

BASKETBALL

League Rules



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1. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

ROLES OF THE GC

- **Facility Liaison**
 - Act as the onsite contact, set-up and take-down required equipment
- **Game Facilitator and Mediator**
 - Start and end the game on time
 - Host pre-game and half-time meetings
 - Call violations and fouls that are missed by players, enforce the rules of the sport
 - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- **Player Liaison**
 - Represent the ESSC and act as a link between the players and the league
- **Game Reporter**
 - Record and announce the score throughout the game, report back to the ESSC
 - Collect a sportsmanship rating at the end of the game from each team

GC NO-SHOWS OR ABSENCES

Although the ESSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to info@Edmontonsportsclub.com

2. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Total # of Females Required on the Court	Total # of Males Allowed on the Court
3 on 3	3	0	3

The ESSC welcomes people of all gender identity or expression. Minimum female requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums).

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
3 on 3	3	0-30

4. FORMAT & EQUIPMENT

GAME FORMAT

- Player should arrive 15 minutes prior to the scheduled game time
- Teams will play one 60-minute game per night:
 - 5-minute warm-up
 - 5-minute half-time
 - 25-minute halves
- All games are played using a half-court set-up
- **Regular Season:** Ties are allowed
- **Playoffs:**
 - Halves are shortened to 23-minutes to allow for the possibility of an overtime period
 - First possession for the overtime period will be determined by a coin flip, or rock, paper, scissors
 - The first team to score 3 points is the winner
 - Ball possession will change with a check-ball after each basket

SCORING

- Mercy is called and the score freezes if a team gains a 30-point lead
- **Recreational Leagues:**
 - Baskets inside of the 3-point arc are worth 1-point
 - Baskets from beyond the 3-point arc are worth 2-points

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- Players should bring a light and dark shirt to each game
- The Games Coordinator will provide the game basketball

5. GAME PLAY

ESSC 3-on-3 Basketball League rules blend the FIBA 3-on-3 Rulebook, with the standard ESSC rulebook.

STARTING & RE-STARTING PLAY

START OF PLAY

- The winner of the coin flip or rock, paper, scissors will choose to take first possession, or defer to the 2nd half
- To start the second-half, the team that did not start with possession in the first half will get the ball
- To start both halves, the team on offense must check the ball with a defensive player to start play

SUBSTITUTIONS

- Substitutions can be made in dead ball situations, prior to the ball being 'checked.' This includes after a basket is made by either team
 - Substitutions cannot be made on the fly, or during play

POSSESSION / CLEARING THE BALL

- A team gains offensive possession once they dribble or pass the ball beyond the arc
 - A player is considered to be 'beyond the arc' when neither foot is touching, or inside of, the arc line
- If the defensive team steals or blocks the ball inside the arc, or secures the ball off a rebound, they must clear the ball to gain offensive possession
- If a defensive player attempts a field goal before the ball has been cleared, it is considered a violation and the opposing team is awarded possession

BALL OUT OF PLAY

- If the ball travels out of play, possession is awarded to the team that did not touch the ball last
 - Regardless of where the ball goes out of bounds, possession will be awarded through a check-ball behind the arc, at the top of the playing area
 - The ball must be checked with the defensive team before re-starting play

CHECKING THE BALL

- An offensive player must 'check' the ball with the defender in the following scenarios:
 - At the start of a half
 - After a basket is made, before re-starting play
 - After the opposing team caused the ball to go out of bounds
 - After the opposing team committed a violation
- Once the ball is checked, the offensive player is live and can dribble or pass the ball
- The offensive player taking the check-ball shall be behind the arc (neither of their feet shall be inside or on the arc line) at the top of the playing area. All check-balls will occur at this location

VIOLATIONS & FOULS

VIOLATIONS

Violations are intentional or unintentional rule infractions. Players are expected to call violations committed by themselves or their team. If an obvious violation is missed, the opposing team can call the infraction. The GC will also call, confirm, or deny a violation against a player or team.

