

## PLEASANT HILL RECREATION & PARK DISTRICT

# 3-ON-3 ADULT BASKETBALL LEAGUE RULES & REGULATIONS

### INTRODUCTION:

Welcome to Pleasant Hill Recreation & Park District's Adult 3-on-3 Basketball League. This publication provides standard regulations for all Adult 3-on-3 Basketball Leagues conducted by the District.

### RULES:

The Pleasant Hill Recreation & Park District 3-on-3 Basketball League operates under the National Federation of State High School Association's (N.F.S.H.S.A.) basketball rules with the following exceptions:

1. Games are recreational and are offered to provide indoor basketball opportunities. Any questions regarding rules should be directed to the gym supervisor. However, participating teams make all judgment calls.
2. All game will be played as half court games:
  - a. Clear all balls past the free throw line, no exceptions. Teams must agree to the clearing lines, prior to the start of each game.
  - b. Both feet must clear lines to constitute a cleared ball.
  - c. After a basket, the opposing team will take the ball in from the top of the key (nearest blue line from center court).
  - d. If a team fails to clear the ball, the ball will be awarded to the opposing team and the basket will not be counted.
3. Time:
  - a. 1<sup>st</sup> Half: 20 minutes, 2<sup>nd</sup> Half: 20 minutes. Both halves use running time.
  - b. Two (2) time outs per team — one per half.
  - c. No time outs are allowed during the last five (5) minutes of the game.
  - d. If a game is tied after regulation, one overtime period will be played. The first team to score three (3) baskets, during the overtime period, will be declared the winning team.
5. Substitutions may be made after any "dead ball" situation.
6. Fouls:
  - a. There are no officials so, fouls are called by the offensive or defensive players and taken out-of-bounds.
  - b. Call your fouls quickly, except when it would take the advantage away from the offensive team.
  - c. Fouling to prevent a sure basket or on the last play of the half is considered to be unethical.
  - d. Only the players involved may call a foul. Spectators and players not involved may not call fouls.
  - e. If a foul committed during the last ten (10) seconds of the game, the clock will be reset to ten (10) seconds and the team who was fouled will be given possession of the ball.

7. Jump Ball:  
The first team to call "jump" or "ins" will take the ball out-of-bounds. The next jump ball will go to the opposing team.
8. When disputes occur, settle them quickly by agreeing to take turns when both teams believe themselves to be right.
9. Stalling is considered unethical and not permitted. Teams must make an effort to score by going towards the basket. The gym supervisor has the authority to stop the game and issue a warning. If a second warning occurs, the gym supervisor has the power to award a forfeit to the opposing team.
10. Flagrant and Intentional Fouls:  
A team will be awarded a basket and retain possession of the ball on a flagrant or intentional foul. This will be determined by the gym supervisor.
11. The gym supervisor has the power to stop games at any time due to unsportsmanlike conduct. **The actions below will not be tolerated!**
  - a. NO Trash Talking.
  - b. NO Taunting.
  - c. Action will be taken for any other like behaviors listed above.
12. Players:
  - a. During the regular season, teams must have two (2) players present by game time, otherwise the game will be forfeited.
  - b. During the play-offs, teams must have three (3) players present by game time, otherwise the game will be forfeited.
  - c. UNIFORMS: The home team will always wear white or light colored shirts. The visiting team will always wear dark colored shirts. The home team is always listed second on the schedule.
13. Food and drink are **not** permitted in the gym. Water ONLY.
14. Only gym shoes are permitted in the gym.
15. After two (2) forfeits, a team may be terminated from the league.

## **PLAY-OFFS**

Play-offs will be single elimination; number of teams eligible will be determined by the size of each league. Championship games may be scheduled on a different night than the league normally plays.

1. A player must play in at least two (2) league games to be eligible for the play-offs.