**Motions Madness Captain’s Handbook**

**PLAYERS**

* Each team will play with no more than five (5) players on the court at once.
* Teams must start and end the game with at least four (4) players.
* A team with four players or more must play or the forfeit procedure will go into effect.
* All teams & players must be defined to the designated bench area when not on the court.
* Co-Rec Additions:
	+ The five players will be two (2) men and two (2) women with the fifth player the team’s choice.
	+ A team with only four (4) players must play with two (2) men and two (2) women.

**SUBSTITUTIONS**

* Substitutions are allowed:
	+ During dead ball situations
	+ During free throw attempts
	+ To replace an injured player
	+ Teams may substitute freely during timeouts or between periods
* All substitutes must report to the scorer's table before entering the game (Except at timeouts or between periods). Each violation will be a technical foul.

**EQUIPTMENT**

* Only non-marking athletic shoes are permitted on the gym floor. Black soled and any other shoes that leave markings will not be allowed.
* The Student Bar Association, Student Government Association, and Student Events Board will provide the ball to be used during play, but a “warm-up” ball will not be provided.

**GAME TIMING**

* Each game will be played on a half court with one (1) basket.
* Two ten-minute halves running continuously excluding the last two minutes of the second half.
* There will be a five-minute halftime.
* The last two minutes of the second half will continue under a stopped-clock for all dead-ball situations.
* Overtime periods will be 3 minutes.
* Shot Clock - Offensive players will have 24 seconds to attempt to shoot the ball into the basketball hoop. If a shot is attempted and hits or enters the rim, or if the defensive team gains possession via a rebound, steal or out-of-bounds play, the shot clock resets. Failure by the offense to attempt a shot that hits the rim within the prescribed time results in a "shot clock violation" and a loss of possession to the other team.
* Clear the ball behind the arc after every change of possession (steals, air-balls, etc.)

**TIME OUTS**

* Each team has three time-outs per game. All time-outs are 60 seconds.
* All time-outs carry over to overtime periods. Each team will receive one additional time out per odd numbered overtime (+1 for first and third overtime, +0 for second overtime, etc.)
* Only players on the floor may call a timeout. There are no recognized bench coaches for the purposes of calling a time out.

**SCORING**

* All made goals will earn traditional point values.
	+ Outside the 3-Point Arc -> 3 Points
	+ Inside the 3-Point Arc -> 2 Points
	+ Free throw -> One Point
* FREE THROWS
	+ A single free throw will be awarded for common personal fouls.
	+ Two (2) free throws will be awarded for intentional, technical, or fragrant fouls. In these situations, the lane will be cleared.
	+ Set Up
		- The position between the end line and the block (first position) will not be occupied.
		- The second position, on both sides, must be occupied by a defender; all others are optional.
		- Players must not stand on any line around the free-throw area.
		- Rebounding lane players may enter the lane after the ball leaves the shooter’s hand (i.e. playing the shot, not the rim). The shooter and all players outside the three point arc are restrained to when the ball touches the rim.
* Mercy Rule: The game will be ended if a team has:
	+ A 40-point lead at halftime or any time thereafter.
	+ A 30-point lead at the 5-minute mark or any time thereafter.
	+ A 20-point lead at the 2-minute mark or any time thereafter.

**START AND RESTART OF PLAY**

* A jump ball will be used at the beginning of the game and at the start of each overtime period.
* All other jump ball situations and halftime possession will be decided by the alternating jump ball possession arrow. This will be kept at the scoring table.

**VIOLATIONS & FOULS**

Foul Definitions:

* Personal Foul: This is any common foul. This is to include common and technical fouls.
	+ Travel
		- A player holding the ball may not lift their pivot foot before beginning their dribble.
		- A player may lift their pivot foot to pass or attempt a try, so long as they release the ball before returning the pivot foot to the floor.
	+ Illegal Dribble
		- A player may not dribble a second time after ending their first dribble unless the player has lost control due to an attempted try, a pass that has been touched by another player, or a fumble caused by an opponent’s contact with the ball.
	+ Carry
		- A player may not let their hand pass under the ball or let the ball come to rest in their palm while dribbling.
	+ Kick Violation
		- A player may not deliberately contact the ball with their leg, foot, or closed fist
* Team Fouls: Any personal foul or technical foul.
* Intentional Foul: A foul with excessive contact on or away from the ball or a foul intended to stop play. This is a personal and team foul.
* Technical Foul: Any foul that does not support or promote fair play.
	+ May result in ejection based on the severity of the foul
	+ The following will be considered Technical Fouls:
		- Use of obscene gestures or language
		- Delay of game
		- Slapping the backboard unnecessarily
		- Illegal Substitution
		- Illegal Equipment
		- Calling a timeout when all timeouts have been exhausted
* Flagrant Foul: Any foul resulting in violent contact or conduct. This is a team and personal foul.
* Player Disqualification: A player will be disqualified after their fifth foul. This is not a player ejection, but the player may not re-enter the game.
* Player Ejection:
	+ A player will be ejected for:
	+ Receiving two (2) Technical Fouls during one game
	+ Receiving one (1) Flagrant Foul during one game
	+ Once a player is ejected, he/she must leave the facility immediately.

**CODE OF CONDUCT**

* All players and spectators must be current students of The University of Baltimore.
* All players shall adhere to the University of Baltimore’s Student Code of Conduct
* All players shall respect the calls of the officials.
* No fighting. Any player involved in fighting (whether it was instigated or not) shall be immediately ejected from the game and may be subject to further disciplinary action from the university depending on the severity of the incident.
* Any player who threatens or abuses (either physically or verbally) an official during any part of the game will be ejected from the game and be subject to further disciplinary action from the university depending on the severity of the incident.
* Excessive profanity on the court or sidelines (may or may not receive an official’s warning).
* Team captains AND players are responsible for the conduct of their fans and guests.