



MIDDLE TENNESSEE STATE UNIVERSITY

Campus Recreation

Intramural Sports

3 on 3 BASKETBALL RULES HANDOUT

ELIGIBILITY RULES

1. You must have an MTSU ID to participate.
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **The Court:** Games will be played on a half basketball court. The 3 point line used is the high school white line.
2. **Teams:** Teams will consist of 3 players, but a team may begin a game with 2 players. A maximum of 8 players are allowed on the roster.
3. **Game:** Games will consist of a 20 minute game time maximum. There will be a continuously running clock during the game. The running clock starts at the scheduled game time. It can start earlier if both teams agree but not later.
4. **Scoring:** The first team to score 21 points wins (no "win by two"), or the team that has the most points after the 20 minute time limit wins. 1 point will be awarded for shots made inside the three point arc and two points will be awarded for shots made outside the three point arc.
5. **Time-Outs:** Teams will have zero time-outs.
6. **Warm-Up:** Teams may warm up only if time allows and until 1 minute prior to tip-off time.
7. **Stalling:** 3 on 3 Basketball is designed for more continuous play. Any attempt to stall the game will be addressed by a warning by the Competitive Sports Staff. If it is determined that a team is stalling after a warning has been issued it will be a turnover and the other team will get the ball.
8. **Game Start:** A coin toss will determine first ball possession. The alternating possession rule will be in effect for all subsequent jump ball situations. Ball possession changes hands after each basket unless a foul is awarded. A defensive player must handle the ball prior to putting the ball in play from out-of-bounds or after a goal is scored, the ball must be "checked". The offensive player receiving the ball following the "check" must pass the ball in to initiate play. The ball is "checked" at the top of the key following baskets, out of bounds plays and non-shooting fouls.
9. **Check line:** Any change of possession requires a team to clear the ball beyond the three point arc before they can legally score including steals, air balls, etc.



MIDDLE TENNESSEE STATE UNIVERSITY

10. **Substitutions:** Substitutions may be made during any dead ball situation.

11. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry may not be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.

EQUIPMENT:

Attire Requirements:

- Individual player equipment must meet the following requirements or he/she will be removed from the game until adjustments are made:

A. **Headgear:** Players may not wear baseball style caps, other rigid headwear, knit caps and stocking caps. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair. Also hair beads are prohibited.

B. **Pads or Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.

C. **Shoes:** All players must wear shoes. Tennis/running shoes are permitted.

D. **Jewelry:** NOT allowed to be worn by any participant during an intramural event. Exception: medical alert bracelets are permitted if taped down.

If the game is stopped due to improper attire a technical foul may be assessed.

PLAYING REGULATIONS:

- Only those members listed on a team's official roster may be allowed to sit on the bench. Players must clear the bench and clean up their trash after the game ends
- **Team Captain:** The team captain is the spokesperson for the team. Teams are responsible for spectator control. After one warning, teams may be charged with a technical foul, and spectator(s) may be asked to leave the facility.
- **Unsporting Fouls:** If a team is assessed a technical foul by the Competitive Sports Staff, the opposing team will be given two free throws and the ball at the top of the three point arc. Two technical fouls on an individual will result in ejection from that game. A person may be ejected with one unsportsmanlike call, if the Competitive Sports staff deem it necessary. Three technical fouls charged to a team will result in forfeiture of the game and the game will be recorded as 1 loss for the team.
- **Player Ejection:** If a person is ejected by the Competitive Sports Staff for unsportsmanlike conduct, the person will be asked to leave the facility and be required to meet with the Competitive Sports Coordinator before being reinstated to play. If the player refuses to leave the gym, the game will be stopped and possibly forfeited. It is the captain's responsibility for the behavior of players and spectators before, during and after the game.
- **Throw In:** Any time the ball goes out of bounds it will be taken again at the top of the three point arc.



MIDDLE TENNESSEE STATE UNIVERSITY

- **Free Throws:** No free throws will be awarded (except in the case of a technical foul issues by the Competitive Sports Staff). The offended team will receive the ball at the top of the three point arc. In the event of a made basket and a foul (“And 1”), the offended team will have the option to take the point(s) or take the ball again at the top of the three point arc with no points awarded.
- **Arm Swinging:** If there is extreme contact then it may be a player ejection.
- **Playoff Overtimes:** There will be no overtime during the regular season. Overtime will begin with a coin toss or rock, paper, scissors and will last 1 minute, running clock. Any subsequent overtimes will be one minute, running clock.

SUMMARY OF FOULS AND RESPECTIVE PENALTIES:

- Teams will call their own fouls and no officials will be provided by the Competitive Sports Staff. Any disputes must be decided by opposing captains. If teams cannot come to a consensus, the Competitive Sports Staff may decide the outcome of the situation.
 - Technical fouls will result in two free throws being awarded to the non-offending team, then the non-offending team will gain possession of the ball, at the top of the three point arc. Two technical fouls charged to a player will result in the player’s ejection and 3 charged team technical fouls will result in the game being ended at the discretion of the Competitive Sports Staff.
 - A Flagrant foul (a foul of such violent unsportsmanlike nature that the guilty player, team manager, or coach requires ejection from the game) will result in the awarding of two free throws and the ball to the offended team and automatic ejection of the offending person from the game and/or the gym.
 - A technical foul will be called for delaying a game in any manner, using unethical methods to gain an advantage and unsportsmanlike tactics. Technical fouls are charged to the player.
 - A technical foul will be assessed to a team if a person(s) is not on the roster but sitting on the bench. The bench area is for players only. The resulting technical will be charged to the team and not an individual.
 - If any of these technical infractions are a violent, persistent, or aggressive nature, a flagrant technical foul situation will be used instead of the technical foul. Two technical fouls by a player, manager, or coach will be an automatic flagrant foul, resulting in automatic ejection from the game. The non-offending team will be awarded the ball at the top of the three point arc.
 - If a player is ejected, that player must leave the gym immediately after speaking with the Competitive Sports Supervisor. If not, that team will forfeit the game.
 - Administrative technical fouls like improper equipment and dunking before games will not affect sportsmanship.
-



THE CO-REC GAME

- The game is played between two teams of 3 players each. Teams must begin and end the game with no less than 2 players. There may be two (2) women and one (1) man or one (1) woman and two (2) men on the court. The gender difference can be no more than one (1) at all times. If there are only two players on the court for a single team the ratio will be one (1) woman and one (1) man.
- Scoring will be kept as follows: 1 point for shots made inside the three point arc and two points for shots made outside the three point arc.
- Teams may choose to play with a regulation-sized men's ball or a regulation sized women's ball (28.5). Both teams must agree. If both teams cannot agree, a regulation-sized women's ball will be the default.