



## YMCA 3 v 3 Basketball Rules and Regulations

- Grades participating will be 6 – 8 for boys and girls
- Each team will choose a team captain. The captain will receive emails and text messages about game updates and the schedule release. This can also be a parent to relay to the kids, but coaches are not needed for league play
- 1 player from each team must keep track of the points and score and fill out the stat sheet for that game, when that player is playing, another player will keep the stats
  - o Stats sheets will be turned into the YMCA staff after games conclude
- Athletes must wear appropriate shoes and clothing during game
  - o YMCA game shirts will be given to players / Red and Black jerseys
  - o Team listed first on the schedule will be the home team and wear **RED**
- Team rosters are made of minimum 3 players and maximum 6 players per team
  - o Players can only play for 1 team / teams may not add or pick-up players during season after registration deadline unless of injury to another teammate
- Games will be played Thursday nights starting at 6 PM

### Game Rules

- Games will be 15 minutes or until 1 team reaches 21 points. Every basket is worth 2 points within the 3-point mark and 3-points beyond the mark
  - o Fouls called on shots will result in only 1 free throw attempt, if missed the ball will be considered live for both teams
  - o Ties at the end of the time allotted, will result in next point wins
  - o Games can start early if both teams are present and ready to play
- Fouls will be called by the referees or game officials present. Player fouls will not be tracked but referees are allowed to make a substitution for a player who may be fouling a lot or being too physical on the court
- Team listed first on the schedule will be considered the home team and will start with the ball
- After each made basket or change of possession, ball must be taken back behind the 3-point line before a shot can be attempted from the other team. Failure will result in no point for the other team if basket is made
- After basket, out-of-bounds, or missed free throw attempt, the ball will be taken to the top of the key and will be “checked” to start play – ball must be passed off of the “check”
- All held balls will be put into play behind the three-point line with possession given alternately to each team
- Teams will alternate possession after made shots, no “make it take it”
- Substitutions can only happen when play is stopped
- Each team is allowed 1 30 second time out