

3 on 3 Rules



Roster

Maximum **5** players per team. No exceptions. Roster changes may be made online prior to the tournament or at Team-Check-In. No roster changes after a team's first game has begun. **Any roster changes must be submitted to the tournament review board.**
Decisions regarding player eligibility are final decision.

Age/Division

Adult (18+) Division: All players must be at least 18 years of age.

Youth Divisions: Register for the grade the player will enter in the fall. Teams may play up in age/division, but you may not play down.

Playing on more than one team

A player can be on two rosters and play on more than one team, if they are *not* in the same division.

Which Team Receives the Ball First?

Rock paper scissors will decide which team receives the ball first. Best out of one.

Scoring

Baskets made inside the two-point arc count as 1 point Baskets made outside the two-point arc count as 2 points. The first team to 20 points is the winner. (See below for exceptions).

Game Length– All Divisions

Games are played to 20 points or 20 minutes, whichever comes first. The first team to reach 20 points wins. A two-point margin is not required.

If neither team reaches 20 points within 20 minutes, the team with the higher score wins. The 20-minute clock stops for team time-outs, player injuries, or other unusual circumstances. If a team intentionally stalls to run out the clock, the court monitor will call a technical foul.

**** Exceptions: Elite division games always go to 20 points**

***Stalling is not allowed – see below**

Tied Games / Overtime:

Grades 5 through Adult

- Opening possession is determined by Rock/Paper/Scissors.
- First team to score **2 points** wins

Grades 1-4

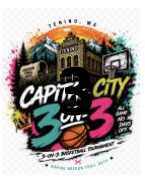
- A sudden death free throw contest will determine the winner. Teams will alternate free throw attempts until one team makes its shot and the opposing team misses.
- Teams are not required to rotate shooters if multiple rounds are needed.

Checked Ball

- Play begins with a "check" behind the designated take-back line.
- The offensive player **must pass the ball to begin play.**
- The **defender must remain behind the line** until the pass is released.
- A check is not required following a live-ball change of possession after the offense has taken the ball back.
- For grades 1 -4, the first pass behind the free-throw line extended, *cannot* be defended. Once the ball is passed toward the basket (inside the free-throw line extended), normal defensive play begins.

Change of Possession

The ball will change possession after scored baskets and all free-throw attempts except for Technical, Intentional, or Flagrant fouls. There will be no "make it, take it" rule.



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Taking It Back

The ball will be “taken back” on each change of possession, regardless of if a shot was attempted. Failure to “take it back” results in loss of possession and any points just scored. “Taking it back” means bringing your whole body and the ball behind the established “take-back” line, not the sidelines. You do not need to check the ball on live play (when taking it back behind the line).

Ball

Out-of-Bounds

Any ball that goes out of bounds will be put back into play from behind the designated take-back line.

Boundaries

The basket support, padding, and structural are out-of-bounds. The backboard, including its front, top, bottom, and sides, is considered in-bounds.

Jump Ball

In a jump ball situation, the ball will first go to the team which lost the opening rock/paper/scissor match, with alternating possessions thereafter.

Substitutions

Substitutions may only be made during a time-out or a “dead ball” situation.

Time-Out

Each team receives one (1) time out per per game.

Basket Height

- **1st/2nd Grade Girls Division:** 8-foot basket.
- **All other divisions** including Boys 2nd/3rd/4th Grade, will play on a regulation 10-foot basket.

Free Throw Distance

- Grades 1-4: 10 feet
- All other divisions: 15 feet

Warm-ups

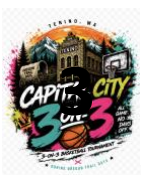
Please warm up prior to your game time. To keep tournament on schedule, there may not be a warmup before your game time. We will start as close to the scheduled game time as possible.

Fouls

- All common fouls result in one free throw,
- Successful field goals count as scored baskets only. **No “and-one” free throw is awarded.**
- Opposing players may not intentionally distract the shooter during a free throw.
- Possession changes after all free throws, whether it's made or missed.
- After a foul shot, play resumes from the back-court line.
- Incidental contact is not a foul unless it causes a significant disadvantage.
- Court monitors referee all youth games.
- Adult divisions, are self-officiated where players call their own fouls, though a court monitor is present.

Technical and Flagrant Fouls

A technical foul results in one (1) point awarded to the offended team *and* possession of the ball.



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Stalling

Stalling is prohibited. Stalling is a style of play in which a team does not actively try to advance the basketball toward the basket and shoot the ball at the basket. It is a method used to run out the game clock to preserve a win. Stalling is considered an unsportsmanlike act and will result in a technical foul against the offending team.

3 seconds in the key

3 seconds in the key rule will be enforced. If 3 seconds in the key is called on offense, it will result in a change of possession and the other team's ball.

Unsportsmanlike Conduct & Cheating

This is a family-friendly community event. Any unsportsmanlike conduct and/or cheating will result in removal from the tournament.

Ball Size

- Youth in grades K-6th grade, all girls and women's divisions, and unified division will use a 28.5" basketball.
- Boys in grades 7-12, adult men, and adult coed divisions will use a 29.5" basketball.

Game Ball

Teams must agree on the choice of a basketball before the game begins and it must be used throughout the whole game. Capital City 3on3 basketball is available for use during games.

Forfeits

Teams not ready to play within five (5) minutes of their scheduled game time may forfeit.

Review Board

Tournament officials reserve the right to review roster questions, eligibility concerns, and game disputes. Decisions made by the tournament director or designated review board are final.