

3 on 3 Basketball Game Format & Rules of Play

3 on 3 Rules

Home team call the coin toss at the start of each game

Each game will be to 21 points or 15 minutes (whichever occurs first). Length of the game may vary depending on time available.

The team must win by only one point.

Teams score by either regular two-point baskets, or by three-point shots taken from outside the three-point circle.

After a basket has been scored or a foul called, a player must put the ball in play from a line past the three-point line above the foul key.

All held balls will be put into play behind the three-point line with possession given alternately to each team.

On defensive rebounds or steals, players must return the ball by dribble or pass across the three point line before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting.

After a basket, the team scored upon will put the ball in play.

Fouls will be called by the player being fouled. All fouls called will result in possession of the ball by the team who was fouled.

Substitutions may be made after a basket or an out of bounds play.

Each team is only allowed one 30-second timeout under the last minute of play.

If the game ends in a tie after regulation time and the max score has not been met, there will be a one minute overtime period. Possession will be determined by alternating possession or a coin toss.

Ties at the end of any overtime period will result in successive one-minute periods until the tie has been broken or the max score is reached, with possession alternating each overtime period.

Basketball Skill Competition Rules:

Spot-Shot Rules:

Teams:

Consists of two players

Shooter

Rebounder

Time:

Round consists of 60 seconds

Shot locations:

1 Point- At the basket. (Layup)

2 Point- Mid range jumpshot

3 Point- Free Throw

4 Point- Long range baseline jumpshot(inside the 3-point arc)

5 Point- Top of the Key 3-point shot

Note:

Locations will be marked on both sides of the lane. Shooters are not restricted to one side or the other.

Shooters may take shots on either side as long as the shot is taken at one of the marked locations.

Points are the same at each locations on either side of the lane.

Rules of Play:

To Begin- Persons on the court consist of one shooter, one rebounder, one official.

The shooter will begin at mid-court. The clock will begin when the shooter takes their first step off of the midcourt line.

Shooter moves from spot to spot per shooter's choice. No sequence is enforced.

Shots may be taken within 1 foot of spot marker.

Players are allowed a maximum of (5) 1 point layups.

Player shoots from their spot of choice, made baskets earn the shooter the designated points.

Points will be added during the round and the total will be added at the conclusion of the 60 seconds.

Rebounders will retrieve the ball after each shot and will return the ball to the shooter. No other physical assistance may be provided by the rebounder. Verbal assistance is allowed.

Official on the court will be there to determine if a made shot is executed in the appropriate proximity of the spot to award points. If the made shot is within the appropriate proximity of the spot, the official will call out the point value earned. If a shot is not close enough to the spot, the official will announce "No Points" immediately and if the shot is made, no points will be awarded. Play will not be interrupted as the clock will be running.

Round Variations:

Rounds can be played in an Individual Format.

- One shooter and one rebounder.

- Only one score will be submitted

Rounds can be played in a Team Format

- First round has one shooter and one rebounder

- Second round, the roles are reversed. The shooter becomes the rebounder and the rebounder becomes the shooter. The two scores are added together and that total is submitted.

3-Point Shootout Rules

Each shooter will have 60 seconds to shoot five balls from five racks positioned around the 3-point line. One rack will be stationed at the top of the key, one will be on each wing, and one will be in each corner. Each shooter may begin at either corner of the court. The designated shooting spots along the 3-point arc will be marked with yellow poly spots. The shooter will stand behind the yellow poly spot when shooting.

Participants may shoot multiple times to obtain the best score.

The clock will start on the shooter's first release.

The first four balls on each rack are worth one point, and the fifth ball on each rack is worth two points. A shooter must have both feet behind the 3-point line when he/she releases the ball.

A shooter's total score is determined by adding the total points he/she receives for all made baskets from behind the 3-point line.

Tie-Breaker - When determining the campus champion, the following tie-breaking procedure will be followed: The first tiebreaker will be the number of money balls each shooter hit in his/her round. If a tie still exists, the second tiebreaker will be the number of baskets made from the last rack. If a tie still exists, proceed backward through the number of racks until the tie is broken.

Free Throw Shooting Contest

General Rules- Participants are given two practice attempts before the start of the qualifying round.

The participant must let the checker know when s/he is ready to begin.

The count begins when the first free throw is made.

All free throws must be attempted from behind the free throw line (15 feet) and inside the circle.

A free throw is considered out when it touches any support or standard above the backboard or rim.

Participants who make 20 or more free throws in the first round will be qualified for the final round.

Players will be given a total of 25 attempts.

Two practice attempts are allowed before the final round begins. The final round count begins when the first free throw is made.

The individual championship will be determined by adding together the scores of the qualifying and final round.

The team championship will be determined by adding the highest four scores per organization.

Co-Rec partners must be declared before participating in the contest.