



3v3 Recreational Basketball League Rulebook

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Applies to: Adult Recreational 3v3 Division (18+) and Youth Recreational 3v3 Division (13-17).

Purpose: Simple, safe, and fun half-court basketball focused on skill development, fairness, and great sportsmanship.

Where rules differ, they are labeled **Adult** or **Youth**.

1. Divisions, Eligibility & Rosters

1.1 Divisions

- **Adult Recreational Division**
 - Ages 18+.
 - Coed division.
- **Youth Recreational Division**
 - Ages 13–17.
 - Coed division.

1.2 Coed Eligibility

- Youth: All baskets count the same regardless of who scores.
- Adult: Scoring Modifications for Female Players
 - Field goals made from beyond the three-point line by a female player are worth 3 points.
 - Field goals made from inside the three-point line (standard two-point shots) by a female player are worth 2 points.
 - All other scoring (including free throws) follows standard rules.

1.3 Rosters

- **Roster Size (both divisions)**
 - **Minimum:** 3 players.
 - **Maximum:** 5 players on the roster.
 - Only rostered players may participate in games.
 - **Adult-Specific**
 - All players must meet age requirement by the first game date.
 - Players may be required to sign league waivers and/or facility agreements.
 - **Youth-Specific**
 - Age eligibility is set by age on a defined cutoff date of Sept. 1.
 - Parent/guardian waiver and emergency contact information required.
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2. Court & Equipment

2.1 Court

- Half-court with one regulation basket.
- Use standard court markings where available:
 - Two-point arc (traditional 3-point line).
 - Free throw line.
 - Youth: No-charge semi-circle under basket.

2.2 Basket Height

- **Adult:** 10 ft basket.
- **Youth:** 10ft basket.

2.3 Ball Size

- **Adult:** 29.5" (Size 7).
- **Youth:** 28.5" (Size 6).

Game balls must be approved by league staff.

3. Game Timing & Structure

3.1 Game Length

- **Standard Game:**
 - One 15-minute period with a running clock OR until a team reaches 21 points, whichever comes first.
 - Clock stops only for:
 - Timeouts.
 - Injuries.
 - Administrative stoppages (e.g., correcting score, clearing water on floor).
 - Excessive delay or intentional fouling in the last 2 minutes of play.
- **Adult vs Youth Differences**
 - **Adult:** Full contact within normal basketball rules is allowed; League Director may allow more incidental contact within reason.
 - **Youth:** Officials will emphasize safety and teaching; marginal contact and rough play will be whistled more tightly.

3.2 Overtime

- If the score is tied at the end of regulation and neither team has 21:
 - A coin flip determines which team has the first possession of Round 1.



- Overtime consists of up to 3 rounds.
 - In each round, both teams receive 1 offensive possession.
 - Team A completes its possession first, then Team B receives its matching possession.
 - If one team scores and the other team does not score in the same round, the team that scored wins immediately.
 - If both teams score, or if both teams fail to score, the game continues to the next round.
 - If the game remains tied after 3 full rounds, overtime moves to a shootout.
- **Shootout Tiebreaker**
 - In the shootout, teams continue with alternating 1-possession attempts.
 - Each team must receive an equal number of possessions.
 - If one team scores and the other team does not score in the same shootout round, the team that scored wins.
 - Shootout rounds continue until a winner is determined.
- **Possession Rules During Overtime and Shootout**
 - Each possession begins with a check-ball at the top of the key.

3.3 Time Between Games

- Teams must be ready to take the court 5 minutes prior to the posted game time.
 - Warm-up time may be limited based on schedule and court availability.
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4. Scoring

- Field goals inside the arc: 1 point.
 - Field goals from behind the arc: 2 points.
 - Free throws: 1 point each.
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5. Starting, Restarting & Possession Rules

5.1 To Start the Game

- Coin flip determines initial choice:
 - Winner chooses first possession to start regulation, or
 - First possession to start overtime (if needed).

5.2 Check-Ball Procedure

- All dead-ball restarts begin with a check-ball:
 - Offensive player stands behind the arc at the top of the key.
 - Defensive player hands or bounces the ball to offensive player.



- Once the offensive player returns the ball to live play (via pass or dribble), the clock runs and play begins.
- **Adult & Youth:** Same check-ball procedure.

5.3 Clearing the Ball

- After any change of possession (rebound by defense, steal, block, air ball recovered by defense):
 - The team gaining possession must “clear” the ball by:
 - Dribbling or passing until a player with control has both feet behind the arc.
 - Once cleared, that team is on offense and may attempt to score.
- No clearing required if:
 - Offensive team rebounds its own miss.
 - Ball is inbounded after a made basket (restart via check-ball, not live rebound).

5.4 After a Made Basket or Last Free Throw

- Scoring team does not retain possession.
- Non-scoring team inbounds via check-ball at the top of the arc.

