

# COED BASKETBALL

## Information Sheet

### Fall 2016

**This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.**

#### ENTRIES OPEN

**Online appointment time sign-ups will begin at 3:00 PM on Monday, August 29 @ [imsignup.byu.edu](https://imsignup.byu.edu)**  
A net ID and password are required to register for an appointment time. Schedule sales will begin on Tuesday, August 30. Those who make an appointment will have first priority. **(Entries are limited)**

#### ENTRY FEE

A \$40.00 non-refundable entry fee will be required at registration for each team.

#### CAPTAINS MEETING

Meetings for team captains (or a representative from each team) will be held **Thursday, September 1 at 11:00 AM in 267 RB and Tuesday, September 6 at 4:00 PM in 267 RB**. Intramural policies and procedures will be discussed, so it is important that all teams be represented at *one* of these meetings.

#### ELIGIBILITY

Fall 2016 full-time BYU students (12 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay an intramural activity fee for each semester in which they participate. **Non-BYU students must be active members of a Provo young single adult (YSA) or married student ward**. Their membership records must reside in the YSA or married student ward they attend.

The intramural activity fee is paid at the Information Center in 112 Richards Building. The cost is \$25.00 per semester during fall & winter and \$20.00 for spring/summer. A BYU ID or BYU Net ID with valid picture ID is required at time of payment. This fee will enable a participant to compete in any intramural activity during the appropriate semester.

**To participate in a team sport, each player must be added to his online team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games.** Team rosters are limited to **fifteen** players. Each participant may play for only **one Coed Basketball** team.

#### DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Thursday 6:15 PM to 10:15 PM. Games will be played in gyms 146 and 156 of the Richards Building.

#### CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. *All participants must show a valid (government, school, or work issued) picture ID before every game.* Picture ID printouts are not acceptable. Participants, whose privileges list “Fee Needed”, must present their paid receipt for the intramural activity fee before they can check in.

#### FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams with less than **four** legal players at game time. Teams receiving their second

forfeit may be dropped from regular season and elimination tournament play. *Refunds will not be given for forfeited schedules.*

## EQUIPMENT

The participants must provide basketballs. A limited supply of basketballs is available in the locker rooms. A 28.5" (women's) basketball will be used unless *both* teams agree to use a 29.5" (men's) ball.

## UNIFORMS

The Office of Intramural Activities will provide a set of jerseys for each team. Any appropriate, modest athletic uniform is permissible (**shirts must be worn beneath the jerseys**). Sleeveless shirts are not allowed. Teams may elect to play in matching uniforms with legal numbers. **Non-marking shoes must be worn.**

## OFFICIALS

The Office of Intramural Activities will provide all officials. Each team must have a **non-playing scorekeeper** at each of their games. A forfeit will be given if a team fails to supply a scorekeeper at game time. Officials and supervisors assigned to your game have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## LIABILITY

**All participants play at their own risk and must acquire their own insurance.**

## SPIRIT OF SPORTSMANSHIP

"Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired.... Sportsmanship is the spirituality in athletics" (The Teachings of Ezra Taft Benson, 436-438).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. Team captains are responsible for the conduct of their players and spectators. The BYU Intramural Activities program has identified the following principles as our "Spirit of Sportsmanship" guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Live with integrity:** We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men... (Thirteenth Article of Faith). Be consistent with who you are in all situations. "We are what we repeatedly do; excellence, then, is not an act but a habit" (Aristotle).
2. **Be accountable:** The gift of agency allows us the ability to choose right from wrong. Although we are free to choose our actions, we are not free to choose the consequences. Other people cannot determine our feelings or thoughts. We are each accountable for the things we do and say and should never blame others for our behavior.
3. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). "Good sportsmanship includes thoughtfulness and concern for others...humility in victory; and calmness and composure in defeat. It is fair play, following both the spirit and the letter of the rules. It is the Golden Rule in action on the playing court, on the bench, and in the stands" (Physical Fitness, Sports, & Recreation Manual. The Church of Jesus Christ of Latter-day Saints, 1984; 17).
4. **Play by the rules:** Do not push limits or escalate your level of physical play to match the style of enforcement. Playing to the call or whistle instead of by the established rules of the game is a violation of integrity and honesty. This style of play endangers the other players. Play hard, but play fair and honor the rules.

