



## **MEN'S 3V3 BASKETBALL LEAGUE**

### **RULES AND REGULATIONS**

#### **Team**

- All players must sign the registration form before they are allowed to play.
- A player may only appear on one team roster.
- A team may have a maximum of 6 players on their roster with a minimum of 3. A team must have at least one of its own players on the court to start a game. If needed, the team will be allowed to "borrow" up to two players from other team rosters to play the match.
- During the tournament, teams may only use the players on their roster.
- You must play the team you are scheduled to play. Changing the schedule around is not allowed.

#### **Play**

- Games will consist of two 20-minute halves, played across the half-gym courts. The clock will run continuously. (Subject to change to 15-minute halves if time does not allow for 20 minutes)
- Each team is allowed one 60 second timeout per half. The clock will stop during a timeout.
- There will be a 3-minute half-time.
- Overtime will consist of an additional 3 minutes with continuous clock. There are no time-outs during overtime.
- Teams are not allowed to add players to their rosters after the second week of the season.
- During the tournament, players must be listed on the original team registration form to play.
- All games will start at the scheduled time. Each team must have 3 players to start the game (Exception: If both captains agree on 2 players).
- Initial possession will be determined by performing a single game of rock paper scissors. The winning team may choose initial possession to start the game or receive the ball to start the second half.
- No dunking is allowed. Dunks will result in no points and change of possession.

#### **Fouls**

- Players will be responsible for calling their own fouls.
- When calling your own fouls be honest and respect what others call.
- In the case of a foul (shooting or on the floor), the ball will be taken to the top of the key and play will resume once the players have checked it up.
- Stalling shall be considered a violation. Stalling will be defined as failing to play actively in an offensive manner for an unreasonable amount of time. There will be no official shot clock time but if this becomes an issue, rules will be enforced.

#### **Miscellaneous**

- Substitutions are to be made only on a "dead" ball. Give teams time to sub after a made basket.
- The score will be kept by twos and threes.
- The YMCA builds a program that strengthens one's body, mind and spirit. While participating in our programs we ask that you refrain from using swear words and other language that is deemed inappropriate. If foul language becomes an issue you will be asked to leave.

- The team captain is the spokesperson for the team. We have players of all ages and abilities; at no time should an individual be singled out or threatened by another player.
- We ask that you carry yourself in a sportsman like manner at all times. In the case of unsportsmanlike behavior, players will receive a single warning. Further actions will be taken if the behavior continuous.
- Please remember to collect your trash, water bottles, and other personal items from the gym upon departure. This is your YMCA take an active role in keeping it looking great.