined Strength of Schedule per game average score (total points of all opponents played divided by total number of games) + Quality of Win average score (total points of all opponents defeated divided by total number of wins) will be used to break the tie. If teams still remained tied, a coin flip will determine the upper seed.

XXIX. Rules

- A. If a rule is not otherwise stated here standard NCAA Basketball rules apply.