5.5 Held Balls / Jump Ball Situations

- Any held ball or unclear out-of-bounds call:
 - Possession is awarded to the defensive team at the time of the whistle, restarting with a check-ball.

6. Fouls & Free Throws

6.1 Types of Fouls

- Common (personal) foul
- Shooting foul
- Team foul (for penalty count)
- Technical foul
- Unsportsmanlike or flagrant foul
- Three-second violation

Officials use standard basketball definitions.

6.2 Three-Second Violation

- An offensive player may not remain in the key (paint/lane area) for more than three consecutive seconds while their team has possession of the ball in the frontcourt.



- Violation results in a dead ball and possession awarded to the opposing team.
- Officials may use discretion in recreational play and enforce only for obvious camping in the paint.
- Adult & Youth: Same rule applies unless otherwise stated by league staff.

6.3 Technical Fouls

- **Adult:**
 - Result in a dead ball and possession awarded to the offended team, check ball.
 - Technical fouls count as 1 team foul.
 - A player or coach with 2 technical fouls in one game is ejected.
- **Youth:**
 - Same as Adult, but officials are encouraged to warn and teach first when appropriate.
 - Clear abusive behavior, profanity, or intentional disrespect is immediate technical.

6.4 Unsportsmanlike / Flagrant Fouls

- **Definition:** Excessive or unnecessary contact, or actions clearly outside the spirit of recreation and safety.
- **Penalty (Adult & Youth):**
 - 1 free throws for offended player.
 - Possession via check-ball.
 - Possible ejection of offending player at official/league discretion.

7. Special Youth Modifications

To support learning and safety, Youth divisions apply these additional standards. Facilities may choose age cutoffs per item.

- **Contact**
 - Hand-checking, body bumps, and physical screens are called more tightly.
 - Players may not charge through defenders or initiate excessive contact driving to the basket.
- **Coaching**
 - One coach is allowed on the sideline.

8. Substitutions & Timeouts

8.1 Substitutions

- Allowed on any dead ball before the check-ball or before free throws.



- Players entering must wait until the outgoing player is off the floor.
- Substitutions must occur at the top of the key sideline or area designated by officials.

8.2 Timeouts

- **Adult:**
 - 2 timeouts per game (30 seconds).
 - No timeouts in the final 2 minutes of the game unless granted for injury or safety.
- **Youth:**
 - 2 timeouts per game (30 seconds each).
 - Timeouts may be used at any dead ball; officials may shorten if schedule is tight.

Timeouts do not carry over into overtime; overtime has no additional timeouts unless for injury.

9. Uniforms & Equipment Requirements

- **Jerseys**
 - All players on a team are encouraged to wear matching or clearly similar colors.
 - Pinnies may be provided if needed.
- **Footwear**
 - Athletic shoes required.
 - No metal cleats or open-toed shoes.
- **Jewelry & Safety Equipment**
 - No hard or dangling jewelry (including watches, hoop earrings, chains).
 - Medical alerts and religious items must be secured and approved by officials.
 - Mouthguards, knee pads, and ankle braces are allowed and encouraged.

Officials may remove any item considered unsafe.

10. Officiating & Game Management

- **Youth:** Games will be officiated by league referees or court monitors. Their decisions on judgment calls are final.
 - **Adult:** Games are primarily self-officiated using the honor system (offense calls for fouls, defense calls violations).
 - A site supervisor has final authority on any dispute or conduct issue.
 - If teams cannot agree, the possession is replayed with a check-ball.
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11. Sportsmanship & Conduct

11.1 Expectations

- Respect officials, opponents, teammates, and staff at all times.
- No profanity, taunting, trash talk based on personal attributes, or threatening behavior.
- Only captains or coaches (if allowed) may calmly request rule clarifications.

11.2 Penalties

- Warning (for minor behavior) → Technical foul → Ejection → Possible suspension.
- Fighting, intentional attempts to injure, or abusive language toward officials/staff result in immediate ejection and automatic review for suspension.

12. Forfeits

- A team is a forfeit if:
 - Fewer than 2 players are present 5 minutes after scheduled game time, or
 - They refuse to continue playing, or
 - They use ineligible or non-rostered players after warning.

Score for a forfeit is recorded as 21–0 (or league-defined equivalent).

13. Quick Adult vs Youth Differences

Topic	Adult Recreational Division	Youth Recreational Division
Basket height	10 ft	10 ft
Ball size	Size 7	Size 6
Contact tolerance	Standard rec-level contact	Stricter; emphasis on safety and teaching
Coaching	Optional; adults self-managed	Sideline coach allowed; more teaching allowed
Timeouts	2 x 30 seconds; no timeouts in last 2 minutes	2 x 30 seconds; may use at any dead ball
Defense expectations	Any legal 3v3 defense	Limit hard trapping/“junk” defenses for younger age bands
Discipline focus	Accountability and self-control	Education first; then penalties for repeated behaviors