

UNIVERSITY OF NORTH CAROLINA – CHAPEL HILL

CAMPUS RECREATION – INTRAMURAL SPORTS

BASKETBALL RULES

National Federation of State High School Association rules will be used.

Italic print indicates special rules for UNC-Chapel Hill Intramural and/or Co-Recreational play only

All other rules listed are for Men's, Women's and Co-Recreational play only.

Identification Procedure

*Each player is responsible for presenting a current UNC One Card at game time. **NO EXCEPTIONS.***

Officials and Their Duties

The officials shall be a Referee and Umpire or a Referee and two Umpires

The Officials shall have the power to make decisions for infractions of the rules committed within or outside the boundary lines.

The Official's jurisdiction, prior to the game, begins when they arrive on the floor.

The officials' jurisdiction extends through the Referee's approval of the final score and includes the periods when the game may be momentarily stopped for any reason.

The Referee shall have the power to make decisions on any points not specifically covered by the rules.

The officials shall:

1. Penalize unsportsmanlike conduct by any player, coach, substitute, team attendant or follower
2. Penalize and remove the offender if flagrant misconduct occurs.
3. Remove a player from the game who commits his/her 5th foul (personal and 2nd technical).

Players, Substitutes and Equipment

A GAME SHALL BE PLAYED WITH FIVE (5) PLAYERS

OFFICIAL GAME = 5-4 PLAYERS PRESENT

DEFAULT = 3 PLAYERS PRESENT

FORFEIT = LESS THAN 3 PLAYERS PRESENT

Four (4) players are required to start, however, a team may continue with only one (1) player.

*In Co-Recreational play, a team shall consist of four (4) players in the ratio of **two (2) females and two (2) males**. Four (4) players are required to start, however a team may continue with less than four (4) players provided that:*

- A. The number of men or women does not exceed two(2), and*

B. There is at least one (1) of each gender in the game.

In Co-Recreational play, as long as three (3) players are present at game time, a default will be declared with no gender specifications.

One of the five (5) or four (4) players shall be the captain. The captain is the representative of his/her team and may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or permission to leave the court.

Rosters

Only the names of those players present at game time are allowed to appear in the scorebook. There is no penalty to sign up names on the game sheet late, but players' names must be on the game sheet before the player enters the game. That player(s) must have their ID checked by the IM staff before he/she plays. If this procedure is not followed, the player will not be allowed to play until they are signed in on the game sheet.

Substitutions

A substitute who desires to enter shall report to mid-court. The substitute shall remain outside the boundary until an official beckons him/her, whereupon he/she shall enter immediately. If the substitute enters to replace a player who must jump or attempt a free throw, he/she shall withdraw until the next opportunity to substitute.

A player who has been withdrawn or directed to leave the game shall not re-enter before the next opportunity to substitute after the clock has been properly started following his/her replacement.

A player who has been injured to the extent that the coach or any other bench personnel is beckoned and/or comes onto the court shall be directed to leave the game.

A player who is bleeding or has an open wound, or has an excessive amount of blood on his/her uniform shall be directed to leave the game.

A player who has been determined unconscious shall not return to play in the game without written authorization from a physician.

Substitutes may enter the court during any dead ball after getting the official's attention. Running onto the court without permission of either official will result in a technical foul.

Uniforms

Uniforms will be provided by Intramural Sports.

Teams are allowed to provide their own uniforms as long as they are all the same color and have numbers located on the front and back of the uniform.

Illegal Equipment

The Referee shall not permit any player to wear equipment, which in his/her judgment is dangerous or confusing to other players or is not appropriate.

Examples of illegal items are, but not limited to:

1. **Head decorations, headwear and jewelry**

Exception: A headband no wider than two (2) inches and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber may be worn. Rubber/cloth (elastic) bands may be used to control hair.

2. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.
3. A guard, cast, or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance even though covered with soft padding – when worn on the elbow, hand, finger, wrist, or forearm.

The Referee shall not permit any player to participate if in his/her judgment, items such as player's fingernails or hairstyle may constitute a safety concern.

