



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Prescott YMCA Adult 3 on 3 League Rules and Regulations

2023

1. Welcome all captains, players and officials, to the Prescott YMCA Adult 3 on 3 Basketball League. This League is based on our core values of caring, honesty, respect, responsibility, and exercise for all individuals involved. The YMCA Sports Department will supply a supervisor & an official. Teams will report to the supervisor. **THIS LEAGUE IS FOR FUN AND DEPENDENT ON GOOD SPORTSMANSHIP.** Play to win, but DO NOT put winning ahead of being an honest player and a good person. We hope that you will enjoy your experience in our League and our staff would like to take this time to wish you the best of luck this season.

ROSTERS and CAPTAIN'S MEETINGS

- All teams must be represented at the pre-season captain's meeting. This is MANDATORY.
- Players under the age of 18 will need to have a parent or guardian sign a waiver/release form before the first game.
- Each team game roster is to be submitted by the team captain at the start of each game. A team must have a minimum of three (3) players and a maximum of six (6) players on its roster at the start of the game.
- Players may only play on one team. If they wish to switch to a different team once the season has started they can do so by: 1st-Being dropped from the team roster they wish to leave: 2nd- Then get added to the team roster they wish to join. NOTE: A player may only switch teams ONCE during the season. Also, once a player is dropped and added that player cannot return to his former team or join any other team. Violation of this rule will result in forfeits for the team(s) that is involved.

- Rosters will be frozen after the 4th week of the season-Meaning the roster of 6 after the 4th week will be the team the rest of the season. No one can be added to a team after week 4.

Schedule & Schedule Changes

Games will be played Tuesday evenings at the Armory in Prescott. Game times TBD. Schedule changes may be necessary from time to time due to various circumstances. Coaches/managers will be notified immediately of such changes. Captains/managers will then be responsible to notify their players. Once the schedule has been published, requests for schedule changes will not be honored. Teams requesting specific game days/nights must do so prior to schedule development. Although not guaranteed, all efforts will be made to honor such requests. The top 6 teams will make the end of the season tournament.

Forfeit Procedures

Any team which forfeits once will receive a warning. A team(s) which forfeits twice is subject, at the discretion of the YMCA, to be removed from the league.

Captains/managers should notify the YMCA in advance if they lack the necessary players for a game(s). Captains should call the Prescott YMCA Sports Department at 928-445-7221 ext. 233 to notify of a forfeit.

Protests

Protests must be lodged during the game in which the protested roster or rule interpretation occurs. Officials will stop game to address protest. No protests may be made after the conclusion of the game.

Only protests of ineligible players and rule interpretations will be considered valid by the YMCA. Protests involving the judgment of an official will not be given consideration. A team's captain/manager will be the only one allowed to issue protests.

In protests all decisions made by the YMCA are final.

Ineligible Players

A player is ineligible if he/she is not on a team roster, has not signed said roster, is exceeding the league limit for participation, is playing under an assumed name, or is younger than eighteen (18) years old.

Rosters

Teams must submit a completed roster to the YMCA prior to their first game. Rosters will be at every game; they may be updated from time to time as needed. Players may be added to a roster on-site. Lineups for each game must only contain rostered players.

All players must personally sign the team roster; players listed on a roster without a signature are not eligible.

A player may be released from a roster and join another team during the season. The Sports Director must approve all roster changes.

Use of Facilities

It is up to all participants treat the use of the YMCA facilities as a privilege and not to abuse them in any way. In order to enjoy the continued use of the facilities, the YMCA asks that all participants and spectators adhere to the following guidelines:

1. There will be no food or drinks allowed in the gym. Water, however, will be allowed.
2. No smoking or vaping is allowed in the gym or on YMCA property.
3. Please dispose of all trash in a trashcan.
4. NO ALCOHOL is allowed on YMCA property. If a player or spectator appears to be under the influence of alcohol he/she will be asked to leave the premises. Failure to do so will result in legal action.

League Rules

The National Federation of Basketball Rules will govern all league play except as modified by the league rules specified in this rulebook.

Administration

- Each team is required to have their own jerseys with numbers at EVERY game. If a team does not have their jersey's with numbers, they will receive one warning and if it happens again they will receive a technical foul.
- Each team must have a designated team captain that will represent the team his/her team as a spokesperson at all times. The captain is the ONLY team member that may speak with a referee.

Game Format

All games will be played on a half court. There will be one official and one official scorekeeper at each game. A two official system may be used.

All games will be played in a three-game format. Each game will be worth one point; points will determine seeding for end of season tournament. The three (3) individual periods will be twelve (12) minutes in length. The twelve (12) minute periods will have a running clock except for: the last minute of each period, called time outs, and injuries. The last minute will be a stop clock: out of bounds, fouls, violations, made baskets and so on. This includes the three (3) minute overtime periods which only the last one (1) minute of the overtime period will be a stop clock. The first team to score 2 points in overtime will be declared the winner. If the game remains tied at the end of the overtime period, then the winner will be determined by sudden death free throws. The clock must be manually started and stopped; in the event that the clock is not properly stopped, the manager must bring the discrepancy to the official and the official will make any corrections with the scorekeeper. At no time may a player discuss the clock with the scorekeeper directly.

