

**Commissioner's Note:** Before getting to the rules, there is one particular point of this league format that I'd like to highlight and that is the fact that there are no coaches. This is intentional and incredibly important and this includes "coaching from the sidelines." Players are taught to follow instruction and to obey the rules that we, as parents, lay down for our children. In sports, that can lead to kids not being able to "think the sport" on their own. Let's face it: times are much different from when we were kids. When I was a kid, I left my house in the morning with a couple of PB+J's, a jug of water and then rode my bike from court to court, trying to find a pickup game. I wouldn't come home until dinner time - exhausted, but with a full day of basketball under my belt. These days, it can be extremely difficult and worrisome (or impossible) to allow your child to head down to a court or field all day, unsupervised. What gets lost in that, athletically, is the opportunity a child has to think on their own; to play with a group of kids they don't know who have different skill sets, and attitudes, and styles, etc. Autonomy is hugely important in sports!!! You'll hear coaches say, "She's got a great basketball I.Q." or "Great game awareness." I believe those traits are learned when the kids have the chance to go through the process on their own. THIS is why we offer this league up with no coaching. We strongly believe in the benefit it will provide to these kids as they develop as basketball players and we thank you, in advance, for allowing this process to happen. :-)

- PJ

### **Cranston 3v3 Official Rules**

#### 1.) Court and Ball

The outdoor games will be played on half of the public basketball courts located at 450 Hope Road and 477 Doric Avenue in Cranston. The indoor games will be played at the Pastore Youth Center, 155 Gansett Avenue, Cranston, RI. Games will be played with both teams shooting at 1 basket. The courts shall have a regular basketball playing court sized zone, including a free throw line. If available, a high school three-point line will be used. CYGBA will provide a game ball for each team to warm up with and use in the games.

#### 2.) Teams

Each team shall consist of 5 players (3 players on the court and substitutes sitting on the sideline/benches). Teams can be made up of 4 or 6 players but 5 is the preferred number to ensure balanced playing time. Before the first game is played, each team's roster is to be finalized with the league/program director. After the first game is played: teams are allowed to play only with players listed on the roster. Only the league director can authorize additions/subtractions from the team roster and anytime a move is made, the objective will be to provide competitive balance. During the Summer League, a player can play on two teams but the teams must be in two different age divisions. (For example, a 4th grade player can play up a division. A full team may not play in two different divisions.) Playoff rosters will be based on the final regular season roster of each team and replacements can only be made due to injury or family hardships. All replacements MUST be approved by the league director, PJ Thibodeau, or

program director, Nunzio Riccio.

### 3.) Game Officials/Site Coordinators

The game officials shall consist of 1 referee and 1 time/score keeper. In an effort to keep costs down and to, additionally, get youth involved in the community, we will frequently use amateur referees and youth score keepers. We don't envision this to be an issue and we ask everyone involved to treat our young helpers respectfully. If there happens to be an issue that is pressingly affecting the outcome of a game, it should be brought to the attention of our site coordinators (CYGBA members in charge of the night's activity).

### 4.) Beginning of the Game

- Both teams shall warm-up simultaneously, on opposite ends of the court, prior to the game.
- The team that is listed as the "Home" team on the schedule receives the ball first.
- The game can start with two players on the court as long as contact is made with at least one other teammate who is on their way. The opportunity to delay the game can be agreed upon if the team with a full roster is willing to wait. The start of any game will only be pushed back a maximum of five (5) minutes. After a 5 minute delay, games will then need to start or be forfeited.

### 5.) Scoring

- Every shot inside the arc shall be awarded 2 points.
- Every successful free throw shall be awarded 1 point.
- If available, every shot behind the arc shall be awarded 3 points.

### 6.) Defense

In order to stimulate movement, screens, spacing and court awareness, man to man defense will be the only allowable defense for the 3v3 summer league. Double teaming, switching and "spaced" defending are all allowed. Players should not, however, sit in an obvious zone.

### 7.) Playing time/Winner of a Game

- **The regular playing time shall be as follows: 25 minutes of total playing time, broken down into 5 five minute periods. The clock will not stop during the first 4 periods, except for free throws. Referees have the option to stop the clock at any time if there is an issue in need of resolution or an injury.**

- In between periods, play will only stop long enough for the official scorer to reset the clock to five minutes and for each team to make substitutions from their bench.

**- The clock WILL stop during the final period on all free throws and all referee whistles.**

**- The official scorer will audibly count down the final ten (10) seconds of each period. Players can ask how much time is left at any point of the contest.**

- If the score is tied at the end of playing time, additional one minute periods will be played until a winner is determined. Similar to the regular periods of the game, substitutions will be made at the end of each period, including the end of regulation and the end of each overtime period.

- A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team can choose to keep its score or have the game forfeited, resulting in a 10-0 victory for the winning team.

#### 8.) Fouls/Free Throws

- Personal fouls will be tracked and each player is limited to 4 personal fouls before fouling out of any individual game.