The Ball

Teams must provide their own ball. The best ball will be used based on the official's judgment. If both teams bring a ball and insist on using their ball, an Intramural Sports Basketball will be used or the best ball will be used based on the officials' judgment. The same ball will be used in the first and second half. In Co-Recreational Play if both teams insist on using their ball; one team insisting on using a men's ball and the other team insisting on using a women's ball, a women's ball will be used in the first half and the second half.

Definitions

AIRBORNE SHOOTER: An airborne shooter is a player who has released the ball on a try for a goal and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.

ALTERNATING POSSESSION ARROW: Alternating possession is the method of putting the ball in play by a throw-in.

Alternating possession control is established and the initial direction of the possession arrow is set when:

1. A player secures control of the ball, as after the jump ball
2. The ball is placed at the disposal of the free thrower after a common foul when the bonus free throw is in effect.
3. The ball is placed at the disposal of the thrower after
 - A. A violation during or following the jump before a player secures control
 - B. The free throws for a noncommon foul
 - C. A common foul when the bonus free throw is not in effect

BALL LOCATION AT DISPOSAL: a ball that is in contact with a player or with the court is in the backcourt if either the ball or the player (either player if the ball is touching more than one) is touching the backcourt.

A ball, which is in the contact with a player, is in the frontcourt if neither the ball nor the player is touching the backcourt.

A ball, which is in flight, retains the same location as when it was last in contact with a player or the court.

A ball, which touches an official, is the same as the ball touching the floor at the official's location

A ball which touches the front faces or edges of the backboard is treated the same as touching the floor inbounds, except that when the ball touches the thrower's backboard it does not constitute a part of the dribble.

During a dribble from backcourt to frontcourt, the ball is in the frontcourt **when the ball and both feet** of the dribbler touch the court entirely in the frontcourt.

A ball is at the disposal of a player when it is:

1. Handed to a thrower or free thrower
2. Caught by the free thrower after it is bounced to him or her
3. Placed on the floor at the spot

4. Available to the player

BASKET CHOICE: A team's own basket is the one into which the players try to throw the ball. Each team's basket for practice before the game and to shoot at for the first half shall be the one further from its team bench.

The teams shall change baskets for the second half

If by mistake the official's permit a team to go in the wrong direction, when discovered all points scored, fouls committed, and time consumed shall count as if each team had gone the proper direction. Play shall resume with each team going the proper direction based on bench location.

BASKET INTERFERENCE: occurs when a player

- A. Touches the ball or any part of the basket while the ball is on or within the basket
- B. Touches the ball while any part of the ball is within the imaginary cylinder which has the basket ring at its lower base
- C. Reaches through the basket from below and touches the ball before it enters the cylinder
- D. Pulls down a moveable ring so that it contacts the ball before the ring returns to its original position.

BLOCKING/CHARGING: Blocking is illegal personal contact that impedes the progress of an opponent.

Charging is illegal personal contact caused by pushing or moving into an opponent's torso.

1. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path.
2. If a guard has obtained a legal guarding position, the player with the ball must get his/her head and shoulders past the front of the torso of the defensive player. If contact occurs on the front of the torso of the defensive player, the dribbler is responsible for the contact.
3. There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue his/her path. If there is less than three (3) feet of space, the dribbler has the greater responsibility for the contact.
4. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot, or dribble.

BONUS FREE THROW: A bonus free throw is the second free throw awarded for a common foul (except player-control or team-control foul) as follows:

1. Beginning with a team's seventh foul in each half and for the eighth and ninth foul; the bonus is awarded only if the first free-throw is successful.
2. Beginning with a team's 10th foul in each half the bonus is awarded whether or not the first free throw is successful.
3. Player-control, team-control, and technical fouls are counted as team fouls to reach the bonus. When a technical is also charged indirectly to the head coach, it counts only as one team foul.

BOUNDARY LINES: Boundary lines of the court consist of end lines and sidelines. The inside edges of these lines define the inbounds and out-of-bounds areas.

CLOSELY GUARDED: occurs when a player in control of the ball in his/her team's frontcourt is guarded by an opponent (s) who is within a distance of six (6) feet of the player who is *holding or dribbling the ball*.

CONTINUOUS MOTION: applies to both tries for field goals and free throws but it has no significance unless there is a foul by the defense during the interval that begins when the habitual throwing movement starts and ends when the ball is clearly in flight.

