



The University of Michigan  
Department of Recreational Sports  
*Intramural Sports Program*

## FREE THROW SHOOTING RULES -and- THREE POINT SHOOT-OUT RULES

### I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual.)

#### A. ROSTER AND ROSTER ADDITIONS

1. **Team Sports:** A team's roster is formed throughout the regular season. All players participating in a game must be listed on that game's scorecard. The players who are listed will be entered onto that team's roster and will appear on all future scorecards under that team's name. The manager is responsible for ensuring that each scorecard, including the printed roster, is complete and accurate (i.e. all team members who participated in that game are listed on the scorecard). Names of individuals can be added to the original roster, prior to the new team member playing, by listing that player's name as well as his/her ID or User Pass number on the scorecard. A player must participate in at least one regular season game to be eligible to participate in the playoffs.
2. **Tournaments:** A team's roster is built over the course of the preliminary rounds of the tournament. As in team sports, the individuals listed on the scorecards constitute a team's roster. Managers are responsible for the completeness and accuracy of the scorecards. In tournament events, roster additions may be made through the quarter-final games.
3. **Individual, Dual, and Team Meets:** For meets, a team must submit its roster prior to the event, and prior to the roster deadline if one is set. Rosters may not be modified after the roster deadline.

#### B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card or Department of Recreational Sports user pass. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participants assumes the responsibility to have his/her identity verified by the official during a stoppage of play. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:

- a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
  - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
  - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
  - d. The player must come in the next working day between 11:00am and 4:30pm with their valid student ID or current Department of Recreational Sports user pass to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.
3. **Club Sport Members and Intercollegiate Athletes:** Teams that have Club Sport Members and/or current/former intercollegiate athletes on their roster should check the Intramural Sports Program Managers Manual for restrictions on these participants.

**C. FORFEITS:**

A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest. In order to be credited with the forfeit "win," the team present for the contest must list on the scorecard the team members present. A team may waive the right to forfeit and wait for the opposing team to arrive. If 10 minutes after the scheduled game time passes, and the minimum number of players required to play for the opposing team has not arrived, the team present must accept the forfeit. Should the opposing team arrive before the 10-minute time limit, and should the team entitled to the forfeit agree to play, then the contest shall be played. The time lost shall not be made up, and the team that agreed to play cannot rescind their decision.

**D. SPORTSMANSHIP RATINGS**

1. Each team in each contest shall be rated by the officials. A team begins an intramural game or event with a total of 10 sportsmanship points. A meet has a total of 10 sportsmanship points, based on the conduct of the team for the duration of the meet. During the course of the contest, teams may lose points if their behavior deteriorates. It is possible to receive a sportsmanship rating below zero.
2. Yellow Cards: For each yellow SRS card a team receives, three points shall be deducted.
3. Red Cards: For each red SRS card a team receives, seven points shall be deducted.
4. Forfeits: Forfeiting a contest shall result in a seven point deduction.
5. Officials, at their discretion, may subtract one point for minor unsportsmanlike conduct which does not result in the issuing of a card.
6. Playoffs: In order to be eligible for the playoffs a team must average a SRS score of 7 or higher for the regular season. Once in the playoffs, a team must receive 7 points or higher in each contest in order to advance to the next round. Should a team win a playoff game, but receive SRS points below 7, their opponent shall advance if they earned a qualifying SRS score.

**II. SPORT RULES**

**A. FREE THROW SHOOTING**

1. Individuals Each person will take two sets of 25 free throws, for a total of 50 attempts. If the individual scores 40 or more points, they will then shoot two additional sets of 25 free throws. The individual winner is determined by the total number of free throws made out of 100.

**B. THREE POINT SHOOT-OUT**

1. Five racks of five balls are placed around the three point line.
2. Each shooter will have 75 seconds to shoot as many balls as possible.
3. All shots must be taken with both feet of the shooter behind and not on the three point line.
4. Each of the first four balls on the rack count as one point. The last ball on the rack counts two points.
5. Following the shooting, the shooter must collect and re-rack the balls. Failure to do this will result in the shooter being dropped from the competition.
6. If the individual scores 15 or more points, they will be invited back to the championship round later in the day at a time to be determined.
7. Scores from the qualifying round, do **NOT** carry over to the championship round.
8. The person scoring the most points in the championship round will be declared the winner.