

# 3 on 3 Basketball Rules

The following rules will govern play in Intramural 3 on 3 Basketball. Rules not covered below are governed by the National Federation Rule Book.

## Participation Warning

There are inherent risks of mental and physical injury in intramural 3 on 3 Basketball; therefore, you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide safe programs. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of 3 on 3 basketball as established by the Intramural Sports Program. Participants are responsible for the cost of any injuries; therefore, you are encouraged and recommended to have adequate health insurance.

## Intramural Policies

- 1. Eligibility:** All students, faculty, staff, and their spouses are eligible to participate in 3 on 3 basketball. An individual is considered eligible if registered for at least one credit. If a spouse participates, they must purchase a spouse card from cashiers in the Student Center before participating. The cost is \$36.50 per semester.
- 2. Bleeding:** During any 3 on 3 basketball game, if an intramural employee detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game will be stopped. The participant must receive medical attention. In order for the participant to continue to play, they must have the bleeding stopped, the wound covered, and clothing changed.
- 3. Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: watches, bracelets (including friendship), earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, etc.). Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
- 4. Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. **Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.**
  - Each time a player, manager, and/or spectator is ejected from a **league** game; the player will be ineligible for their next game in that league. (i.e. if player is ejected in a men's game, they will miss their next men's game)
  - If a player is ejected during a **tournament** game, that player will miss their next scheduled game, regardless of what league it is in, and even if the team they were ejected from loses.
- 5. Identification Requirements:** All participants must present their ID to an intramural supervisor and/or a scorekeeper each week of play. **If they do not have their ID, they will not play.**
- 6. Players may not play on more than one team per division.** Divisions are: Men's Open, 6' & Under, Women's, and Co-Rec. Example: men may play on one Men's Open, 6' & Under, and Co-Rec teams. Women may play on one Women's and Co-Rec teams.
- 7. Shorts: Jeans of any kind will not be allowed.** Each player must wear shorts without any belt(s) belt loop(s), pocket(s) or exposed drawstrings.
- 8. Intercollegiate and Sport Club Eligibility:** Teams cannot have more than two (2) current or former USU basketball varsity or club members. Co-Rec teams can only have one of each gender.
- 9. Awards and Refunds:** All awards and refunds must be picked up in the intramural office before the last day of the semester.

**10. Sportsmanship Rating System:** The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after an intramural contest is included in each rating. Each team manager is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average to qualify for the tournament. Teams must also maintain a 3.0 average during tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Director, Scott Wamsley, in HPER 126 or call 797-1504

**Protests:** Any team has the right to file a protest. Any protest must be filed within 48 hours of the game and by the team manager. A \$10.00 protest fee must be paid at this time to the HPER Service Desk. If ruling is overturned, the team will receive their \$10.00 back, but if ruling stands, they will not receive a refund.

The sportsmanship rating system is based on the following criteria, **but not limited to:**

**A - Excellent Conduct and Sportsmanship (4.0)**

- Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.
- Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

**B - Good Conduct and Sportsmanship (3.0)**

- Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams receive one unsportsmanlike conduct penalty will receive no higher than a "B" rating.

**C - Average Conduct and Sportsmanship (2.0)**

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Manager exhibits minor control over team/spectators, but is in control of him/herself.
- Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "C" rating.
- Team members fail to appear at their scheduled contest at game time, resulting in a forfeit.

**D - Below Average Conduct and Sportsmanship (1.0)**

- Team constantly complains to the officials and/or opposing team from the field/court/sidelines.
- Team manager exhibits little or no control over team/spectators or him/herself.
- Teams that have a player ejected will receive no higher than a "D" rating.

**F - Poor Conduct and Sportsmanship (0.0)**

- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any campus recreation facility/equipment.

-Multiple player ejections, or causing a contest to be forfeited by any reason than not having enough players will receive an "F" rating.

-Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

**\*\*\*Teams receiving an "F" rating during tournament will not be allowed to advance.**

**\*\*\*Teams receiving a "D" rating during tournament must have their manager meet with the Intramural Director before their next scheduled contest.**

**\*\*\*Teams that do not maintain a 3.0 average during tournament play will be required to meet with the Intramural Director before their next scheduled contest.**

11. *Further information on intramural participation policies can be found in the USU Intramural Sports Handbook.*

## **Equipment**

1. The intramural sports program will furnish the game ball. **Game balls cannot be used before, during half time, or after the game.** Teams are encouraged to furnish their own equipment.
2. All players must wear gym shoes that do not leave marks on the floor. If any clothing/ equipment that is considered dangerous, a supervisor or official has the right to declare it illegal.
3. The intramural sports program will provide each team with jerseys for the game. **All players must wear a t-shirt with sleeves under the jersey.**

## **Rules and Regulations**

1. Only a score keeper will be provided. **The offensive player calls all fouls.** If an agreement cannot be reached, the score keeper has the authority to make the final decision and to enforce the rules and regulations governing 3 on 3 basketball.
2. Teams will consist of three players with a maximum number of six players on a team. Co-Rec teams may have eight players.
3. You may start and finish a game with two players. A five minute grace period is given to teams that do not have at least two players; **however, if you have two players you must begin at game time.**
4. Contests will be two out of three games. Each game consists of 20 minutes or the first team to score 31 points, which ever occurs first, is declared the winner. If a third game is necessary it shall be played to 21 points or 15 minutes, which ever occurs first. You must win each game by three points, even if time has expired.
5. The referee shall toss a coin in the presence of the opposing managers, after first designating which manager shall call the toss. The team winning the toss shall have a choice of:
  - a. 1st possession of either game one or game two
  - b. The team losing the toss for game one has the same option for game two.
  - c. 1st possession of game three is determined by a coin toss.
6. Each team shall have one time-out per game. Time-out are 30 seconds long and cannot be carried over from game to game.
7. Substitutions may be made after a basket, a foul shot, or during time-outs.
8. The "check line" shall be the three point line. After each change of possession, including air balls, steals, etc., a player must clear the ball across the check line in order to advance the ball for a score.
  - a. After the ball is checked by the opposing team, the offensive player must pass the ball. They cannot

shoot or dribble the ball.

- b. If a team scores without the ball crossing the “check line,” this is a violation and the ball is awarded to the other team and the points will not count.

9. **Fouling:**

- a. All fouls shall be counted as a team foul. After the seventh team foul, a one-and-one situation shall be awarded for the remainder of the game. Players do not line up in the lane, the player fouled will be awarded one shot. If the shot is made then the team whose player shot the ball will be awarded one shot. If the shot is missed then the opposing team will be awarded possession of the ball.
- b. Any foul called while a player is shooting will be considered a team foul, with possession going to the opposing team.
- c. If a foul occurs while a player is in the act of shooting and the basket is made then there is no foul. The basket would count.
- d. Any offensive foul shall result in disallowing the basket.

**Co-Rec Rules**

1. Teams will consist of four players with a maximum number of eight players on a team.
2. You may start and finish a game with three players (2 males and 1 female or 1 male and 2 females). Teams may never play with more than 2 men at a time and must always have at least one male and one female. (*Example:* You can play with 3 women and 1 man. If this occurs, the other team will be allowed to have one of their males guard one of your females, this player must be designated). However, you must finish a game with at least one male and one female.
3. A regulation women's basketball will be used.
4. Men cannot shoot from inside the key.
5. Points scored by females are worth 3 points for a three pointer, 2 points for a made basket, and 1 point per foul shot made. Points scored by males are worth; 2 points for a three pointer, 1 point for a made basket, and 1 point per foul shot made.
6. Man-to-Man defense is mandatory. A male cannot guard a female at any time. Violation of this rule will result in a foul. Men can double-team men and women can double-team men and women. When a team consists of fewer females than the other team, a male can guard a female.
7. Men cannot block or steal the ball from a female at any time.
  - a. A *block or attempted block* by a male on a female will result in a basket (2 points).
  - b. A *steal or attempted steal* by a male from a female will result in a foul.
  - c. Any passed ball can be stolen before it reaches the opponent.

The *definition of a attempted block* is: when a male player attempts to touch or block the ball while in the air or hands of a female player.

The *definition of an attempted steal* is: when a male player attempts to touch or steal the ball away from a female player while she is in possession of the ball or dribbling the ball.

**Note:** Male players cannot even pretend or fake like they are trying to block or steal the ball. *Penalty:* Personal Foul

9. Non-shooting fouls committed by a male against a female during the last 2 minutes of the game will be a 2 shot foul. Two free throws will be awarded. All other situations will result in a bonus situation.

10. *Screening or picks:* Normal rules concerning screens and picks will be followed.