

## 3BA Recreational Rules @ 10<sup>th</sup> Ave Athletic Club (AC)

### Key Components of Teams and Players:

Sportsmanship, Teamwork and FUN  
Fitness: Aerobic, Strength, Flexibility, Coordination and Balance  
Speed=Fast Paced Game  
Clean Play  
Unique rules to enhance Basketball Skill Set

3 ON 3 League Rules: Combination of basketball, soccer and hockey rules.

Game Length: 36 minutes of running time.

18 minute halves.

One minute half time.

Warm Up: 3 minutes.

Time outs: None

First Overtime: 90 seconds. Jump Ball

Each ensuing overtime as needed: 60 seconds. Jump Ball

Substitutions: Out of bounds, fouls, turnovers etc.

Out of Bounds: As in soccer: no referee touch is necessary

Games scheduled every 45 minutes.

### Specific League Rules:

1. Each player must be on the team's official roster. The team captain is responsible for making sure all players are registered. The scorekeeper/referee/league official has the discretion to disqualify a player not registered. If such a player does play, then that team will lose by forfeit.
2. Good Sportsmanship is mandatory and will be enforced by all league officials and representatives.
3. Each player must be wearing the team jersey with numbers on back. Reversible jerseys are required. Shorts and athletic shoes must be worn.
4. Time Clock: 18 seconds. There is no backcourt violations for time.
5. Foul Shot: 5 seconds to take the foul shot

6. Number of players per game: 6 max per team/game. A team must have 3 players present to start the game. Late players may be added to the official book up to 10 minutes after the start of the game.

7. Each team can have up to 8 players on their rosters. All rosters must be turned in prior to the start of the season.

During the first season we will allow each team to add up to 2 players to the roster. They may also replace up to 2 players.

8. One referee per game. Fouls are determined by NCAA collegiate rules.

9. One scorekeeper per game.

10. Team Fouls: On the 9<sup>th</sup> team foul (per game) the penalty goes into effect. The team fouled can choose to shoot 3 free throws or take the ball out of bounds.

11. Yellow cards are given for unsportsmanlike conduct or a rough foul per discretion of the referee. Four free throws and the ball. The ball is inbound under the basket.

12. Red card are given for severe misconduct or a flagrant foul. This is an automatic ejection from this game and the next one. Same free throws and the ball as stated with the yellow card.

13. Two yellow cards per player is a one game suspension. The player who receives the second yellow card can complete that game.

14. Second suspension during a season will mean automatic suspension for the remainder of the season. The player will have to request reinstatement in writing. Reinstatement will be at the discretion of league officials and the commissioner. They may request a meeting with the player.

15. Basket hanging is a turnover and is at the discretion of the referee.

16. Since this is a new format other issues may arise. These will be dealt with promptly by the league commissioner. In addition new rules or guidelines may need to be added. All team officials/captains will be promptly notified.