

# 3 on 3 Basketball Rules and Regulations

COVID-19 Return to Play Phase 1 - Updated 2/12/21

## Schedules

League schedules may be found on IMLeagues.

## Personal Protective Equipment

- Face coverings will be required for all participants and staff at all times while in the facility.
- Individuals must make sure their face covering is appropriately over their mouth and nose and change face coverings if the one worn does not comply with university guidelines. Per university policy, the following face coverings are not permitted unless they include a replaceable filter: gaitors, buffs, and bandanas.
- Masks are required to be worn at all times during play and **must cover both the nose and mouth**.
- If masks slip down during play, activity will be stopped immediately until the mask is adjusted to fit properly.
- Extra cloth and single-use masks will be provided free of charge at each scorer's table should a mask become too saturated with sweat that it is no longer effective.
- **Non-compliance with the policy will not be tolerated.** Deliberate violation of the mask requirement will result in immediate dismissal and program suspension.

## General Procedures

- All participants must register on IMleagues.com and be accepted by the captain 15 minutes prior to the game they wish to play. Upon the start of a competition, the Recreation staff will check all rosters to ensure eligibility. Players who do not appear on a team's roster will be classified as ineligible and will be required to register before being allowed to play.
- Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default (not play this contest). In order for the contest to be considered a default, the team captain must contact the Intramural Sports Office by 5:00 p.m. on the day prior to their contest.
  - If a team defaults, they will receive a loss in the standings, an "Exceptional Sports" sportsmanship rating, and it will not count as a forfeit.
  - If a team forfeits, they will receive a loss in the standings and a "Needs Improvement" sportsmanship rating.
- Any team that forfeits 2 games will be eliminated for the remainder of the season.
- Due to Covid restrictions, participants will not be allowed into the Mathy Center until 10 minutes prior to their scheduled game time.
- Participants will check in at the Mathy Welcome Center desk for facility access. All participants must show the intramural check in staff their Viterbo I.D.'s and a green Health Pass from Viterbo's University's app prior to play that night.
- Locker rooms will not be available on a drop-in basis. In order for participants to use the locker rooms, a reservation must be made prior to play through the Mathy Center reservation site. Participants are encouraged to bring as few belongings as possible.
- Players should bring their own basketballs to be used during warm ups.
- Two game balls will be rotated in. Balls will be disinfected at halftime and breaks in play.

- Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
- There will be no pregame or post-game handshakes.
- The Site Supervisor is responsible for recording scores, running clock, and keeping order. The Site Supervisor has the authority to eject any player for unsportsmanlike behavior (profanity, fighting, and participating in a contest under the influence of alcohol or other drugs, etc). See Intramural Handbook for more details.
- Players will not be allowed to congregate after the game and must leave the facility within 5 minutes of the completion of their game.

## **Game Format**

- 3 on 3 basketball will be a half-court game played by two teams of three (3) players, with a maximum of four (4) players per roster.
- Games will be played in two 12- minute halves. There will be one (1) three (3) minute halftime.
- Each team MUST have at least two (2) players present to begin game play. If a team does not have two (2) players at game time, they will forfeit the contest. Game time is forfeit time!
- If a team falls below three (3) eligible players during a contest due to injury or ejection, play may continue, but that team must compete shorthanded. If a team falls below two (2) players, they will forfeit the contest.
- Varsity athletes are not permitted to play intramural sports at this time. A varsity athlete is considered anyone who is currently on a varsity roster or anyone who was on a varsity roster the previous academic year.
- The game will begin with the captain's completing one successful one rock, paper, scissors competition to determine possession.
- Substitutions may be made after a basket or any stoppage of play.
- The "check line" is determined by the three (3) point arc. The ball must be beyond the arc at the beginning of each possession.
- The ball must be "checked" to the other team after any dead ball or made basket.
- On defensive rebounds (including air balls) and steals, the ball must be passed or dribbled beyond the arc. The ball does not need to be given to a different player as long as the ball goes beyond the arc; there are no limitations on who can shoot it.
- The offensive team must "pass the ball in" before a shot is attempted after the ball is checked in. (Make one pass before a shot is taken).
- If the ball is knocked out-of-bounds or goes across the mid court line it shall be awarded to the opposing team (the team that did not knock it out).
- Out of bounds perimeter is marked in black on the sidelines and under the basket and the mid court line of a full-length basketball court.
- Out-of-bounds. If the ball goes out-of-bounds the offensive team must check the ball with the defensive team at the top of the key.
- Alternating possession on all jump ball situations will be in effect.
- Each team must call their own fouls.

## **Fouls**

- Players are responsible for calling fouls. Players resolve their own disputes. Issues with teams calling their own fouls inappropriately will negatively affect a team's sportsmanship rating.

- If the offensive team is fouled on the floor or during a shot that is not made they will get the ball back at the top of the key to check in and begin another possession.
- If the offensive team is fouled during a shot and the shot goes in, the team will get the points for the shot and will get the ball back at the top of the key to check in and begin another possession.
- If the defensive team is fouled, they will get the ball at the top of the key to check in and begin a possession.

### **Stalling**

- Stalling will NOT be allowed at any time during the game.
- Stalling goes against the fun principals of Basketball. An "unwritten 30-second clock" is in effect at all times, and may be enforced by the site supervisor at their sole discretion.
- A verbal warning will be given to the offense if a shot has not been attempted within 30-seconds of the ball being inbounded.
- If a team is warned for stalling, the site supervisor will administer a 10 –second count during which a shot must be attempted. If a shot is not attempted, ball possession will be lost.
- There is no defensive stalling. Should a defense intentionally commit fouls to prevent the offensive team from scoring, the defensive team will be warned. Continued stalling will result in a forfeit.

### **Dunking Policy**

- There is no dunking allowed.
- Any player that grasps or touches the rim, or slaps the backboard, will be considered to have dunked the ball.
- The rim does not have to be physically pulled down in order to be considered a dunk.
- There are no warnings for dunks. Individuals will be ejected if they dunk the ball.

### **Reporting Scores**

- Final scores and team sportsmanship ratings must be reported to the Site Supervisor.