

# PHILOSOPHY AND RULES



## PEAK 3-ON-3 PHILOSOPHY

This 3 on 3 basketball league is all about the players. Kids need to enjoy the sport to want to improve. The key focus is FUN! This is an opportunity to develop basketball skills in a fun, non-coached, low-stress environment. 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. We ask that players and parents conduct themselves appropriately and exhibit good sportsmanship.

## PARENTS/GUARDIANS

- **No coaching.** Cheering, however, is encouraged. Let the kids play and figure out things on their own.
- All players need completed liability waivers signed by a parent/guardian to prior to participating or playing in any game or league.
- If short players, teams may bring subs. Subs are required to have a completed liability waiver. Forfeiting is not encouraged. We want the games to be played.
- Help to keep the facility clean. Please pick up garbage and water bottles at the end of your games.
- Parents should never approach a referee for any reason and should treat all referees with respect. If an issue arises that needs to be address, please contact Site Supervisor.

## PLAYER CONDUCT

- No swearing, taunting or inappropriate verbal or physical behavior. Unsportsmanlike play may result in:
  - 1) Warning;
  - 2) Sitting out (ref discretion)
  - 3) ejection from the game or league.
- If unnecessary or excessive fouls occur, the ref may impose a technical foul (automatic 2 pts will be awarded, plus possession of the ball).
- No dunking. No hanging on the rim or net.
- League shirts should be worn. (Teams may wear matching shirts or uniforms).
- Players will demonstrate good sportsmanship during and after the game. Following the game, shake hands with their opponents is encouraged.

## GAME PLAY

- “Rock, paper, scissors” will determine initial possession of the ball. The court monitor/ref will supervise “rock, paper, scissors”, ref your game and keep score.
- Ball size (teams to provide their own ball):
  - Girls 5<sup>th</sup> thru 12<sup>th</sup> – 28.5
  - Boys 5<sup>th</sup> thru 6<sup>th</sup> – 28.5.
  - Boys 7<sup>th</sup> thru 12<sup>th</sup> - 29.5.
- Games are 20-minutes running time. There are no time-outs. Short water breaks may be allowed due to heat or a lack of subs.
- Unlimited substitutions. Subs will be allowed after made baskets or when the ball is not in play.
- A team may play with only two players (3 on 2).
- Possession of jump balls will alternate.
- 3 seconds in the lane will result in a turnover. Refs may issue reminders.
- Both feet and the ball must go outside of the 3-pt line on a change of possession.
- A ball that goes out of bounds is checked behind the arc.
- The half-court line is out of bounds.
- Following a made basket or dead ball, the ball can be checked anywhere behind the arc.
- A defensive rebound must be taken past the arc (includes air balls).
- No stalling. There will be a ref’s discretion 30-second shot clock.
- Scoring: 2 points per basket inside the arc. 3 points per basket outside the arc.
- Free Throws:
  - A fouled player will only shoot one free throw. It can be worth:
    - 1 point (And-1)
    - 2 points (inside the arc foul or bonus free throw)
    - 3 points (field goal attempt outside the arc).
  - Bonus Free Throws: One shot (worth 2 points) will be given to a player fouled on the fifth team foul and all subsequent fouls by the opponent. There I no double-bonus.
  - Players have 6 seconds to shoot a free throw once the teams are lined up.
- Intentional fouls (no matter when they occur) will result in an automatic 2 points PLUS possession of the ball.
- Ties will be settled with a free-throw shootout. Each team receives three opportunities to shoot free throws (3 different shooters). The team that makes the most out of three will be declared the winner. If there is a tie after three shots, additional free throws will be shot alternately until one team makes the free throw and the other team misses.