



3 on 3 Rules



Roster

Only **5** players per team. No exceptions. Roster substitutions can be made online and/or at team-check-in. No roster substitutions after your games have begun. **Any roster substitutions must be given to our review board onsite. The review board will make the final decision.**

Age/Division

18+ Division, all players must be over 18 years old.

Youth - register for the grade you will enter in the fall. You can play up, but you cannot play down.

Playing on more than one team

A player can be on two rosters and play on more than one team, as long as they are not in the same division.

Which Team Receives the Ball First?

Rock paper scissors will be played to decide which teams receives the ball first. Best out of one.

Keeping Score

All made baskets from inside the two-point arc count for one point and made baskets from outside the two-point arc count for two points. The first team to 20 points is the winner. (See below for exceptions).

Length of Game – All Divisions

The target score is 20 points. The first team to reach 20 points within 20 minutes wins, without needing a 2-point margin.

If no team reaches 20 points, the game ends at 20 minutes. The 20-minute clock stops for team time-outs, player injuries, or other unusual circumstances. If a team intentionally stalls to run out the clock, the court monitor will call a technical foul.

*Stalling is not allowed

If 20 points are not achieved within 20 minutes:

- The team with the lead shall be declared the winner, regardless of the margin.
- If tied, overtime is played.
- No game shall go beyond 20 points. For example:
 - Score tied 16 to 16: First team to 18 wins
 - Score tied 8 to 8: First team to 10 wins
 - Score tied 19 to 19: First team to 20 wins (no game goes beyond 20)
 - Score is 12 to 11: Leading team wins, no overtime

Overtime:

- Rock/Paper/Scissor decides possession in overtime.
- In overtime, the first team to score 2 points wins.
- Exceptions: Elite division games always go to 20 points; grades 3-6 use sudden death first team to score wins).

Checked Ball

Before play begins, an opposing player must check the ball behind the designated line, not on the baseline or sideline. Play starts with a pass after the check, and the **on-ball defender must stay behind the line during check**. Live play change of possession (taking the ball back behind the line) does not require a check. For grades 1 -4, the first pass behind the free-throw line extended, *cannot* be contested. If the pass is in front of the free-throw line extended, towards the basket, full defense is allowed.

Change of Possession

The ball will change possession after scored baskets and all free-throw attempts except for Technical, Intentional, or Flagrant fouls. There will be no “make it, take it” rule.

Taking It Back

The ball will be “taken back” on each change of possession, regardless of if a shot was attempted. Failure to “take it back” results in loss of possession and any points just scored. “Taking it back” means bringing your whole body and the ball behind the established “take-back” line, not the sidelines. You do not need to check the ball on live play (when taking it back behind the line).



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Ball Out-of-Bounds

A ball out-of-bounds will be taken out from the back-court line.

Boundaries

The basket structure, padding, and structural supports will be played as out-of-bounds. The actual backboard, including its face, top, bottom, and sides, shall be considered in-bounds.

Jump Ball

In a jump ball situation, the ball will first go to the team which lost the opening rock/paper/scissor match, with alternating possessions thereafter.

Substitutions

Substitutions may only be made during a time-out or a “dead ball” situation.

Time-Out

There will be one time out given per team per game.

Basket Height

1/2 division will play on an 8-foot basket.

All other divisions will play on a 10-foot basket.

Warm-ups

Please warm up prior to your game time. To keep tournament on schedule, there may not be a warmup before your game time. We will start as close to the scheduled game time as possible.

Fouls

- All fouls result in one free throw, except for successful field goals, which count without a free throw and alternate possession.
- Opposing players cannot intentionally disrupt the shooter's free throw.
- Possession changes after the free throw, whether it's made or missed.
- After a foul shot, play resumes from the back-court line.
- Incidental contact is not a foul unless it causes a significant disadvantage.
- Court monitors referee all games except the adult division, where players call their own fouls, though a court monitor is present.

Technical and Flagrant Fouls

A technical foul results in one point for the offended team and possession of the ball.

Stalling

Stalling is prohibited. Stalling is a style of play in which a team does not actively try to advance the basketball toward the basket and shoot the ball at the basket. It is a method used to run out the game clock to preserve a win. Stalling is considered an unsportsmanlike act and will result in a technical foul against the offending team.

3 seconds in the key

3 seconds in the key rule will be enforced. If 3 seconds in the key is called on offense, it will result in a change of possession and the other team's ball.

Unsportsmanlike Conduct & Cheating

This is a family-friendly community event. Any unsportsmanlike conduct and/or cheating will result in removal from the tournament.

Ball Size

- Youth in grades K-6th grade, all girls and women's divisions, and unified division will use a 28.5" basketball.
- Boys in grades 7 -12, adult men, and adult coed divisions will use a 29.5" basketball.

Game Ball

An official Capital City 3on3 basketball will be supplied for use during games. If a team wants to use a different ball in their game, both teams must agree at the beginning of the game and the same ball must be used throughout whole game.



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Review Board

specific situations in question will be brought to our review board onsite to decide. Any team issues must be brought up before game starts. If no issues are brought up, the games are as planned.

Any game-