

Updated: 4/24/2021

CYA GIRLS BASKETBALL RECREATIONAL LEAGUE 2021 SPRING SEASON GAME RULES

Overview

The CYA Girls Basketball Recreational League has adapted the USA Basketball 3 versus 3 (3v3) game rules for the 2021 Spring season.

COVID-19 Protocols

CYA Basketball has set forth the following protocols regarding precautions for COVID-19 and safety during games:

- Masks must be worn by players, coaches, and time/score keepers at all times, as well as spectators
- Hand sanitizer, additional masks, and surface disinfectant will be made available in each clock bag
- The game ball should be sanitized as often as practical
- Only two teams allowed in gym per game slot
- There will be 15-minute window between games in order to clean bench area, scorer's table, etc.
- Only water bottles are allowed in the gyms
- Immediately following games, teams must exit the gym. Post-game team discussions must occur outside the gyms
- While games will be played half-court, teams may warm up on opposite ends of the full court

1. Court and Ball

The game of 3v3 is played on a half court with one basket.

For grades 3-5, rim height is 9 feet.

For grades 6-8 and high school, rim height is 10 feet.

A size 28.5" ball is used.

2. Teams

Each team shall consist of no less than 5 players (3 players on the court and at least 2 substitutes). A minimum of 3 players must be available per team. Substitutions are unlimited and there are no minimum participation requirements. However, coaches should work to ensure that players get as much game time as possible.

Updated: 4/24/2021

Substitutions can be done by any team on a dead ball, prior to the check-ball. The substitute can enter the game after first kneeling at the score table prior to the dead ball. The referee will then call for the substitute player to enter the game. Players/teams will be given one delay of game warning if substitutions are not made quickly. Additional delays will result in technical fouls.

3. Format

Three (3) games are played, 16 minutes each. Winner is best of 3. Running clock except for last two minutes of game, timeouts and at referee's discretion (such as a player injury).

Two (2) 30-second timeouts per game.

One (1) 2-minute breaks between games.

4. Game Officials

The game officials shall consist of 1 referee and time/score keepers. Each team will provide 1 time or score keeper for the game.

5. Game Play

A coin flip at the beginning of each game shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.

The game must start and will continue only if 3 players are on the court for each team for the entire game.

For grades 3-5, man-to-man defense is required at all times. No mandatory man-to-man for grades 6-8 and high school.

6. Scoring

Every successful shot inside the arc shall be awarded 2 points.

Every successful shot behind the arc shall be awarded 3 points, for grades 6-12. No 3-pointers for grades 3-5.

Every successful free throw shall be awarded 1 point.

7. Playing Time/Winner of a Game

The first team to score 21 points or the team ahead at the end of regular playing time wins the game. Regular playing time for games is 16 minutes.

A team will be awarded 2 points for a win, 1 point for a tie and 0 points for a loss (max points per set is 6). These points will be entered into League Athletics as the game results.

A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play.

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.

8. Fouls/Free throws

Fouls committed during the act of shooting will result in the offensive team being awarded one point and possession of the ball. If the basket is made, the basket counts and an additional point is awarded for the foul. The defensive team is then awarded possession of the ball.

A team is in a penalty situation on the 7th team foul. Team fouls 7, 8, and 9 shall always be awarded with 1 free throw. The 10th and any subsequent team fouls, as well as technical and unsportsmanlike fouls, will be awarded with 2 free throws.

Regardless of personal fouls, players do not foul out.

Possession is kept after the last free throw derived from an unsportsmanlike or technical foul, and the game shall continue with an exchange of the ball behind the arc at the top of the court.

9. How the Ball is Played

Following each successful field goal or last successful free throw:

- A player from a non-scoring team will resume the game by bringing the ball to the top of the key to resume play. Travels or double-dribbles will not be assessed until the ball has made it to the top of the key. The defensive team may not begin playing defense until the ball reaches the top of the key and resets.

Following each unsuccessful field goal or last unsuccessful free throw:

Updated: 4/24/2021

- If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball to the top of the key.
- If the defensive team rebounds or steals the ball, it must return the ball to the top of the key before moving to the basket to score. Travels and double-dribbles will not be assessed until the ball has made it to the top of the key. The defensive team may not begin playing defense until the ball reaches the top of the key and resets.

Possession of the ball given to either team following any dead ball situation shall start with an exchange of the ball (between the defensive and the offensive player) at the top of the key.

In the event of a jump ball situation, possession alternates.