



## **Cabot Parks & Recreation 3 on 3 Basketball Rules**

- All league rules are governed and interpreted by the League Director.
- Play will be governed by Cabot Parks & Rec. League Rules.  
Any further rules will be through the FIBA rules.
- Cabot Parks reserves the right to modify/change, add, or delete any rules or regulations during the season.
- If changes are made, all coaches/players will be notified.
- NO OPEN CONTAINERS OF ALCOHOL WILL BE ALLOWED.
- THERE IS NO SMOKING/VAPING ALLOWED.

### **1. Team Composition**

- Each team consists of 3 players on the court.
- The maximum number of players on the roster is 5.
- Teams must have matching jerseys.
- Players must wear athletic shoes on the court of play.
- No dangling necklaces, earrings, watches or bracelets.

### **2. Court Specification**

- The game is played on a half-court with one basket.
- 10-foot goal.

### **3. Game Start**

- A flip of a coin or rock, paper, scissors will determine which team starts with the ball.
- The game begins with a check ball exchange behind the 3-point line.
- The player can pass the ball in or begin dribbling to start the possession.

### **4. Game Duration**

- There will be a 2-minute warm-up.
- We will have two 8-minute halves.

- A 2-minute halftime.
- The game clock stops during time-outs but does not stop during live play.
- If the game is tied at the end of regulation time, an overtime period is played.
- In overtime, the first team to score 1-point wins. (The flip of a coin or rock, paper scissors for possession to start overtime)

## **5. Scoring**

- A shot from inside the 3-point line counts for 1 point.
- A shot from outside the 3-point line counts for 2 points.
- A free throw is worth 1 point.
- If a player is fouled during an unsuccessful field goal attempt, the player is awarded free throws based on where the shot was taken from. (1 free throw for inside the 3-point line and 2 free throws for outside the 3-point line.)
- If a player is fouled during a successful field goal attempt, the basket will count, and the player is awarded one additional free throw attempt.

## **6. Starting Play after a Dead Ball**

- The ball is put into play by a check-ball at the 3 point-line.
- For a jump ball situation, the defensive team is awarded the ball.

## **7. Possession and Ball Handling**

- After each successful field goal or last free throw:
  - Possession will be reset at the 3 point-line and must be checked in.
- After each unsuccessful field goal or free throw:
  - If the offensive team rebounds, they can continue to attempt to score without returning the ball to the 3 point-line.
  - If the defensive team rebounds, they must clear the ball behind the 3 point-line.
- After each change of possession (steal, defensive rebound), the defensive team must clear the ball behind the 3 point-line.
- A clear is defined as, both feet and ball being outside the 3 point-line.
- Possession will change hands after every made basket.
- The team that did not receive the ball to begin the game will start the second half.

## **8. Fouls and Free Throws**

- Team fouls result in the shooting of 1 free throw.
- Technical fouls/unsportsmanlike fouls result in 2 free throws and possession.
- The player fouled in the act of shooting inside the 3 point-line will be awarded 1 free throw.
- The player fouled in the act of shooting outside the 3 point-line will be awarded 2 free throws.

## 9. Substitutions

- Substitutions can occur during any dead ball situation and before a free throw begins.
- Substitutions must be made from the designated substitution area.

## 10. Time-outs

- Each team is granted one 1-minute time-out per half.
- Time-outs can only be called by a team when in possession of the ball or by either team during a dead ball situation.

## 11. Game Official

- The game is controlled by 1 referee on the court who will control the game clock.
- There is also a scorer's table to keep track of the score, kept by volunteer parents.

## 12. Injuries

- In the case of an injury, the game will pause, and the injured player can be substituted.
- If the injured player cannot be substituted, the team will continue with 2 players.

## 13. Player Conduct

- Players must display sportsmanship and respect towards officials, opponents, and spectators.
- If a player is to be ejected for any reason, they will be **disqualified** for the **remainder of the season**.

## 14. Coaching and Communication

- Coaching from the sidelines is allowed but must be done in a respectful manner.
- Coaches cannot interfere with the referee's decisions or disrupt the game.