- If the GC confirms a call, the violating team will lose possession and a check-ball will occur
- If the GC disagrees with a call, the violating team will retain possession and a check-ball will occur

TRAVELING

- Taking more than two steps without dribbling while in control of the ball
- **Incorrect Pivot:** Lifting the pivot foot off the floor or changing pivot points prior to passing the ball or dribbling
 - **Possession of the ball on the ground:** the first point of contact from the player gaining possession is deemed the pivot point and the above pivot rule applies

DOUBLE DRIBBLE

- Beginning a second dribble after voluntarily ending the first dribble

GOALTENDING

- Interfering with the ball while it is on its way to the basket and it is:
 - In a downward flight
 - Entirely above the rim and has a possibility of entering the basket
 - Not touching the rim

KICKING THE BALL

- Intentionally kicking the ball with any part of the leg or foot
 - Unintentionally touching the ball with the leg or foot is not a violation

5 IN THE KEY:

- A modified '3 in the Key' rule is in effect in all divisions and can only be called by the GC
- While the offense is in possession of the ball, a player may not remain stationary in the key for more than 5 seconds
 - Any part of the offensive player in the key is considered 'in the key'
- The count restarts when a shot is attempted or when a player completely exits the key

DELAY OF GAME

- When a player or team intentionally throws or holds the ball out of bounds, or impedes the play from re-starting in anyway

FAILURE TO CLEAR THE BALL

- When a player attempts a field-goal while still on defense, before clearing the ball to gain offensive possession

FOULS

Fouls are non-malicious infractions that occur during gameplay. Players are expected to call their own fouls. If a GC or opponent has to repeatedly call fouls against a team, low spirit ratings should be expected.

- **If a player is fouled and their opponent does not call it, they are allowed to make the call**
 - If the GC agrees with the call, the foul will stand
 - If the GC disagrees with the player's call, possession will be awarded to the team who had possession at the time of the foul, and a check-ball will occur behind the arc, at the top of the playing area

SHOOTING FOULS

- **Standard Leagues:**
 - **Recreational Division:** When a defensive player fouls an offensive player in the act of shooting:
 - If the basket goes in, it counts, and a single free-throw is awarded worth **1 point**
 - The ball is live off the rebound if the free-throw is not made
 - The **defending** team will gain possession of the ball if the free-throw is made
 - If the basket does not go in; free-throw(s) worth **1 point** will be awarded
 - The player who was fouled takes **1 free-throw** if the foul occurred inside the arc
 - The player who was fouled takes **2 free-throws** if the foul occurred beyond the arc
 - The ball is live off the rebound if the last free-throw is not made
 - The **defending** team will gain possession of the ball if the last free-throw is made

DEFENSIVE INTERFERENCE

- Occurs when a defender:
 - Uses their hands to grab, push or interfere with an offensive player
 - Bump up against an opponent or straddles the legs of an opponent who has the ball raised for an attempted pass or shot
 - Jumps into the path of a moving opponent (**Blocking**)
 - They must have both feet planted on the ground before an opponent reaches their position on the court
 - Descends from a rebound attempt and makes contact with an opponent

OFFENSIVE INTERFERENCE

- Occurs when an offensive player:
 - Uses their hands to grab, push or interfere with a defender
 - Commits a moving screen
 - While dribbling, runs into an opponent who is stationed squarely in front of them, with both feet on the ground (**Charging**)
 - Descends from a rebound attempt and makes contact with an opponent

PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Penalties can be called on a player's first foul (intentional or malicious) or can result from repeated fouls by the same player.

- **Warning:**
 - Given for minor offences or first-time occurrences
- **Major Penalty:**
 - Given for major offences or repeated minor offences
 - Result in the player sitting off for **five minutes**
 - The team is not short-handed
- **Game Misconduct:**
 - Given for malicious or major offences
 - Results in the player being ejected from the game
 - The team is not short-handed
- Once a penalty is called, the opposing team will receive **2-free-throws** (each worth one point) to be taken by the player who was specifically affected by the opposing team's penalty
 - If no specific player was affected, any player can take the free throw
 - The ball is not live after the second shot
- After the free throws are taken, possession will be awarded to the team who had possession at the time of the penalty through the check-ball procedure

DUNKING:

- Not permitted in ESSC leagues

RECKLESS PLAY:

- Intentional body contact, elbowing, threatening behavior, etc

UNSPORTSMANLIKE CONDUCT:

- Swearing, throwing equipment, delay of game, making calls from the bench, etc

DISRESPECTING THE GC:

- Verbal abuse, challenging calls, etc

PENALTIES & PLAYERS ON THE FLOOR

- Anytime a player receives a **major penalty**, they must serve the entire penalty
 - This includes if the penalty will cause the team to fall below the player minimum
 - If the team does not have replacements for the player serving the penalty (is unable to field 3 players), they will forfeit the game