

# **Rules for the game of 1-on-1 Basketball**

## ***Wayne State University***

### ***Intramural Sports***

National Federation of High School Associations Basketball Rules shall govern all 1-on-1 basketball games. The only exceptions to these rules are the special league rules as indicated below. In all other areas not listed below, NFHS rules shall apply.

## **Rule 1. The Court and Equipment**

### **SECTION 1. THE PLAYING COURT**

#### **Article 1**

The game of 1-on-1 basketball shall occur on an area half the size of a regulation basketball court.

#### **Article 2**

Any area outside the court boundary lines and the division line shall be out of bounds.

#### **Article 3**

An imaginary line across the top of the key from sideline to sideline shall be the “check line.” The check line is not the 3-pt line.

### **SECTION 2. GAME BALL**

#### **Article 1**

The Intramural Sports Department shall provide basketballs for use during the game competition.

#### **Article 2**

Participants may use a different ball, provided both participant captains agree.

## **Rule 2. Teams, Substitutes and Equipment**

### **SECTION 1. TEAM AND CAPTAIN**

#### **Article 1**

Each team shall consist of one (1) active player, which is also the captain. A player’s sex will not limit participation.

#### **Article 2**

The captain (participant) may address IM Staff on matters of interpretation if it is done in a courteous manner.

### **SECTION 2. PARTICIPANT MEMBERS EQUIPMENT AND APPAREL**

#### **Article 1**

Each participant shall wear a jersey of contrasting color to the opponent’s jersey.

#### **Article 2**

Jewelry shall not be worn. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped to the body with medical data visible.

## **Rule 3. Timing Regulations and Scoring**

## **SECTION 1. GAME TIME**

Playing time shall be:

### **Article 1**

The game consists of two (2) halves, each 6 minutes in length. Halftime shall be 2 minutes in length. If both participant captains agree, halftime may be shortened.

### **Article 2**

The clock shall be a running clock except for charged time-outs and time-outs called by the IM Staff.

### **Article 3**

A two minute overtime period shall occur in the event of a tie score at the end of regulation. Possession of the ball will be determined by alternating possession.

## **SECTION 2. TIME OUTS**

Time outs are a courtesy. They are in the game to ensure the safety of the players as 1-on-1 basketball will take place outside. Time outs are not to stop play for any reason, as this would create an advantage.

### **Article 1**

Each participant may charge one (1) time out per half during regulation play. Time outs will be one (1) minute in length; participants must be ready to play immediately.

### **Article 2**

Participants will have one (1) timeout per over-time period.

### **Article 3**

Time outs will not accumulate nor carry over into the next period.

### **Article 4**

The game clock will stop for charged time-outs and any official time out called by the IM Staff.

### **Article 5**

Participants cannot call time outs during play action. A participant can only request a time out during a period of "check ball."

## **SECTION 3. SCORING**

### **Article 1**

All scored baskets shall be 1 point unless scored from outside the three-point arch. Baskets scored from outside the three-point line shall be worth 2 points.

### **Article 2**

Free throws do not exist.

## **Rule 4. Check Ball**

### **SECTION 1. CHECKING THE BALL**

#### **Article 1**

To check a ball, a participant must have player control of the ball beyond the check line. The offensive player must check the ball with the defense outside the imaginary check line.

#### **Article 2**

The ball must be "checked" by the defense:

- A. To start each half and after any foul
- B. After every made basket

C. Following time outs, dispute settlements, or any other long delay

**Article 3**

The defense will have five (5) seconds to declare they are ready and hand the ball back to the offense for play.

**SECTION 2. CHECK BALL VIOLATIONS**

**Article 1**

The penalty for violation of “check” line procedures (by the offense) is loss of ball.

**Article 2**

Any basket scored by an unchecked ball will not count, and possession will go to the opponent.

**Article 3**

A violation of the five-second rule will result in the offensive participant receiving one point plus the possession. **Note:** The IM Staff determines this violation.

**Rule 5. Foul Calling, Fouls, and Violations**

**SECTION 1. FOUL CALLING**

*The constant calling of trivial fouls will take away from game time and decrease the general enjoyment of the game.*

**Article 1**

The game shall be self-officiated (participants shall call their own fouls). Either participant may call fouls at any time, regardless of whether he/she is on offense or defense.