CONTROL, PLAYER AND TEAM: a player is in control of the ball when he/she is holding or dribbling a live ball inbounds. There is no player control when, during a jump ball, a jumper catches a ball prior to the ball touching the floor or a non-jumper or during an interrupted dribble.

A team is in control of the ball when a player of the team has control, while a live ball is being passed among teammates, during an interrupted dribble and during a throw-in.

Team control continues until:

1. The ball is in flight during a try for goal or a tap for goal.
2. An opponent secures control.
3. The ball becomes dead.

While the ball remains alive a loose ball always remains in control of the team whose player last had control, unless it is a try for a goal.

Team control does not exist during a jump ball or the tapping of a rebound, but is re-established when a player secures control.

Neither team control nor player control exists during a dead ball, or during a jump ball, or when the ball is in flight during a try for goal.

COURT AREAS: the frontcourt of a team consists of that part of the court between its end line and the nearer edge of the division line, including its basket and the inbounds part of the backboard.

The backcourt of a team consists of the rest of the court, including the entire division line and the opponent's basket and inbounds part of the opponent's backboard.

On the shorter Woollen Gym courts, the backcourt line (once front court has been established within (10) seconds) moves back to the opponent's free throw line extended.

DISQUALIFIED PLAYER: Is one who is barred from further participation in the game because of having committed his/her 5th foul (personal or technical), two technical fouls or a flagrant foul.

DRIBBLE: is ball movement caused by a player in control who bats (intentionally strikes the ball with the hand(s)) pushes, or taps the ball to the floor once or several times.

During a dribble the ball may be batted into the air provided it is permitted to strike the floor before the ball is touched again with the hand(s).

The dribble may be started by pushing, throwing, tapping, or batting the ball to the floor.

The dribble ends when:

- A. The dribbler catches or causes the ball to come to rest in one or both hands.
- B. The dribbler simultaneously touches the ball with both hands
- C. The dribbler palms/carries the ball by allowing it to come to rest in one or both hands.
- D. The ball becomes dead
- E. The ball touches or is touched by an opponent and causes the dribbler to lose control.

An interrupted dribble occurs when the ball is loose after deflecting off the dribble or after it momentarily gets away from the dribbler. There is no player control during an interrupted dribble.

During an interrupted dribble:

- A closely guarded count shall not be started or shall not be terminated.
- A player-control foul cannot be committed
- A time-out request shall not be granted.
- Out-of-bounds violation does not apply on the player involved in the interrupted dribble.

DUNKING OR STUFFING: is the driving, forcing, pushing, or attempting to force the ball through the basket with the hand(s).

Dunking is legal ONLY during a game. A technical foul will be assessed if a team dunks/touches the rim before or after a game. If a team or player persists in dunking before or after the game, the team may be prohibited from playing.

GOALTENDING: occurs when a player touches the ball during a field goal try or tap while:

- 1. The ball is in downward flight
- 2. The entire ball is above the level of the basket ring
- 3. The ball has a possibility of entering the basket in flight
- 4. The ball is not touching an imaginary cylinder which has the basket ring as its lower base

It is also goaltending during a free throw attempt when a player touches the ball while it is outside the imaginary cylinder.

GUARDING: is the act of legally placing a body in the path of an offensive opponent. There is no minimum distance required between the guard and the opponent, but the maximum is six (6) feet when closely guarded. Every player is entitled to a spot on the floor

provided such player gets there first without illegally contacting an opponent. A player who extends an arm, shoulder, hip, or leg into the path of an opponent is not considered to have a legal position of contact occurs.

To obtain an initial legal guarding position:

1. The guard must have both feet touching the floor
2. The front of the guard's torso must be facing the opponent

After the initial legal guarding position is obtained:

1. The guard is not required to have either or both feet on the floor or continue facing the opponent.
2. The guard may move laterally or obliquely to maintain position, provided it is not toward the opponent when contact occurs
3. The guard may raise hands or jump within his/her own vertical plane
4. The guard may turn or duck to absorb the shock of imminent contact

Guarding an opponent with the ball or stationary opponent without the ball:

1. No time and distance are factors required to obtain an initial legal position
2. If the opponent with the ball is airborne, the guard must have obtained legal position before the opponent left the floor.