Change of Possession

The Home Team, determined by coin flip, will start the game with possession of the ball and possession from that point forward will rotate and carry through the entire match, all three (3) games. Beginning possessions and each possession after a made basket, violation, or foul, shall be inbounded from ten feet above the top of the three point arc (the blue line at the YMCA). The opposing team shall "check" the ball

prior to inbound. Change of possession during live play shall be accomplished by taking the ball behind the three point arc.

Time Outs

Each team will be given one (1) time out per period. These time outs will not carry over to the following periods. Each time out will be no longer than one (1) minute in length or until both teams are ready to resume play, whichever comes first. If a team calls time out and does not have any remaining, the bench will be charged with a technical foul. The opposing team will be awarded two (2) points and possession of the ball. Each team will be awarded one (1) additional time out, plus any remaining time outs from the current period, for each additional overtime periods.

Fouls

A player will be disqualified after 4 personal fouls during any game (all three (3) periods). If a player receives six (6) personal fouls during the course of the match he/she will be disqualified from the match at the time the sixth foul has occurred. No additional personal fouls will be granted for overtime periods. If a player feels that there is a discrepancy regarding personal fouls, they must refer the matter to their respective captain. The captain will then bring the matter to the attention of the official and the scorekeeper. If the player does not follow these guidelines, then they run the risk of a technical foul or ejection from the game. All personal fouls will be included in a team foul total; four or more team fouls will result in a point being awarded plus possession of the ball.

Scoring

Scoring will be as follows:

- a. Two points shall be awarded for a basket inside the three-point arc.
- b. Three points shall be awarded for a basket beyond the three-point arc.
- c. One point shall be awarded on a shooting foul (basket missed), offense retains possession of ball.

- d. One additional point shall be awarded on a shooting foul (basket made); defense takes next possession.
- e. One point shall be awarded upon the 4th team foul (and each team foul thereafter). Offense retains possession of the ball.
- f. Two points will be awarded upon the 7th team foul and defense will take possession of the ball.
- g. No points shall be awarded for player control fouls (offensive fouls).
- h. In the last minute of game play, all free throws will be shot except for technical fouls.

Ways to Win

Period- A team must be the first to score twenty-five (25) points and win by no less than two (2) points, or be leading at the end of the twelve (12) minutes regardless of the point spread, in order to be declared the winner of a period. All scoring discrepancies will be handled by the captain/manager, the official and the official scorekeeper during timeouts and between periods.

Game- Each game won in series of 3 counts as a point for winning team. If team wins 2 of 3 games in match, receive 2 pts, 1 of 3 games in match, receive 1 pt. etc. All scoring discrepancies will be handled by the captain/manager, the official and the official scorekeeper during timeouts and between periods.

Conduct

When you register your team, it is to be understood that you are playing in a recreational program. The intent of this program is for players to enjoy themselves and have fun. Please caution your players as to their conduct on and off the court as well as toward the officials and other participants. Should an official feel that a player is demonstrating an unsportsmanlike act, they will be penalized accordingly. At no time shall anyone verbally or physically abuse any person whether they are volunteer or YMCA

employee. Violation of this rule will result in police action. Any player assessed a technical foul shall also be required to sit out two (2) minutes from the point of interruption. If an official makes this request, the captain/manager is responsible for enforcing the request. If the captain/manager refuses this request, the captain/manager and player will be ejected from the gym for the remainder of the game and possibly the season. The officials will penalize unsportsmanlike conduct by players, captain and spectators. If there is a flagrant conduct violation, the officials will penalize the team by banishing the offending player from the game and the gym. A player or team can also be dropped from the league if unsportsmanlike conduct becomes a problem. All captain/managers are responsible for their team's spectators.

Ejections

Players or captains ejected from a game must leave the gym immediately and have their suspension reviewed by the Sports Director. Each ejection will result in missing the next game series. If ejected at end of season, each player will sit out first game series for the next basketball league. Additional action may be taken, including but not limited to, probation or total suspension from the league for the remainder of the season.

Forfeits

Unsportsmanlike Conduct A game can and will be forfeited due to aggressive unsportsmanlike conduct. This decision is left to the official. If this occurs all players of the offending team will be required to leave the gym. The YMCA Sports Director may take further action against the offending team if it is warranted.

Lack of Players A team must have at least three (3) players to begin the game. A team that begins with the minimum of three (3) players and is reduced to two (2) players may legally continue to play and start subsequent periods until the team's players drop below two (2), in which case the period will be forfeited.

Lineups

The captain/manager must submit all names, first and last, of all players on the line-up card. The line-up card must be turned in to the official scorekeeper prior to the game. A technical may be given to the bench if the line-up card is not turned in on time.