**Article 2**

Calls usually occur when fouls, by the defense, which deprive an offensive player from scoring and/or fouls, by the offense, which enable a scored basket by an unfair act by an offensive player against a defensive player.

**Article 3**

Fouls called off ball should rarely occur, as should violations such as traveling.

**Article 4**

Fouls called on shots may take place up to the time of the basket or on a miss, the ball hitting the rim or backboard.

**Article 5**

Free throws shall not occur for shooting fouls during regulation play or any overtime period.

**Article 6**

Individual players cannot foul out of the game, but the IM Event Assistant/ Supervisor may eject a player for any cause.

**Article 7**

If a player declares a foul in the act of shooting and completes the shot then it will count.

**SECTION 2. SELF-OFFICIATING**

Perhaps the most critical part of “Call your Own” is the player’s ability to call fouls fairly.

A foul is an act by one player that creates or changes the advantage in the game. In the hopes of keeping the game going, foul calls should occur when the contact clearly affect a participant’s advantage, safety, or sportsmanship.

**Article 1**

The offended player must make the call.

**Article 2**

The defense, in most cases, needs to “honor” the call. In judgment cases, the defense should respect the call.

#### **Article 3**

If a dispute over a call occurs, the accused participant may shoot for possession at the top of the key (the defensive player directly involved in the play at the time of the questionable call must take the shot). **This should rarely occur throughout the course of the game!**

#### **Article 4**

If the Supervisor observes flagrant fouls, unsportsmanlike behavior, or extreme delays during the game, he/she has the authority to warn both participants and/or end the game. The supervisor will give ONE sportsmanship warning. There will be NO second warning, as the game will immediately become a double forfeit.

### **SECTION 3. FOULS AND PENALTIES**

#### **Article 1**

Common fouls (non-shooting) result in loss of possession for the offending participant.

#### **Article 2**

Offensive fouls shall result in disallowing any converted basket and loss of possession.

#### **Article 3**

Shooting fouls with a missed basket shall result in retained possession for the shooting participant (recheck).

#### **Article 4**

Shooting fouls with a converted basket shall result in the basket counted and loss of possession (no penalty & play continues)

#### **Article 5**

Pregame or half time dunking shall result in one point for the opposing participant and possession of the ball at the beginning of the next half of play.

### **SECTION 4. VIOLATIONS**

#### **Article 1**

Only players in the game can make violation calls. Such players may call traveling, three-second violations, out-of-bounds, etc.

#### **Article 2**

On these types of violations, if two participants cannot agree, alternating possession shall determine which participant will have the next possession.

#### **Article 3**

In a held ball or jump ball situation, alternating possession shall indicate the participant gaining possession.

#### **Article 4**

If the ball touches the rim and changes possession then the ball must return past the 3 pt. line with some portion of the body touching or crossing the line.

### **SECTION 5. STALLING**

#### **Article 1**

In the event that a participant is deliberately stalling or freezing the ball, the opposing participant may start an audible ten-second count. If the stalling participant does not shoot before the ten-second count is complete, a turnover shall occur and the defense shall acquire possession.

#### **Article 2**

If a try for a goal occurs before the count is complete and the try is unsuccessful but the ball hits the rim, the count shall be void.

**Note:** The ten-second count is not to create an advantage for a participant, but to maintain the flow of the game. The player who is counting must count in the format of one, one thousand; two, one thousand; three, one thousand; etc. Any count occurring in any other format shall be void. At anytime during the count IM Event Assistant/ Supervisor can call the count void and use his/her own judgment as to when the count shall end.

## **Rule 6. Disputes and Shoot Outs**

### **SECTION 1. DISPUTES**

#### **Article 1**

If participants cannot reach an agreement on a disputed incident, a shootout will take place.

#### **Article 2**

The players involved in the dispute shall take part in the shootout. The same two players will shoot the dispute in its entirety.

#### **Article 3**

The player who initially created the dispute shall shoot first.

### **SECTION 2. SHOOT OUTS**

#### **Article 1**

Shots for the shootout will be from the three-point line, unless both shooters agree to shoot from the free throw line. Shots will alternate until one player has made a basket when the opponent has not.

#### **Article 2**

The participant scoring the unanswered basket will get the call.

#### **Article 3**

Baskets do not count toward game score.

#### **Article 4**

If this system does not settle the dispute, the IM Staff shall decide the issue. The Staff's decision may include termination of the game.