

DFAC Basketball 3v3 League Rules – Summer 2020

For Boys Grades 3 – 8 and Girls 4 - 8

The purpose of DFAC Basketball is to provide training in the sport of basketball in an atmosphere of good sportsmanship and fair play with an equal opportunity for growth of individual skills, team play and the true enjoyment of playing basketball. We encourage healthy competition in which kids play hard and play to win but not at the expense of belittling opponents, yelling at officials or displaying poor sportsmanship. The following rules should be interpreted consistent with this philosophy and should not be used as a tool to achieve victory on a technicality.

Scorebook

Each player will check in with the scorekeeper to enter his name in the scorebook prior to the start of the game. DFAC will provide the scorebook for each game.

Scorekeepers

DFAC will provide a scorekeeper for each game. The scorekeeper will track each player's quarter played, points scored, fouls and the team totals.

Timekeeper

One of the referees will also act as timekeeper and run the official clock on the floor.

Teams

Teams will consist of 4 players minimum and five players maximum. 3 Players will play each quarter and players will rotate each quarter.

Uniforms

Official DFAC uniforms (jerseys) must be worn. Players must wear tennis or basketball shoes only in the gym. No dress shoes or any other type of shoes or boots are acceptable. No jewelry including necklaces, sharp, pointed or dangling earrings, rings or watches may be worn during the games.

No Coaches

Teams will not have coaches and spectators are not allowed to coach from the stands. This league is designed for players to develop basketball skills in a fun, non-coached, low stress environment.

Refreshments

Players are allowed to have only water within the gym. Snacks and/or other types of drinks are not allowed in the gym.

General Playing Rules

Game Length

Each game will be four (4) quarters of five (5) minutes each in length. The clock will keep running for out of bounds balls and free throws. The clock will be stopped during a time-out or for any injury or player equipment needs (i.e. untied shoes). The clock will stop for any whistle during the last 10 seconds of each quarter and the last minute of the game. If either team is behind by 10 points or more, no stoppage of the clock will occur.

Jump Ball

A coin toss will decide who has possession at the start of the game. The Home team will call Heads or Tails before the coin is tossed. Alternate possession will be used on any other jump ball situations including the start of the 2nd, 3rd and 4th quarters. A coin toss will also be used to start an overtime period. If there are multiple overtimes the alternating possession will continue after the first overtime.

Quarter and Half Time Breaks

For all age groups, the rest interval between quarters shall be one (1) minute and the half time shall be three (3) minutes unless otherwise notified.

Resuming Play after Breaks or Stoppages

Possession of the ball following any dead ball situations, quarters or timeouts will start with a check ball.

Check Ball

A check ball is where the defense completes a short bounce pass to the offense behind the arc at the top of the key area and signals ready to play for both teams.

Behind the Arc

A player is considered behind the arc when both feet are behind the 3 point line arc.

Half Court Line

The half court line is considered out of bounds.

Time Outs

Each team will be allowed one (1) one-minute time-out per half. Time outs not used in the first half will not be carried over to the second half. Any time outs not used during the regulation game are lost. One time out per team will be awarded during an overtime period.

Overtime

For league games, in the case of a tie score at the end of regulation, there will be a one-minute overtime period per game and be subject to the same rules that apply to the last minute of regulation. If the game is still tied after the overtime period the game will end in a tie. For end of season tournament games if the game is tied after a first overtime there will be a second overtime with the same rules. If the game is tied after 2 overtimes, a third sudden death overtime will occur.

Ball Size

For the 3rd – 6th Grade Boys and all Girls leagues will use an intermediate-sized (28.5 inch) basketball. Boys 7th Grade and older leagues will use a regulation size basketball. (30 inch)

Basket Height

Regulation height, 10-foot baskets will be used.

Free Throws

Regulation free throws for all age groups. In the Boys 3rd and 4th Grade and Girls 4th and 5th Grade leagues, players may “foot fault” without a violation.

All older leagues will shoot from the regulation free throw line and it will be a violation if they jump over the line.

Players will have 8 seconds to shoot the free throw after receiving the ball from the referee.

Scoring

Any basket made inside the arc will count as 2 points. Any basket made behind the arc will be 3 points. All free throws are 1 point.

Substitutions

Substitutions will only be allowed between quarters so as not to disrupt the flow of the game unless there is a player injury or illness. (See Playing Time Rules)

Playing Requirements

Playing Time

Each player on a team must play one complete quarter of the first half and one complete quarter in the second half. All players must also sit out one complete quarter when there are 4 or more players present. DFAC 3 v3 leagues uses player substitution/rotation rule is as follows:

If there are 4 players on a team, they will be entered into the scorebook as positions 1, 2, 3 and 4.

