

3-on-3 Rules of the Game

1. Court and ball

The game is played on a half court with one basket.

2. Teams

Each team can consist up to 4 player (3 players on the court and 1 substitute). Changes to rosters can be no later than Saturday, August 10 by contacting the YMCA at vfeola@cdymca.org or (518) 881-0117 x 4450

3. Game officials

The game shall consist of 1 referee and time/score keepers.

4. Beginning of the game

A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.

The game must start with three players on the court.

5. Scoring

Every successful shot inside the arc shall be awarded 1 point; behind the arc shall be awarded 2 points; successful free throw shall be awarded 1 point.

6. Playing time/Winner of a game

The regular playing time shall be as follows:

Age Bracket (14-17 years old): One period of 14 minutes playing time.

Age Bracket (18 years old +) : One period of 16 minutes playing time.

If the score is tied at the end of playing time, 2 minutes of overtime will be awarded. There shall be a break of 1 minute before the overtime starts.

A team will lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play. A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. A team losing by default or a forfeit will be disqualified from the competition.

7. Fouls/Free throw

A team is in a penalty situation after it has committed 6 fouls. After a team has reached 9 team fouls, any subsequent foul will be considered technical.

7.1 Fouls during the act of shooting inside the arc shall be awarded 1 free throw, fouls during the act of shooting behind the arc shall be awarded 2 free throws.

7.2 Fouls during the act of shooting followed by a successful field goal shall be awarded 1 additional free throw.

Team fouls 7, 8 and 9 shall always be awarded with 2 free throws (also known as double-bonus). The 10th and any subsequent team foul as well as technical and unsportsmanlike fouls will be always awarded with 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting and overrules 7.1 and 7.2.

7.3 Possession is kept after the last free throw derived from an unsportsmanlike or technical foul and the game shall continue with an exchange of the ball behind the arc at the top of the court.

8. How the ball is played

Following each successful field goal or last free throw (ex article 7.3):

- A player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc.
- The defensive team is not allowed to play for the ball in the "no-charge semi-circle area" underneath the basket.

Following each unsuccessful field goal or last free throw (ex article 7.3):

- If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc.
- If the defensive team rebounds or steals the ball, it must return the ball behind the arc (by passing or dribbling).

Possession of the ball given to either team following any dead ball situation will start with an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the court. A player is considered to be "behind the arc" when neither of his feet are inside nor stepping on the arc. In the event of a jump ball situation, the defensive team shall be awarded the ball.

9. Stalling

Stalling or failing to play actively (i.e. not attempting to score) shall be a violation. If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock will start as soon as the ball is in the offensive players' hands (following the exchange with the defensive player

or after a successful field goal underneath the basket). If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.

10. Substitutions

Substitutions can be done by any team when the ball becomes dead, prior to the check-ball. The substitute can enter the game after his teammate steps off the court and establishes a physical contact with him. Substitutions can only take place behind the end line opposite the basket and substitutions require no action from the referees or table officials.

11. Time-outs

Two 30-second time-outs are granted to each team. A player can call the time-out in a dead ball situation.

12. Standings of teams

Both in pools and in overall competition standings, the following classification rules apply. If teams are tied after the first step, refer to the next one – and so on.

- 1. Most wins (or win ratio in case of unequal number of games in inter-pool comparison);
- 2. Head-to-head confrontation (only taking win/loss into account and applies within a pool only);
- 3. Most points scored in average (without considering winning scores of forfeits).

13. Disqualification

A player committing two unsportsmanlike fouls will be disqualified from the game by the referees and from the event by the organizer.