



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA 3v3 Recreational Basketball Rules

All players must play to what is equivalent of half a game. Exceptions may be made if practices are missed 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.
- One-30 second timeout per team. One time-out per game. Clock stops during timeout.
- 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.
 - Dead ball is not in effect after a score has been made. Only out of bounds, fouls, violations or on a timeout.
- **Grades 2 & 3:**
 - Will play on 8.5' hoop and use a 27.5 size ball.
 - Score will NOT be shown, but will have clock to keep time for halves. **Coach will provide a volunteer to run clock.**
- **Grades 4 – 8:**
 - Will play on 10' hoop
 - Will use 28.5 Size Ball
 - Score clock will be provided; score will stop after 20-point difference. **Coach will provide a volunteer to run clock.**
- Teams may wear the YMCA Navy and White jersey.
 - Players will not be able to wear watches, earrings, or necklaces.
- Overtime will NOT be played. Game will end in a tie for grades 4 – 8.

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.
 - Grades 2 & 3: All defenders **MUST** be inside arc on checked ball to give offense an opportunity to pass ball to their team.
 - Grades 4 – 8: Defender guarding the offensive player that is starting the "check" must be inside 3-point 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 3-point arc in order to attempt to score. Does not need to be checked.
 - If the defensive rebounding team fails to return the ball fully past the 3-point arc and then attempts score, that will result in a turnover. Teams recheck the ball up top.
- **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.
- Per game, each player is given five fouls total or one technical foul. If they commit that fifth foul, they foul out for the rest of that game.
- 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.
 - On a made shooting foul, add 1 extra point for the free throw that would have been shot.
- 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. Points awarded, 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

- Grade 2 & 3: 2 points will be awarded on baskets made inside and/or outside the arc.
- Grades 4 – 8: 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.