



## Rules and Regulations

*League Commissioner Joe Hoeup (505) 321-5797*



## **Triple Threat Adult 3-on-3 Basketball Rules and Instructions**

### **Teams**

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Each team shall consist of no more than 4 players. 3 Players on the court and 1 Substitute.

Each participant on the team must be 18+ years old to play.

### **Playing Time**

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- 20 Minute Games
- Two 10-minute halves
- Halftime break will be 1 minute.

1<sup>st</sup> Half of the game is running clock.

2<sup>nd</sup> half of the game is clock stoppage on dead balls and Free Throws in the last minute.

Overtime is sudden death: Team to score first point wins the game.

**Mercy Rule:** Game will be over if one team is up by 20 points or more at the last 2 minutes of the 2<sup>nd</sup> Half.

### **The Court and Boundaries**

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The Athlete's Playground playing field is smaller than a "normal" Basketball court. Here are some rules to make note of:

- Player is allowed and is in-bounds if they touch Sideline walls or fence.
- If ball touches Sideline wall or fence, it is considered out-of-bounds.
- If either player or ball touches Baseline or Half court line, it is considered out-of-bounds.

**Official's judgement will be made to determine possession of ball.**

### **Scoring**

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- Every shot scored inside the 3-point arc is 2 points.



- Every shot scored behind the 3-point arc is 3 points.
- Every made free throw is 1 point.

### Possession of the Ball

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- Initial possession is determined by coin flip. Winner of coin flip chooses to either start the game with the ball or if there is a possible overtime period of the game, they can choose to receive ball first in the overtime period. **REMEMBER:** The team to score the first point in the overtime period WINS!
- Following each successful field goal or free throw, a player from the non-scoring team shall resume the game by dribbling or passing the ball from inside the court directly underneath the basket to a place on the court behind the 3-point arc. **NOTE:** The scoring team is not allowed to play for the ball in the half circle underneath the basket.
- Following each unsuccessful field goal or free throw, if an offensive player rebounds the ball, he or she may continue to attempt to score without “clearing the ball” behind the 3-point arc. If the defensive team rebounds the ball, he or she must “clear the ball” behind the 3-point arc.
- If defensive team steals or blocks the ball from the offensive team, he or she must “clear the ball” behind the 3-point arc by dribbling or passing the ball.
- Possession of the ball given to either team following any dead ball situation shall start/resume by “checking the ball”, i.e., an exchange of the ball between the offensive and defensive player that is behind the 3-point arc at the top of the playing court.
- If there is a jump ball situation during the time of gameplay, the team that is on defense ALWAYS wins the jump ball possession. Game resumes by checking the ball behind the 3-point arc at the top of the playing court.

### Fouls

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- A team is in a penalty situation after the team has committed 6 fouls. Team foul count is reset to 0 at the start of the 2<sup>nd</sup> half of the game. Team foul count is carried over from 2<sup>nd</sup> half of regulation to Overtime period if overtime is played.
- If a foul is committed on a player in the act of shooting, the player is awarded free throws as follows:
  - Inside the 3-point arc is 2 Free Throws if shot is unsuccessful



- Outside the 3-point arc is 3 Free throws if shot is unsuccessful
- If shot is successful, 1 free throw is awarded plus the shot.
- Technical fouls are 2 Free throws awarded to the non-disruptive team and possession of the ball after the attempted free throws.
- Flagrant foul is ejection of the player committing the foul plus 2 Free throws and possession of the ball to the other team after attempted free throws.
- Each player has 5 fouls per game. If a player commits 5 fouls, the player will be disqualified from the game. If there is no substitution available, the player may remain in the game but if player continues to foul, the other team will ALWAYS be awarded 2 free throws and possession of the ball. (Even if the team shooting free throws is not in the bonus)

***Note: An offensive foul shall not be penalized with free throws.***

### **Substitutions**

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Substitutions can only occur on dead balls. Player must report to the scores table if they want to sub in.

### **Time-Outs**

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- Each team has 3 timeouts per game.
- One Full Timeout (1-minute) and Two 30-Second Timeouts.
- Timeouts can only be called on the following:
  - dead balls
  - free throws
  - The team that has possession of the ball.
- Timeouts are carried over if Overtime period is played.

### **Adaption to Co-Ed League Play**

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- Co-Ed teams must consist of two men and two women.
- Men are **NOT allowed** to block women's shots inside the paint.



- Men **CAN** block women's shots outside the paint.
- Men can **ONLY** score outside the paint. If Men players try to attempt a shot inside the paint, other team will receive possession of the ball and check up at the top of the playing court.
- Co-Ed League will be played with a women's size regulation basketball.

### **Important Information about the Triple Threat 3-on-3 Basketball League**

1. Each player must have their own jersey and jersey number. Dark and light jerseys for each team is recommended.
2. Any player who fights, uses loud and extensive foul language, and/or extremely disrupts league games will be **EJECTED** from the game and possibly be **EJECTED** for the remainder of the season. (Player being disruptive does not receive a refund).
3. Teams can have guest players but there is a limit. **ONLY 3 Guest Players** allowed per regular season for each team. Use your guest players wisely! **NO Guest Players** allowed during league playoffs. Each team will submit a roster when registering and will submit an updated roster when league playoffs begin.
4. If your team needs to cancel or reschedule games to a different time, make sure you notify League Commissioner at least 24 hours in advanced. If your team does not notify League Commissioner at least 24 hours in advanced, your team will be penalized with a forfeit loss with no make-up game.
5. We politely ask **ALL** teams and players to be at least 15 minutes early prior of scheduled game.
6. The Athlete's Playground is **NOT** responsible for players violating State High School or NCAA Rules.
7. Each player **MUST** have an Adult Membership (\$59.99/month + Tax) to play in The Triple Threat 3v3 Basketball League. Guest players **MUST** pay a drop-in fee (\$10/day) to play in The Triple Threat 3v3 Basketball League.
8. Every player will receive a key tag and **MUST** check in with their own key tag coming through the Front Entrance **AND** before the start of your game.
9. The Athlete's Playground politely ask all teams and player to keep our gym and facility clean. Please pick up after yourself at the end of your game.
10. Finally, **Play Hard, Have Fun, and Compete**. The Athlete's Playground wants everyone to have a great experience with The Triple Threat 3v3 Basketball League!

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For more information or questions regarding the 3-on-3 league, please contact the League Commissioner Joe Hoeup  
Phone: (505) 321-5797