Guarding a moving opponent without the ball:

1. Time or distance are factors required to obtain an initial legal position
2. The guard must give the opponent the time and/or distance to avoid contact
3. The distance need not be more than two (2) strides
4. If the opponent is airborne, the guard must have obtained legal position before the opponent left the floor

HELD BALL: occurs when the opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness or an opponent places his/her hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on a try.

JUMP BALL: is a method of putting the ball into play to start the game and each extra period by tossing it up between two opponents in the center circle.

In all other jump ball situations the teams will alternate taking the ball out-of-bounds for a throw-in.

PLAYER LOCATION: the location of a player or nonplayer is determined by where such is touching the floor as far as being:

1. Inbounds or out-of-bounds
2. In the frontcourt or backcourt
3. Outside (behind) or inside the 3-point field goal line

The location of an airborne player with reference to the three factors above is the same as at the time such player was last in contact with the floor or an extension of the floor, such as a bleacher.

SCREEN: is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

To establish a legal screening position:

1. The screener may face any direction
2. Time and distance are relevant
3. The screener must be stationary, except when both are moving in the same path and the same direction
4. The screener must stay within his/her vertical plane with a stance approximately shoulders width apart.

When screening a stationary opponent from the front or side, the screener may be anywhere short of contact.

When screening a stationary opponent from behind, the screener must allow the opponent one (1) normal step backward without contact.

When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance need not to be more than (two) strides.

When screening an opponent who is moving in the same direction, as the screener is moving, the opponent is responsible for contact if the screener slows up or stops.

SHOOTING, TRY, TAP: the act of shooting begins simultaneously with the start of the try and ends when the ball is clearly in flight and includes the airborne shooter.

A try for field goal is an attempt by a player to score two or three points by throwing the ball into a team's own basket. A player is trying for goal when the player has the ball and in the official's judgment is throwing or attempting to throw for goal. It is not essential that the ball leave the player's hand as a foul could prevent release of the ball.

The try starts when the player begins the motion which habitually precedes the release of the ball.

The try ends when the throw is successful or when it is certain the throw is unsuccessful or when the throw ball touches the floor or when the ball becomes dead.

A tap (tip) for goal is contact of the ball with any part of a player's hand(s) in an attempt to direct the ball into his/her basket. A tap shall be considered the same as a try for goal.

THROW-IN, THROWER, AND DESIGNATED SPOT: the thrower is the player who attempts to make a throw-in. A throw-in is a method of putting the ball in play from out-of-bounds.

The throw-in ends when the passed ball touches, or is legally touched by, another player who is either inbounds or out of bounds.

The designated throw-in spot is three (3) feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

TRAVELING (RUNNING WITH THE BALL): is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movements are as follows.

1. A player, who catches the ball with both feet on the floor, may pivot using either foot. When one foot is lifted the other is the pivot foot.
2. A player, who catches the ball while moving or dribbling, may stop, and establish a pivot foot as follows:
 - A. If both feet are off the floor and the player lands
 1. Simultaneously on both feet, either foot may be the pivot
 2. On one foot followed by the other, the first foot to touch is the pivot
 3. One foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - B. If one foot is on the floor:
 1. It is the pivot when the other foot touches in a step
 2. The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.

After coming to a stop and establishing a pivot foot:

1. The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal.
2. If a player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal.
3. The pivot foot may not be lifted, before the ball is released, to start a dribble.

After coming to a stop neither foot can be a pivot:

1. One (1) or both feet may be lifted but may not be returned to the floor before the ball is released on a pass or try for goal.
2. Neither foot may be lifted, before the ball is released, to start a dribble.

A player holding the ball:

1. May not touch the floor with a knee or any other part of the body other than a hand or foot

2. After gaining possession while on the floor and touching the floor with a hand or foot, may not stand or attempt to get up

VERTICALITY: applies to a legal position. The basic components of the principle of verticality are:

1. Legal guarding position must be obtained initially and movement thereafter must be legal
2. From this position, the defender may rise or jump vertically and occupy the space within his/her vertical plane
3. The hands and arms of the defender may be raised within his/her vertical plane while on the floor or in the air
4. The defender should not be penalized for leaving the floor vertically of having his/her hands and arms extended within his/her vertical plane
5. The offensive player whether on the floor or airborne may not clear out or cause contact within the defender's vertical plane which is a foul
6. The defender may not "belly up" or use the lower part of the body or arms to cause contact outside his/her vertical plane which is a foul
7. The player with the ball is to be given no more protection or consideration than the defender in judging which player has violated the rules

Scoring and Timing Regulations

Absolutely no protests will be allowed over scoring.

