



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA 3v3 Competitive League Basketball Rules

All players must play at least half a game or receive equal playing time. This may be adjusted if participant misses practices or for behavioral problems. Team rules should be in place by coaches and team members.

Game Play

- Two 12-minute halves with continuous running clock. 2-minute half time.
- Each team will have one time out per game. (30 seconds)
- Game is played on half court, where the half court line is considered out of bounds.
- Substitutions may be made during a dead ball before ball is checked at the top of arc. Notify official when making substitutions.
- Electronic Clock will be used for timing and scoring. Make sure score sheet has final score with team names on it for standings.
 - **Each team will provide a volunteer to manage the electronic clock, keeping score, and managing foul count.**
- Will play on 10' hoop and will use a 28.5 size ball.
- Team members must wear same jersey and there must be number on jersey either front or back.
 - Can use the YMCA Blue and Grey jersey or team can create their own
- One overtime of 3 minutes will be played and each team given one time-out. Can end in a tie at the end of the overtime.

Game Rules

- A "checking" system is used to ensure that both teams are ready to begin play. This involves the offensive player throwing the ball to his defender. The defender then makes sure their team is ready and then throws the ball back to begin play.
 - This must be done at the beginning of the game, start of the next half, after any dead ball, or score.
 - The individual checking the ball in must pass the ball to his team. May not take the ball out themselves.
 - Defender guarding the offensive player that is starting the "check" must be inside arc. Other defenders may guard against pass outside of arc on checked ball.
- Defensive Rebound:
 - Opposing team must allow the rebounder to check the ball out, may not attempt to steal the ball until they have passed the arc.
 - The rebounder must clear the ball and feet past the three-point arc to attempt to score. Does not need to be checked in.
- **Defense is awarded all jump balls.** Jump ball is defined as opposing players both have equal claim to the ball, may wrestle for it, which ends in a stalemate of possession.
- Three-second rule by an offensive player is not allowed. Referee will issue a reminder. Excessive violations will result in a turnover.
 - Offensive player may not stand in the key for longer than three seconds; both feet must clear the key line.
- Each player is allowed four fouls or one technical foul. The next subsequent foul will result in disqualification.
- Shooting fouls will result in points from where the foul was made, where the fouling team will gain possession of the ball.
 - No free throws, points will be automatically added to the scoreboard.
- Non-shooting fouls prior to the Bonus effect will result in the fouled team gaining possession. Must be check into play.
 - Bonus is in effect on a team's seventh and subsequent fouls. Will be awarded points, and the fouling team will gain possession.
- A Technical Foul will result in two points awards to the fouled team, and the opposing team will gain possession.
 - A Technical Foul is a violation of certain rules of the game, not always involving physical contact, but often involving unsportsmanlike actions.
 - A **PLAYER** receiving a technical foul for unsportsmanlike conduct must sit out the remainder of the game the current game and the next scheduled game.
 - A **COACH** who receives a second technical foul will be required to leave the building. No exceptions
 - **Further action may be deemed necessary by YMCA Directors for subsequent inappropriate behavior by player/coach/team/parent.**

Scoring

- 2 points will be awarded on basketball made inside arc. 3 point awarded outside the arc.

Show good sportsmanship.

Please be respectful of opponents, staff and facilities.