Norfolk Family YMCA

Spirit 3 on 3 Basketball Rules

Players Eligibility:

1. Each team must have at least 3 players on their roster.
2. Individuals may play on multiple teams as long as they have paid to be on the roster of each team. (Eligibility will be addressed at time of discovery)
3. Games are 25 minutes in length. Clock will stop ONLY on timeouts and injuries.
4. There is only one timeout per team per game, lasting one minute.
5. Overtime is sudden death. First team to score wins.

Pre-Game & Starting the Game:

7. All games must start with at least three players. IF only two are present, a 5-minute grace period will be given. After the 5 minutes have expired the game will be considered a forfeit by the referee. If the game has been considered a forfeit, the team may "borrow" players to scrimmage. Scrimmage is officially over when the next scheduled game begins.
8. Warm-up time is not guaranteed. Games start at the time they are scheduled.
9. A volunteer is needed to keep track of score and possession.
10. Referee will flip a coin to determine possession. Team that lost the coin flip receives the possession arrow in the case of a "jump ball."
11. The game is started at the white line or 3 point line with a "checked" ball from an opposing player. After a score, foul, or a ball that goes out of bounds, the ball must be "checked" from the check line. After defensive steals, rebound, or blocked shots, the ball must also be returned to the check line but does not need to be "checked" to an opposing player. NOTE: After the ball is "checked" the ball may be dribbled in or passed in.
12. The check line is the white line or the 3 point line. "Taking back" means ONE FOOT behind the check line. Failure to do this and a basket is scored, then the basket will be taken away, and the opposing team will receive the ball.
13. Out of bounds is the black line surrounding the court, INCLUDING THE HALF COURT LINE.
14. Substitute on Dead Balls Only: scored baskets, fouls, violations, or out of bounds.
15. Three seconds will be called.
16. All divisions will use a size 28.5 basketball.

Scoring:

17. All field goals are worth 1 point. A technical foul is also worth 1 point.
18. The ball will change possession after a scored basket.
19. No free throws will be shot; A shooting foul will count as 1 point to the offended team. If a shooting foul occurs and the basket is scored, still only 1 point will be awarded. The ball will then change possessions.
20. After a team has committed 7 fouls, a point will be awarded to the offended team from 8 fouls and on. (Shooting and non-shooting)
21. Any time a point is awarded, the opposing team will get the next possession
22. All DEFENSIVE fouls: will result in retained possession for the offense, unless a basket is scored.
23. All OFFENSIVE fouls: will result in a change of possession.
24. All TECHNICAL and INTENTIONAL fouls: will result in a point awarded to the offended team as well as the possession of the ball. (Ejection of player may follow.)
25. Continual misconduct or flagrant/intentional fouling will result in immediate dismissal of the guilty player or teams from the game and/or all remaining games at the discretion of the league director. Any fighting will not be tolerated under any circumstances and will result in immediate dismissal without refund.
26. Stalling or deliberate attempts to freeze the ball shall result in loss of possession. The referee may issue a verbal warning before taking away possession. This will be the referee's judgement.