The official score is the score recorded on the score sheet.

A goal is made when a live ball enters the basket from above and remains in or passes through. No goal is scored if an untouched throw-in goes through the basket. Whether the clock is running or stopped has no influence on the counting of a goal. If a player control foul occurs after a goal, the goal is canceled.

A successful try from the field by a player who is located behind the 19-foot, 9-inch line counts three (3) points. Any other goal from the field counts two (2) points for the team into whose basket the ball is thrown.

Playing Time

Games will consist of two twenty (20) minute periods. The clock will run continuously for the first eighteen (18) minutes of each period.

The last two (2) minutes of each period, the clock will stop in all dead ball situations.

Each period or extra period begins when the ball first becomes alive. It ends when time expires, except that

1. If the ball is in flight during a try for a field goal or in flight from a tap by a player toward his/her basket, the quarter (half) or extra period ends when the try or tap ends.
2. If a held ball or violations occur so near the expiration of time that the clock is not stopped before time expires, the quarter (half) or extra period ends with the held ball or violation.
3. If a foul occurs:
 - A. So near the expiration of time that the timer cannot get the clock stopped before time expires
 - B. After time expires but while the ball is in flight during a try for field goal
 - C. After time expires but while the ball is in flight on a tap by a player toward his/her basket.

The period or extra period ends when the free throw(s) and all related activity have been completed. No penalty or part of a penalty carries over from one period to the next.

If a technical foul occurs after the ball has become dead to end a period, the next period or an extra period is started by administering the free throws. This applies when the foul occurs after the first period (1st half) has ended and after the second period (2nd half) has ended, provided there is to be an extra period. If there is no way to determine whether there will be an extra period until the free throws are administered, the free throws are attempted immediately, as if the foul had been part of the preceding period (half).

Extra Period

No Extra Periods will be played during the regular season. All games will end in a tie if the score is tied at the end of regulation.

PLAYOFFS ONLY:

If the score is tied at the end of the second period (2nd half), play shall continue without change of baskets for one or more extra periods with a 1-minute intermission before each extra period.

The game ends if, at the end of any extra period, the score is not tied.

The overtime period will be five (5) minutes. The clock will run continuously for the first three (3) minutes of each overtime period. The clock will stop in the last two (2) minutes of each overtime period in all dead ball situations..

Clock stoppage

During the use of regulation clock, time-out occurs and the clock, if running shall be stopped when an official:

1. Signals
 - A. A foul
 - B. A held ball
 - C. A violation
2. Stops by:
 - A. Because of an injury
 - B. To confer with scorers or timers
 - C. Because of an unusual delay
 - D. For an emergency
3. Grants a player's oral request for a time-out, such request being front only when:
 - A. The ball is in control or at the disposal of a player of his/her team
 - B. The ball is dead, unless replacement of a disqualified or injured player(s), or a player is directed to leave the game is pending, and a substitute(s) is available

A single time-out charged to a team shall not exceed one (1) minute. Such a time-out shall not be reduced in length unless both teams are ready to play before the time-out is over.

Re-Starting the Clock:

After time has been out, the clock shall be started when the official signals time-in. If the official neglects to signal, the timer is authorized to start the clock as per rule, unless an official specially signals continued time-out.

If play is started or resumed by a jump, the clock shall be started when the tossed ball is legally touched.

If a free throw is not successful and the ball is to remain live. The clock shall be started when the ball touches or is touched by a player on the court.

If play is resumed by a throw-in, the clock shall be started when the ball touches, or touched by, a player on the court after it is released by the thrower.

Time-Outs

Each team is allowed three (3) time-outs per game. Each team receives one (1) time-out for each overtime period. Time-outs do not carry over from regulation or previous overtime periods.

Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.

Successive time-outs shall not be granted after expiration of playing time for the 4th quarter or any extra period.

A time-out shall not be granted until after the ball has become live to start the game.

