

## ACTIVITY RULEBOOK

# 3v3 Basketball

**3v3 basketball is a non-contact activity, however contact and injuries are a possibility. Rec Sports assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Rec Sports.**

UWL Rec Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify.

## Section 1: League Play

Leagues are divided into men's, women's, open, and co-rec divisions. Participants are permitted to play on one team in a single-gender and one team in a co-rec league.

## Section 2: Starting the Contest

### Start (Game) Time

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

### Facility and Contest Set Up

#### a. Playing Location

3v3 Basketball is played in the Mitchell Hall Gyms. It is recommended teams review their schedules prior to each contest. Rec Sports staff will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

#### b. Courts

Courts are set up by staff only. All playing equipment is property of the Recreational Sports Department.

#### c. Officiating

All contests will not be officiated and participants will "call your own" fouls. It is expected participants engage fairly. A trained scorekeeper will monitor scoring and timing. Any plays left under dispute without resolution may result in a quick deliberation by IM staff or the play will be replayed with no points and/or fouls recorded. Time lost by disputes will not be added back to the game clock. All decisions are final, except those eligible for protests.

#### d. Captain's Meeting

Captains are to meet with the contest staff prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

## Equipment

Rec Sports will provide a game ball. If a team wishes to use a ball during warm-ups, they must check one out from the Mitchell Hall Office (room 118). Teams are permitted to bring their own equipment for warm-ups. Teams are also recommended to rent jerseys. Jerseys property of Rec Sports must be worn over a t-shirt with sleeves for sanitary and safety purposes.

## Participation and Team Rosters

Please refer to the participant handbook for specific participation guidelines

- Team rosters may have an unlimited number of participants (if a team wins a championship, the number of t-shirts allocated for distribution is limited to 5)
- Rosters will freeze once the regular season has concluded
- Teams consist of 3 players on the court
- Teams may start with as few as 2 players
- If a team is reduced to less than 2 players at any time during the contest, a forfeit will result

## Eligibility

Please refer to the participant handbook for specific eligibility guidelines

#### a. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

- Current members of the UWL basketball teams may not participate in any basketball-related intramural activity during the current academic year while on the team's active roster. A player not on the official roster during the spring semester is permitted to play the following semester. Roster verifications will be conducted with members of the UWL Athletics Department.

- One 1 collegiate player from the previous academic year (including transfer students from other institutions) may participate on an intramural team and must play in the A league when offered (leagues are considered offered even if A leagues are full) permitted they are not on the roster during the current academic year
- An intercollegiate player from the previous academic year no longer on the roster (including transfer students from other institutions) and a current club player may not be on the same roster

#### b. Other Athletes

- Please see the Intramural Sports participant handbook in regards to professional, amateur (i.e. AAU) and/or other athlete eligibility concerns

Intramural sports staff will search and filter all athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, scorers, and additional staff members are allowed to protest team rosters.

Eligibility decisions rendered by administration are done so on a circumstantial basis and are final. These decisions are made keeping the safety, fairness, and enjoyment of ALL teams and participants in-mind.

**When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season.**

### Section 3: Playing the Contest

#### Commencement

- The contest begins with a game of rock-paper-scissors (best of one) to determine possession. Teams will play half-court basketball and shoot at one basketball hoop only.
- Contests will be played in 2 halves consisting of 15 minutes each. The clock will stop for dead balls in the last minute of each half. A 3-minute halftime period will serve as game intermission.

#### Scoring

- Teams can receive points in increments of one, two, or three.
- On each half court, the three-point line will be used.
- Any shot taken within the three-point line will result in 2 points.

#### Fouls

- Fouls are “call your own” along with boundary line and other traditional basketball infractions (i.e. traveling, double-dribble, etc.).
- Fouls are not reported, therefore no foul outs or bonus free throws will be awarded (until the last minute of each half). Scorekeepers will simply check players in, filter eligibility, keep score/possession/timeouts and keep time.
- In the event of a foul resulting in a free throw, the fouled player will shoot 1 free throw only worth the following point values:
  - 1 point if the basket was made and the foul shot is considered an “and one”
  - 2 points if there was not a basket made on the foul shot and the shot was taken inside the 3-point line
  - 3 points if there was not a basket made on the foul shot and the shot was taken outside the 3-point line
- Technical fouls may be issued by the on-duty supervisor only for poor sportsmanship and behavior directly observed. Technical fouls may be issued in the event of obvious cheating and disputes as well. Technical fouls result in three points for the opposing team plus possession of the ball. A team receiving a technical foul can receive a maximum sportsmanship score of 3.0.
- In the last minute of each half, **all fouls will result in 1-and-1 free throws**. If the first free throw is made, the shooter receives a second free throw. If the first or second free throw is missed, the ball is live (if it hits the rim).

#### Checking/Clearing the Ball

- If a team scores a legal basket, the opponent receives possession. Possession begins at any point above the three-point line but must start by “checking” the ball to the new defense.
- If a team secures a defensive rebound after a legal shot attempt hits the rim, the ball must be legally dribbled past the three-point line to officially “clear” and begin possession. The team shooting the ball for the initial possession attempt is permitted to play defense while a team attempts to clear the ball.
- If a turnover is created before a team clears the ball, the ball does not need to be cleared again for a legal shot attempt to take place. Failure to clear the ball and scoring a basket will result in the appropriate point value for the appropriate team.
- Any fouls occurring during the attempt to clear the ball will result in possession for the team offended at the top of the key.

### Air Balls

- If an air ball (a shot that does not come in-contact with the rim) is shot, the defending team, if they secure a rebound, does not need to clear the ball. A shot hitting any other part of the basket but not the rim is considered an air ball for this purpose.

### Alternating Possession

- In the event of a held ball (i.e. “jump”) or a dispute with no clear resolution, the scorekeeper reserves the right to use the alternating possession arrow.

### Timeouts

- Teams are allowed one 30-second timeout per half. Unused timeouts DO NOT carry over into subsequent halves. Teams must clearly announce their intent to use a timeout to the scorekeeper.

### Section 4: Co-Rec Specifications

- All Co-Rec teams must have 1 male and 1 female in the contest at all times.
- **NOTE:** Open leagues are available for teams who do not wish to follow co-rec ratio requirements.

### Section 5: Winning Specifications

#### Contest

- The team in the lead at the end of the contest will be declared the winner. If the game is tied at the end of regulation, one 3-minute overtime period will be played.

#### Playoffs

- All rules apply to playoffs. To qualify, teams must win at least 1 contest and maintain a sportsmanship average of 4.0 during the regular season. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Rec Sports staff.

### Section 6: Protests

- Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the [Online Protest Form](#). Teams may not protest officials’ judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

*Other than the above exceptions, the contest will be played according to NFHS and WIAA rules.*