

MEN'S AND WOMEN'S BASKETBALL

Information Sheet

Winter 2026

This information sheet is intended to provide basic information and rules for this activity. Please refer to the 'Information' tab on the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.

ENTRIES OPEN

Online team schedule registration will begin at 9:00 AM on Monday, January 5 and will end at 11:00 AM on Thursday, January 8 (**Entries are limited**). Visit our website and click on the 'Registration' tab. Schedule distribution will begin at 4:00 PM on Thursday, January 8.

ENTRY FEE

A \$50.00 entry fee will be required for each team. Team schedules may only be purchased by those who have an active My Financial Center account.

CAPTAINS MEETING

A meeting for team captains (or a representative from each team) will be held **Monday, January 12 at 4:00 PM in the Varsity Theater - WSC**. Intramural policies and procedures will be discussed so it is important that all teams be represented at this meeting.

ELIGIBILITY

All current full-time BYU students are eligible. All current faculty, administrative staff, $\frac{3}{4}$ and full-time staff employees and their spouses are eligible.

The following are eligible with an Intramural Activity Fee: Part-time students, students on leave of absence, non-degree seeking students (Post-Baccalaureate, Evening School, Salt Lake Center, English Language Center), student employees, $\frac{1}{2}$ staff employees, and spouses of students. All students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online. **Payment must be made before a participant can be added to a team roster.** The cost is \$25 per semester (fall/winter) or \$15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or term.**

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 **twelve** players. Each participant may play for only **one** Basketball team.

RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can be added to a team roster. Release agreements are valid for one academic school year – fall semester through summer term.

DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Friday 6:15 PM to 10:15 PM, and Saturday 9:15 AM to 1:15 PM. Games will be played in the Richards Building and Smith Fieldhouse Gyms.

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 or school issued) picture ID before every game.

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.* **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 by game time.**

EQUIPMENT

Each team must provide a basketball.

UNIFORMS

An appropriate, modest athletic uniform is permissible. Shirts, shorts or pants, and non-marking shoes must be worn.

Each basketball participant is required to have their own reversible jersey (white/dark) for each game. The lower numbered team will wear white, and the higher numbered team will wear dark. Each jersey must have a legal basketball number (a one or two-digit combination of numbers 0-5) printed on the front and back of each side of the jersey.

An option for purchasing reversible jerseys (white/blue) is available on our website under the “Current Sports” tab through Feb 1. The cost for jerseys purchased through our office will be \$15 each.

OFFICIALS

The Office of Intramural Sports will provide all officials. 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).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. The BYU Intramural Sports 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. **Stand as a Witness:** *We are to stand as witnesses of God at all times and in all things, and in all places* (Mosiah 18:9). Be consistent with who you are in all situations. “Never check your religion at the door. That kind of discipleship cannot be – it is not discipleship at all.” (Elder Jeffrey R. Holland – Israel, Israel, God is Calling. September 2012)
2. **Live with Integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men...* (Thirteenth Article of Faith). Honesty applies equally in sports as it does in all other areas of life. Never lower your standards because “it’s just a game.”

3. **Play by the Rules:** Do not push limits or escalate the level of physical play to match the style of enforcement. This style of play endangers other players. Intentional disregard for the rules of the game is unsportsmanlike. Play hard, but honor the rules.
4. **Be Accountable:** Although we are free to choose our actions, we are not free to choose the consequences. Others cannot determine our feelings or thoughts. We are each accountable for what we do and say and should never blame others for our behavior.
5. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). Sportsmanship is the Golden Rule in action. Treat others—officials, opponents, spectators, teammates—with honor and respect.
6. **Be Meek:** 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. Demonstrate humility in victory and dignity in defeat.
7. **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.
8. **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 facility 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

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. Team exhibits good ball control.
2. Team exhibits good shooting technique and makes shots consistently.
3. Team exhibits good rebounding ability.
4. Team exhibits good defensive skill and strategy.
5. Team has plays and works together to succeed.

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.

Women's Tournament

- Tournament classification rankings will be posted by 4:00 PM on Tuesday, February 24.
- Teams will have until **4:00 PM on Thursday, February 26** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Friday, February 27.
- Tournament play begins Thursday, March 5.

Men's Tournament

- Tournament classification rankings will be posted by 4:00 PM on Thursday, February 26.
- Teams will have until **4:00 PM on Wednesday, March 4** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Thursday, March 5.
- Tournament play begins Friday, March 6.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 RB). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts with their team(s). This can be done with 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 2025-2026 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. Team rosters are limited to twelve 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. *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.
8. *Equipment:* Women may play with either the women's or men's regulation sized basketball. However, if both teams do not agree on the ball size, a women's regulation basketball will be used for play.

If you have any questions, contact Hayden in 145 RB (801-422-7597) or access our web page. iSports.byu.edu Have a fun season!