

3 on 3 Basketball Study Guide

HISTORY AND INFORMATION:

Basketball was first introduced in 1891 by Dr. James A. Naismith at the YMCA College in Springfield, Massachusetts. A peach basket was first used as the hoop. The game spread rapidly across the nation. Basketball was finally adopted into the Olympics in 1904.

The traditional game of basketball consists of five players on a team. There are two forwards, two guards, and one center. The game is started with a jump ball between the two opponents (usually the centers) at center court. After each field goal the ball is put into play by the team not scoring, from the out-of-bounds area behind the basket at which the score was made. The high school game consists of four-eight minute quarters.

Two basketballs will fit inside a regulation basketball hoop at the same time. The men's ball is 29.5 inches and the women's ball is 28.5 inches.

The basket is 10 feet off of the ground.

The free throw line is 15 feet from the basket.

3 - ON - 3 BASKETBALL RULES:

Except as designated below, any rules or play interpretations not discussed below will be covered by NFHS Basketball Rules.

EQUIPMENT:

All players must wear non-marking court shoes during the course of play. No hard protective casts and/or jewelry (rings, watches, chain necklaces, etc.) shall be worn. All Intramural basketball teams are required to wear pennies.

GAME TIME/SCORING:

Teams keep their own score. The first team to score twenty-one (21) points or the team leading at the end of the 10-minute time limit will win the game. The clock will run continuously for the entire game. It is not necessary to win by two (2) points. In case of a tie at the end of 10 minutes, the winner will be decided by the next basket made. Each basket scored in front of the 3-point line is worth two (2) points. Each basket scored behind the 3-point line is worth three (3) points. At the end of the game, both team captains must report the score and winner of the game.

GAME START:

Games begin with a Free Throw by one player selected from the home team's captain. The team listed 2nd on the schedule is the home team and will shoot the free throw. If the home player makes the basket, the home team receives the ball first. If the basket is missed, the visiting team receives the ball first.

TIME-OUTS:

There are NO timeouts. Running time will be kept by the teacher or supervisor for the affected game.

GAME RULES, OFFICIATING:

All games are self-officiated. There is no fouling out. Fouls will be called by the defense. The teams involved must mediate all questions of judgment. A "Do or Die" shot will be taken if a disagreement about a call ensues that cannot be decided by discussion. The player making the call will shoot the "Do or Die" shot from the free throw line. If the shot is made, then the call stands. If the shot is missed, then there is no call. Any game that cannot be completed due to continued disagreement between teams would be considered a double forfeit. The teacher or supervisor reserves the right to disqualify any player/team that continuously commits harsh and unnecessary fouls in an attempt to influence the outcome of a game.

FOULS:

Any common foul shall result in loss of possession for the offending team. Any offensive foul shall result in disallowing a converted basket and loss of possession. Any shooting foul with a missed basket shall result in retained possession by the shooting team. Any shooting foul with a converted basket shall result in the basket being awarded and a change of possession. No free throws are awarded.

SUBSTITUTIONS:

Substitutions may be made after a basket or any stoppage of play.

"LOSERS-OUTS":

The defensive team, after a converted offensive goal, shall be awarded the ball at the top of the key.

"CHECK LINE"/CHANGE OF POSSESSION:

The "check line" shall be the 3-point arc around the court. A player must PASS the ball in play from the check line "top of the arc" after a dead ball situation (i.e. out of bounds, after a made basket, etc). On defensive rebounds, turnovers, or steals, the ball must be taken behind any point of the 3-point arc and the team in possession of the ball may maintain control and attempt to score.

OUT OF BOUNDS:

If a player causes the ball to go out of bounds or over the mid-court line, the opposing team receives possession at the top of the key.

HELD BALL:

On a held ball situation (jump ball), the ball is awarded to the defensive team on the first held ball and then alternates possession on each held ball thereafter.

BEEF: Balance, Elbow (pointed at your target), Eyes, (on your target one square inch), Follow through (elbow above your eye and fingers down "gooseneck" or "hand in the cookie jar").

TRIPLE THREAT POSITION: You can shoot, pass, or dribble from this position.

BOUNCE PASS: Is used to pass under a defenders hand.

CHEST PASS: Is used to get the pass to a team mate more quickly.

JUMP STOP: Will allow the player to pivot off of either foot. Both feet will hit the ground at the same time.

STRIDE STOP: Will allow the player to generate more rhythm when shooting.

PIVOT FOOT: A player must establish a pivot foot (the foot may not move on the floor) when not dribbling or moving. If the player moves his/her pivot foot it will result in a "traveling" violation.

DOUBLE DRIBBLE: Is a violation and is called when a player dribbles, picks up their dribble, then dribbles again.