

FALL 2025 *FRIDAY NIGHT SERIES* BASKETBALL NIGHT

(Updated 7/11/2025)

Recent rule changes will appear in highlighted and italicized text

Rule 1: Facility

1. This event will take place in the Field House South Gym. Alcohol and tobacco are not permitted inside the facility or in the parking lot.

Rule 2: Player Eligibility

1. All Intramural Sports eligibility rules apply. Please check the Intramural Sports Rules and Regulations carefully.
2. To check-in, each participant must have a photo available through IMLeagues, or must provide a University of Iowa or government-issued photo ID.

Rule 3: Equipment

1. Basketballs will be provided by the Sport Programs staff for both 3-on-3 Basketball and the Free Throw Contest.
 - a. 29.5 sized basketballs will be used for 3-on-3 Basketball.
 - b. 28.5 or 29.5 sized basketballs will be used for the Free Throw Contest.

Rule 4: Event Format and Ground Rules

1. Advance registration on IMLeagues is required for 3-on-3 Basketball. Participants do not need to pre-register on IMLeagues for the Free Throw Contest.
 - a. 3-on-3 games will be scheduled as pool play followed by single elimination tournament while the Free Throw Contest is open to anyone throughout the night.
2. The winning 3-on-3 team and highest scored Free Throw Contest participant will receive Championship T-shirts.

Rule 5: 3-on-3 Basketball Rules

1. All games will be "self-officiated" with oversight from a Sport Programs Supervisor.
2. Each game will be played to 11 points, by 1's (made baskets on or within the 3-point arc) and 2's (made baskets outside the 3-point arc), capped at 11 during pool play; teams must win by two points during the bracket, capped at 15.
3. To start the game, each team shall designate one person to shoot free-throws to determine which team will start with possession of the ball. After one person has made and one person has missed, the team making the free throw shall start with the ball at the top of the key.
4. The ball shall be "checked", and passed to a teammate off the check, before the start of the game at the top of the key, and after all usual and unusual stoppages of play, including, but not limited to:
 - a. Made Baskets
 - b. All fouls
 - c. All violations
 - d. Balls entering the court from another court.
 - i. *All checked balls are required to be passed in off the check. Players can't dribble or shoot immediately following the check. Shooting or dribbling immediately*

following the check will result in the opposing team gaining possession of the ball.

5. *Possession will change after made baskets (Not make it take it).*
6. In the situations below, rather than having to “check” the ball at the top of the key, a player must take the ball outside of the 3-point line with both feet before taking a shot at the basket.
 - a. After a defensive rebound of a shot attempt (regardless of the ball hitting the rim or not)
 - b. After a steal
 - c. After a live ball turnover/change of possession
 - i. *If the ball is not returned outside the 3-point arc with both feet before shooting, the opposing team will gain possession of the ball.*
7. Teams are responsible for keeping track of the score throughout the game.
 - a. The score should be announced prior to every checking of the ball.
 - b. The winning team must report the game scores to the Sport Programs Supervisor.
 - c. In the event of a score discrepancy, teams shall restart the game from the last agreed upon score.
8. Fouls and violations will be called by the players on the court. Free throws will never be shot after a foul.
 - a. A common foul or any foul resulting in a missed shot shall result in the fouled team starting with the ball at the top of the key.
 - b. A defensive foul on a made basket shall result in the basket counting and the fouling team starting with the ball at the top of the key.
 - c. There shall not be a foul limit for players or teams.
 - i. The Sport Program Supervisors have the right to issue warnings or forfeit the game if any player or team continually fouls their opponents or fouls excessively with the intent to gain an unfair advantage. This will be enforced at the Sport Programs Supervisor’s discretion. A warning does not need to be given before making the decision to forfeit the game.
9. In the event the ball is declared out-of-bounds, the game shall be restarted at the top of the key with the team not having last touched the ball being awarded possession.
 - a. The half court line shall be considered an out-of-bounds line.
 - b. If the ball passes over the backboard from either direction, it shall be the same as an out-of-bounds violation.
10. On the first held ball, the ball shall be awarded to the team that did not start the game with possession. Possession on all held balls thereafter shall be awarded on an alternating basis.
 - a. Teams are responsible for keeping track of the alternating possession.

Rule 6: Free Throw Contest

1. Each shooter shall have the option of taking no more than three warm-up free throws. The shooter must communicate this prior to the round by informing the rebounder/scorer. Regardless of if these warm-ups shots are made, they shall not count towards the shooter’s total score.
2. Each round will consist of 25 free throws.
3. There is no time limit.
4. One point shall be given out for each made free throw.
 - a. Missed free throws shall count as zero points.
5. Participants may take as many turns as they like but they must go to the back of the line if there are people waiting.

6. Final scores will be determined by 9:00 p.m. The participant(s) with the top score are encouraged to stay around until 9:00 p.m. so a winner can be announced on-site.
7. In the case of a tie, the tiebreaker will be an additional “sudden death” round. After the same optional warm-up as in initial rounds, each tied shooter will shoot one free throw at a time until the tie is broken.
 - a. The shooting order for the tie-breaker round will be determined by the order in which the tied participants completed their first round.
 - b. Should any tied participant not be present at the time of the tiebreaking round, they will be eliminated. If none of the tied participants are present at the time of tiebreaking round, they will be contacted by the Sport Programs Office to schedule a time to shoot the tiebreaking round.

INCLEMENT WEATHER

If there is inclement weather and Intramural Sports are scheduled, check the [Intramural Sports website](#) for cancellation information. The Sport Programs Staff will also attempt to notify participants scheduled to play that night. You can also sign-up for Intramural Sports notifications through the [Recreational Services app](#).