1st Quarter – Positions 1, 2 and 3 will play

2nd Quarter – Positions 4, 1 and 2 will play

3rd Quarter – Positions 3, 4 and 1 will play

4th Quarter – Positions 2, 3 and 4 will play

Overtime – Positions 1, 2 and 3 will play and if multiple overtimes are needed continue the playing pattern.

If there are 5 players present the positions will be 1, 2, 3, 4 and 5 and the rotation will be

1st Quarter – Positions 1, 2 and 3 will play

2nd Quarter – Positions 4, 5 and 1 will play

3rd Quarter – Positions 2, 3 and 4 will play

4th Quarter – Positions 5, 1 and 2 will play

Overtime – Positions 3, 4 and 5 will play and if multiple overtimes are needed continue the playing pattern.

Playing Time Violation

If a team violates the playing time rules, the official can administer a technical foul and/or correct the playing time violation.

Illness/Injury

A player must inform the officials before the start of the game, if a player has asthma or any other illness or injury that may interfere with the player's ability to complete a quarter. If a player is injured during play and unable to complete the quarter, a player from the bench may replace him.

Injury or Player Replacement

If a team loses a player permanently, they must notify the division commissioner. A player lost for the season due to injury, illness or who quits can be replaced with a player from a waitlist if it leaves the team with fewer than 4 players.

Fouls/Bonus Fouls

DFAC will use the standard basketball 1 and 1 rules concerning non-shooting fouls. On the 7th team foul in a half the opposing teams will shoot 1 free throw and if that free throw is made they will get a second free throw attempt. The ball is live if there is a miss on either free throw attempt.

At 10 team fouls in a half the opposing player will shoot 2 free throws.

If the foul occurs while in the act of shooting and the basket is made, the basket will count and the fouled player will receive one foul shot. If the basket is not made, the fouled player will be awarded two shots. If a fouled player is injured and unable to shoot the free throws, the team may pick any other player on the floor to shoot the free throws.

Fouling Out

Players are disqualified on their 5th personal foul. If a player gets disqualified on fouls and the team then has less than 3 players eligible to play, the first player disqualified on fouls can return to play to keep his team at 3 players, but each and every time the player fouls after re-entering the game will result in a technical foul, which is 2 free throws and be awarded possession of the ball.

Free Throw Lane Violations

Lane violations will occur on foul shots when a player enters the lane prior to the release of the ball. All players must wait until the ball is released from the shooter before entering the lane for a rebound on a foul shot. The shooter must wait until the ball hits the rim before entering the lane area. If the ball does not touch the rim the ball will be turned over to the defending team.

Lane Violation – Three Second Rule

Lane violations occur when an offensive player stays in the key for 3 consecutive seconds without a shot taking place. Referees may encourage kids to move out of the lane to avoid a 3 second call.

Flagrant/Technical Fouls

In the event of a flagrant or technical foul, the offended team will be awarded 2 free throws and be awarded possession of the ball. Any player on the floor may shoot the free throws.

Offensive Rules

24 Second Shot Clock

Teams will have 24 seconds to shoot the ball after every shot or change of possession.

Pass Before Scoring

Each team must make at least 1 pass to a teammate before scoring per possession. If a team gets an offensive rebound, including on missed free throws, it is considered the same possession and they do not need to take the ball behind the arc or make another pass before scoring.

Live Change of Possession

If the defense gets a rebound, including air balls, it is considered a live change of possession and they must dribble or pass the ball to a player behind the arc and continue play without a check ball. It is also considered a live change of possession after a made basket.

Players have 5 seconds to get the ball behind the arc after a live change of possession.

Defensive Rules

Type of Defense

Teams may play any type of defense they desire. Man-to-man or zone defenses are allowed at any time including out of bounds situations.

Change of Possession

After a live change of possession, teams may not play defense until the offense has successfully dribbled or passed the ball beyond the arc.

Referees

All referee decisions are final. We will not tolerate any badgering of the referees. Judgment calls cannot be questioned. The referees will be using their own judgment with respect to individual capabilities of players.

Remember: Good attitudes towards the referees will create good referee attitudes.

Sportsmanship

Every effort must be made by players and parents to cooperate with the referees. Parents and spectators are asked not to coach from the sidelines and let the kids figure things out on their own. Positive cheering is encouraged. Technical fouls will be imposed against a player or team for any unsportsmanlike behavior including swearing, taunting or inappropriate verbal or physical behavior.

**Due to current COVID-19 conditions, players will not shake hands, high 5 or give knuckles after the game. Players will be asked to line up and wave and acknowledge the opposing team.