

**Courts Plus Community Fitness
Middle School Spring 3-on-3 Basketball League**

RULES & REGULATIONS

*****REVISION: May 4th, 2017*****

The basic rules and regulations for the league shall be the same as those utilized by the North Dakota State High School League.

Listed below are rule modifications and/or highlights for the league.

Player Eligibility: Players must currently be enrolled in grades 6th, 7th or 8th during the 2016/2017 school year.

Timing Factors:

Game Length: Games shall be played to 21 points; teams must win by 2 points. There will be a 20 minute time limit. If the score is tied at the end of the 20 minutes, the game will continue until a team is leading by 2 points.

Time Outs: Each team will be awarded one 60-second timeout per game.

Warm Ups: Each team will be given a minimum of five minutes to warm up.

Shot Clock: A shot clock **will not** be utilized during the league.

Equipment

Game Balls: Courts Plus will provide a game ball for all league games. Teams should provide basketballs for warm-ups.

Uniforms: **Jersey/T-shirt tops must be of identical color. Numbers are not required.**

General Rules

a) *Possession:* The referee will determine which team receives the ball first.

b) *Scoring:* **Field goals shall be counted in two ways:**

1. 1 point for all shots made on or inside the three point line.
2. 2 points for all shots made beyond the three point line.

c) *Fouls:* **Referees will call all fouls. No team fouls or individual fouls will be kept.**

During the initial 20 minute time limit and/or before a team reaches 20 points:

1. When a foul occurs during normal game play the team will be awarded the ball at the top of the key.
2. When a foul occurs in the act of shooting:

a. If a basket is scored the offended team will receive the point value of the shot, plus 1 point. The ball will be awarded to the opposing team.

b. If the basket is not scored the offended team will receive 1 point. The ball will be awarded to the opposing team.

During overtime and/or after a team reaches 20 points:

1. When a foul occurs during normal game play the team will be awarded the ball at the top of the key.

2. When a foul occurs in the act of shooting:

a. If a basket is scored the offended team will receive the point value of the shot, plus **1 Free Throw attempt**. The ball will be awarded to the opposing team.

b. If the basket is not scored the offended team will receive **1 Free Throw attempt**. The ball will be awarded to the opposing team.

c. Free throws will be a dead ball situation; all other players will remain behind the two point arc while the free throw attempt is being made. The opposing team will receive the ball at the top of the key following the free throw attempt.

d) *Change of Possession:* After all defensive rebounds and steals, the ball must be taken back beyond the 3-point line. If the team does not take the ball beyond the 3-point line and makes a field goal, the basket will not count. The ball is dead and the defense will get possession of the ball.

e) *Dead Ball/Fouls/Made Field Goals:* After all dead balls, fouls and made field goals the ball must be checked by the defense to the offense. The offense will put the ball in play from the top of the key beyond the 3-point line by **passing the ball**(Do Not dribble or shoot).

f) *Jump Balls:* All jump balls will be awarded to the defensive team.

g) *Substitutions:* Substitutions are only allowed during dead ball situations.

h) Teams are allowed to play with a minimum of two players. Game time is forfeit time. If a team has two players at game time they must start the game.

i) *Ejection Policy:* Any coach, player or spectator ejected from a contest shall be disqualified from participation **in that game and the next game**. They will be allowed to participate after the disqualification has expired.

j) *Technical Foul Policy:* Any player, coach or spectator that receives a technical foul will sit out the remainder of the game. Any player, coach or spectator that receives a second technical foul during the season will sit two league/tournament games. (Court Supervisor Discretion)

k) A technical foul is two shots and the ball. The free throws must be shot by a player on the court.

l) *Referee:* A referee will be present for all league and tournament games.