Player Apparel

Teams are required to wear their own team shirts/jerseys. All jerseys/pennies worn must have a permanent number on the back of shirt or jersey. All players must wear either shorts or sweatpants and any non-marking athletic shoes. No street clothes will be allowed. Knee braces will be permitted but must be worn so no other players will come in contact with the brace.

Substitutions

Substitutes must report to the scorekeeper. For legal substitutions, the officials on the court will signal verbally or with the wave of a hand for the subs to enter the game. Any substitution without consent from the official will result in an indirect foul (technical)

Technical Fouls

- All technical fouls will be counted as part of the four (4) or six (6) disqualifying personal fouls. Any player who receives a second (direct) technical foul in a game will be automatically ejected from the game and the possibility of a two-game suspension. Any players who receive three direct technical fouls at any time during the season will be placed under review and have the possibility of being suspended for the remainder of the season. The YMCA Sports Director will review the situation and make a timely decision.
- Direct technical fouls can be given for the following: a. Misconduct b. Fighting c. Abusive Language d. Rough Play
- Indirect technical fouls can be given for the following: a. Not reporting a substitute b. Not being listed in the line-up card c. Pockets in pants or shorts d. Unruly spectator behavior e. Insufficient protection on braces

- On all technical fouls, direct and indirect, two points will automatically be awarded, plus the ball out-of-bounds. At no time will a team shoot technical foul shots.
- Any player assessed a technical foul shall also be required to sit out two (2) minutes from the point of interruption. Tie-Breaker Formula
The following formula will be used to determine the champion or ranking of teams if there is a tie between two or more teams at the end of a scheduled season.

Tie-Breakers for Postseason Tournament (Top 6 Teams will make the Tournament)

1. Head-to-Head game record
2. Head-to-Head points scored
3. Total points scored (season)
4. Coin toss

Dunking

No dunking is allowed during warm-ups or games. Anyone caught dunking during warm-ups will be given a double technical foul and automatically will be ejected from the game and will receive an automatic one (1) game suspension. If a player receives more than one suspension for dunking, they will be suspended for the remainder of the season. Anyone who is dunking will be held responsible for all replacement costs and for all parts and installations on any items damaged as a result of their actions. Hanging on the rim will have the same penalty as dunking.

Code of Conduct

The Code of Conduct will be enforced before, during and after all league and tournament play. All rules will be strictly enforced. A team will be held accountable for the conduct of its players, fans or spectators. Misconduct will result in the penalty of an individual and/or team.

- The term "individual" includes the following: captain, manager, player, fan or spectator.
- The term "official" includes the following: referee, scorekeeper, league director, gym supervisor, and school or Town staff.

- 1. No Individual Shall: At any time lay a hand upon, shove, or strike an official.**
Minimum penalty: Ejection from game and playing area with a two-game suspension.
Maximum penalty: Banned from YMCA programs and assault charges may be filed.
- 2. No Individual Shall: Engage in a physical fight with another individual.** If deemed a "fight", individuals involved will be ejected from the game and playing area, with a suspension imposed by the YMCA Sports Director. The suspension may be season ending.
- 3. No Individual Shall: Be guilty of objectionable demonstration of dissent by throwing a ball or any other forceful actions.**
Minimum Penalty: Unsportsmanlike Technical Foul.
Maximum Penalty: If deemed flagrant, ejection from the game and playing area.
- 4. No Individual Shall: Disrespect any call made by an official. Discussions will be accepted through the captain/manager only.**
Minimum Penalty: Warning by the official.
Maximum Penalty: Unsportsmanlike Technical Foul.
- 5. No Individual Shall: Be guilty of using unnecessary rough tactics in the play of game.**
Minimum Penalty: Unsportsmanlike Technical Foul.
Maximum Penalty: Flagrant Unsportsmanlike Technical and Ejection from the game.
- 6. No Individual Shall: Be guilty of unsportsmanlike flagrant fouls.**
Minimum Penalty: Ejection from game and facility with an additional one or more game suspension.
Maximum Penalty: Suspension for remainder of season, including playoffs.
- 7. No Individual Shall: Be guilty of an abusive verbal attack upon any official or individual on or off the playing court.**
Minimum Penalty: Unsportsmanlike Technical Foul (on court) disciplinary action (off court).
Maximum Penalty: Banishment from further League Play (on or off court).
- 8. No Individual Shall: Use profane, obscene, or vulgar language in any manner or at any time, on or off the playing court.**
Minimum Penalty: Warning by official/Sports Director.

Maximum Penalty: Unsportsmanlike Technical Foul (on court) disciplinary action (off court).

9. No Individual Shall: Appear on the court of play at any time in an intoxicated condition or under the influence of any other type of drug which will infringe upon their safety or the safety of others.

Minimum Penalty: Ejection from game.

Maximum Penalty: Disciplinary action to be determined by the YMCA Sports Director.

10. No Individual Shall: Be guilty of damaging, destroying, or stealing YMCA property.

YMCA staff reserve the right at any time to call a game final and stop the game.