

# Capital City Hoops 3V3 Basketball League

## Rules and Regulations

### **General Information:**

1. Game length is 20 minutes - two 10 minute halves (running clock) with a 2 minute halftime. Clock stops after every dead ball or foul in the last two minutes of the game except if the lead is 10 points or greater.
2. All divisions will have one timeout per half worth one minute per timeout.
3. From KG to Grade 4, there will be a volunteer parent-coach for each game.
4. Grade 5 to 12, it is a players-only league with no coaches.
5. Checked ball **MUST** be checked at the top of the 3-point line after each score or dead ball. Once the ball has been checked, play can start immediately without the ball being passed to a teammate. Ball does **NOT** have to be checked if it is a missed shot, air ball or a steal.

### **Pre-Game:**

1. Each team may consist of a maximum of five players all wearing like colored jerseys.
2. All games must start with at least three players on each team. Less than 3 players in a team equals will result in a game forfeit.
3. The team that starts with the ball will be determined by a coin flip or free throws.

### **Scoring:**

1. One point per basket made inside the arc, two points for baskets made beyond the arc.
  2. Games are played for 20 minutes (two 10 minute half). The team ahead after 20 minutes wins. If game is tied after 20 minutes, another coin toss or free throw will be held, and winner starts with the ball.
- FIRST BASKET WINS, NO OVERTIME!**

### **Live Ball/Dead Ball/Possession**

1. The ball will change possession after all made baskets, no "make it, take it."
2. All jump balls will go to the defense.
3. The ball must be checked at the top of the arc with the offensive player behind the arc and the defensive player inside the arc.
4. The ball and one foot must be behind the arc to change possession. If not taken behind the arc, any points scored are void and other team gains possession. **YOU MUST CLEAR THE BALL AT THE TOP OF THE KEY!**

### **Fouls:**

1. **Referees will be calling fouls.**
2. Only team fouls are counted, not individual.
3. Team fouls are limited to seven (7). Teams will be in bonus after the seventh (7<sup>th</sup>) foul and offense will then shoot a free throw worth one (1) point. Ball will be live after the free throw. The defending team will need to take the ball back beyond the 3 point line to gain possession.
4. For shooting fouls outside the arc, the offended team will shoot 2 free throws. The ball will be live after the 2<sup>nd</sup> free throw. The defending team will need to take the ball back beyond the 3 point line to gain possession.
5. For shooting fouls where the basket is made, the offended team will shoot one free throw.
6. Starting with the 7<sup>th</sup> team foul, the offended team will shoot one free throw for all non-shooting fouls.

### **Substitutions:**

1. Substitutions may be made after a made basket, a foul, violation, or after the ball goes out of bounds.
2. An unlimited number of substitutions are allowed.