- A team is in penalty situation after it has committed 6 fouls. **All fouls, beginning with the 6th team foul, will result in (only) 1 free throw taken by the fouled opponent.**

**- Free throws should be taken in a quick, efficient manner to account for the speed of play and the awareness of a running clock. Delays in the taking of a free throw will result in the loss of the attempt and a change of possession at the top of the key.**

- Made free throws will end the offensive team's possession and the ball will be given to the opposing team at the top of the key.

- Missed free throws will be considered a "live" ball and play will begin on the rebound. Normal 3v3 rules apply in this situation: offensive team can go right back up/defensive team must clear the ball at the top of the key (or 3-point line when available) before being able to shoot.

- At any point of the game, fouls during the act of shooting inside the arc shall be awarded 1 free throw, while fouls during the act of shooting behind the arc shall be awarded 2 free throws.

- Fouls during the act of shooting followed by a successful field goal shall be awarded 1 additional free throw.

- Technical or unsportsmanlike fouls will result in 2 free throws for the opposing team and a subsequent possession for the opposing team at the top of the key.

Note: free throws are not awarded after an offensive foul, just a change of possession at the top of the key.

#### 9.) How the Ball is played

##### **Following each successful field goal or made free throw:**

- A player from a non-scoring team will start with a check-ball, i.e. an exchange of the ball (between the defensive and offensive player) behind the arc/top of the key. The ball must be passed in (not dribbled) from behind the arc/top of the key. The defensive player is not allowed to steal the ball from the player passing the ball in and must also be 2 feet away from the opposing player while they execute the possession starting pass. Once the first pass is made, full pressure is allowed. The offensive player making the initial pass to begin a possession has five (5) seconds to release the ball in an attempt to make that pass.

##### **Following each unsuccessful field goal or last free throw (except those followed by ball possession):**

a.) If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc/top of the key.

b.) If the defensive team rebounds the ball, it must clear the ball behind the arc/top of the key (by passing or dribbling).

c.) If the defensive team steals or blocks the ball, it must clear the ball behind the arc/top of the key (by passing or dribbling)

**- Possession of the ball given to either team following any dead ball situation shall start with a check-ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc/top of the key.**

**- A player has "cleared" the ball behind the arc/top of the key when the player has moved the full basketball AND both feet (all 3 points) past the designated clearing point (or 3-point line if available). To help clarify this situation, the referee will announce, "Clear!" when the team has moved the ball across correctly. In the event that the referee has announced "Clear!" incorrectly, the audible announcement from the referee will act as the determining factor for the change of possession. In the event of an obvious clearing situation (2 feet + basketball WELL past the clearing line), the referee *may* still yell, "Clear!" but is not required to.**

- In the event of a jump ball situation, the defensive team shall be rewarded the ball.

#### 10.) Stalling

Stalling or failing to play actively (i.e. not attempting to score) shall be a violation. Teams stalling may be penalized with delay of game warning or technical foul (1 free-throw + possession of the ball).

#### 11.) Substitutions/Roster Sizes

**- Substitutions will be made at the end of each four minute period. Unless injured or sick, ALL players on the bench will enter the game.**

- There should be a rotation of players that allows for all players to play in a majority of the game and unless a team only has 3 players on game night, no member of the team should play the whole game. This isn't a rule but rather a consideration. The idea is to make the girls aware of the team concept and to plan on who plays with you and who plays when.

- If a player is injured during the middle of a four minute period, play will stop and a substitution should be made. The site coordinator will have medical supplies and ice packs if they're needed.

- The ideal 3v3 roster size is 4 players but to account for this being a summer league and to allow for players to miss an occasional game, we've set the roster to 5 players. If, over the course of the first 2 weeks of games, we determine that this does not afford enough playing time for all of the players, the league *may* add an additional period. The bottom line is that we wanted to take into account as many factors as possible and, at all costs, avoid the potential of forfeits.

#### 12.) Timeouts

**Each team is granted one 60 second team timeout per game, which can be called at any point of the contest. Any player can call the timeout in a dead ball situation or if their team has possession of the ball. Timeouts should last one minute and play should reconvene immediately.**

#### 13.) Standings of Teams

- Teams in a division with 5 teams or less will be ranked and seeded by winning percentage. Playoffs will be seeded and scheduled with the higher seeds playing the lowest possible seeds remaining. Byes will be awarded to the higher seeds when necessary. League Championships will be awarded to the winner of the playoff tournament.

- Teams in a division with 6 teams or more be ranked and seeded by winning percentage and then split into a top tier and a lower tier. Playoffs will only be held between the teams in their tier and seeded and scheduled with the higher seeds playing the lowest possible seeds remaining. Byes will be awarded to the higher seeds when necessary. League Championships will be awarded to the winner of the playoff tournament in each tier.

#### Playoff Tiebreaker Rules

- 1.) Head to Head Record
- 2.) Point Differential in Head to Head matchups
- 3.) Least Points Allowed Overall
- 4.) Most Points Scored Overall
- 5.) Coin Flip

\*\*\*The League Director, PJ Thibodeau, or Program Director, Nunzio Riccio, will have final say on all disputes and interpretations of these rules. At any point, additions or subtractions could be made to these rules if it's deemed to improve the quality of play. Email notification will go out if changes are, in fact, made.\*\*\*