5. **Turn the other cheek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict—it only compounds the situation. Be meek. Ye have heard that it hath been said, an eye for an eye, and a tooth for a tooth...whosoever shall smite thee on thy right cheek, turn to him the other also (Matthew 5:38-39).
6. **Be gracious:** Compliment your opponent after a good play. Focus on the good. Build people up—do not tear people down. Be genuine when you congratulate your opponent. Demonstrate gratitude for the efforts of the officials and activity supervisors. A soft answer turneth away wrath: but grievous words stir up anger (Proverbs 15:1).
7. **Have fun:** ...Men are, that they might have joy (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

## YELLOW/RED CARD SYSTEM

A yellow/red card system is used to monitor unsportsmanlike behavior and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card will be ejected from the game and must leave the court before play resumes. A team with a carded player must play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

## TOURNAMENT INFORMATION

There will be two divisions (upper and lower) for regular season play. Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

1. Outside shooting
2. Post play
3. Passing – good teamwork
4. Defense
5. Athleticism

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

- Tournament classification rankings will be posted by noon on Tuesday, October 25.
- Teams will have until **noon on Thursday, October 27** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Friday, October 28.
- Tournament play begins Tuesday, November 1.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 Richards Building). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done through the use of a schedule request form, which is available in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

## **RULES**

Intramural basketball abides by the 2016-2017 National Federation of High School Association Rules with the following exceptions or points of emphasis:

1. *Team Composition:* Teams may consist of four (minimum) to five (maximum) players on the court. No more than two male players may be on the court at a time. A team must have at least one male player on the court at all times. No more than three female players may be on the court at a time. Team rosters are limited to fifteen participants.
2. *Game Duration:* Each game will consist of two 20-minute halves with a two-minute break between halves.
3. *Timing:* The clock will stop only for time-outs and injuries until the last three minutes of the second half, unless one team is ahead by 10 or more points; in which case the clock will continue to run. If the score differential is less than 10 points, the clock will stop on every dead ball.
4. *Timeouts:* Each team will have 3 time-outs per game. Only one time-out is permitted in case of overtime. No accumulation of time-outs is allowed.
5. *Overtime:* In the event of a tie game, during regular season play, the game will stand as a tie and each team will be credited with a win. During tournament, a three-minute overtime period will be played with the clock stopping during the last minute. If a tie still exists, another overtime is played until a winner is determined.
6. *Bonus free throws:* Two bonus free throws will be awarded after seven team fouls per half.
7. *Guarding:* A male may only guard another male, while females may guard either gender. It is considered "guarding" if the male is within six feet of the female and making an effort to interfere with play. A male may intercept a pass from a female if he is at least six feet away from her. A male may also set a pick on a female. The penalties for males guarding females are as follows:
  - Non-shooting situation = a personal foul is given to the male.
  - Shooting situation
    - i. Missed Basket = a personal foul is given to the male, and an automatic two points is awarded to the female. The female will then shoot two free throws.
    - ii. Made Basket = a personal foul is given to the male, and the basket is awarded. The female will then shoot two free throws.
  - Break away situation = a technical foul is given to the male, and the female is awarded two points.
8. *Distracting position:* A male may set up a distracting position within the key on a female. However, he must meet the following requirements:
  - He must be above the first row of boxes located outside the key.
  - He must have established his position for at least two seconds before the female arrives.
  - He must remain stationary in his cylinder (his arms must be in the plane of his body) while the female is within six feet of him.
9. *Rebounding:* A male may not rebound the ball while it is within the planes of the free throw lanes. (*Penalty: turnover*)
10. *Dunking:* Slam-dunking can only occur during live ball play. Dunking before the game, during halftime, or during time-outs will result in a technical foul.

***If you have any questions contact Jeremy in 145 RB (801-422-7597) or access our web page.  
<http://intramurals.byu.edu/> Have a great season!***