Violations and Penalties

FREE THROW VIOLATION: No player in a marked lane space shall leave their marked lane space until the ball has been released by the free-throw shooter.

If the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that throw.

If the violation is by the free thrower's opponent only:

1. If the try is successful, the goal counts and the violation is disregarded
2. If the try is not successful, the ball becomes dead when the free throw ends, and a substitute throw shall be attempted by the same free thrower under conditions the same as for the free throw which it is substituted.

If there is a violation by each team, the ball becomes dead when the violation by the free thrower's team occurs, no point can be scored, and play shall be resumed by the team entitled to the alternating possession throw-in from the designated out-of bounds spot nearest to where the double violation occurred.

NOTE: The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.

Fouls and Penalties

FOUL: is an infraction of the rules that is charged and is penalized

A *personal foul* is a player foul, which involves illegal contact with an opponent while the ball is alive or committed by or on an airborne shooter when the ball is dead.

Contact against the dribbler

- A. Placing two hands on the player
- B. Placing an extended arm bar on the player
- C. Placing and keeping a hand on the player
- D. Contacting the player more than once with the same hand or alternating hands

A *common foul* is a personal or technical foul designed to stop or keep the clock from starting to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball.

A *flagrant foul* may be a personal or technical foul of a violent or savage nature, or technical non-contact foul which displays unacceptable conduct. It may or may not be intentional.

A *technical foul* is:

- A. A foul by a non-player
- B. A non-contact foul by a player
- C. An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter

A *player control foul* is a common foul committed by a player while he/she is in control of the ball, or by an airborne shooter.

A *team foul* is any personal foul or technical foul which is charged to either team. All team fouls are counted to reach the bonus free throw.

An *unsportsmanlike foul* is a non-contact technical foul which consists of unfair, unethical, or dishonorable conduct. Acts of deceit such as accepting a teammates foul or free throw, faking being fouled, or use of profane or inappropriate language or gestures are unsportsmanlike.

A substitute shall not enter the court:

1. Without reporting to the officials

Penalty- Technical foul; two (2) free throws plus the ball for division line throw-in

A player shall not:

1. Participate after having been disqualified
2. Grasp either basket during any dead ball period.
3. Slap or strike either backboard or cause either ring to vibrate while the ball is in flight during a try or tap or is touching the backboard or is on or in the basket or in the cylinder above the basket. A player may not place a hand on the backboard to gain an advantage.

If a defensive player strikes the backboard in a malicious attempt to alter a shot, the basket will not count and a technical foul will be assessed. If an offensive player strikes the backboard and the official(s) determines this was unnecessary or an act of taunting, a technical foul will be assessed and the basket will be disallowed, if scored.

The offensive player may touch the backboard as part of their natural follow through

Penalty- Technical foul; two (2) free throws plus the ball for a division line throw-in.

Any player, non-player, substitute, spectator or coach shall not:

1. Commit an unsportsmanlike foul. This includes, but is not limited to acts, or conduct such as:
 - A. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
 - B. Using profane or inappropriate language or obscene gestures.
 - C. Baiting or taunting an opponent or obstructing his/her vision by waving hands near his/her eyes
 - D. Climbing on or lifting a teammate to secure greater height to handle the ball
 - E. Knowingly attempting a free throw or accepting a foul to which the player was not entitled
 - F. Excessively swinging his/her arm(s) or elbows even though there is no contact with an opponent.

Penalty- Technical foul; two (2) free throws plus the ball for division-line throw-in.

A player shall not:

1. Intentionally or flagrantly contact an opponent when the ball is dead and such contact is not a personal foul.
2. Goal tend or commit basket interference during a free throw
3. Reach through the throw in boundary line plane and touch or dislodge the ball

Penalty- Technical foul; two (2) free throws plus the ball for division line throw-in

The 2nd technical foul charged to a player is automatically considered flagrant and the offender shall be disqualified and shall go to the team bench.

The 3rd technical foul charged to player(s) on the same team, automatically disqualifies the team. This will be recorded as a forfeit.

Mercy Rule

If a team is ahead by thirty [30] or more points at five [5] minutes or goes ahead by thirty [30] or more points under five [5] minutes in the second half, the game will be ended at that point.