

# Island Hoops Basketball Society (“IHBS”)

## SUNDAY 3X3 LEAGUE RULES

Sunday 3X3 League uses a modified version of the FIBA 3x3 rules. Below are some highlights of our rules as well as notes on which rules may differ slightly from the FIBA 3x3 rules.

**IHBS strongly recommends that all players familiarize themselves with the [FIBA 3x3 rules](#).**

### Contents

1 - General.....	2
2 – Team Composition .....	3
2a - Rosters .....	3
2b – Attendance and Absences.....	3
3 - Game Administration .....	3
4 - Attire .....	4
5 - Starting the Game.....	4
6 – Playing the Game .....	4
6a – Substitutions .....	4
6b – Game Situations .....	5
7 - Violations.....	5
8 – Fouls .....	6
8a – Management of Fouls.....	6
8b – Free Throws .....	6

# 1 - General

## 1. Definitions:

The “**arc**” is also known as the 3-point line. It is the large semi-circle that surrounds the basketball hoop, and is 6.75 m from the centre of the basket.

A “**check-ball**” is when an offensive player is standing outside of the arc and hands the ball to the defensive player, who is also outside of the arc. They must be approximately 1 m away from each other. Once the defensive player passes it back, the ball is live. (*FIBA Rule Reference: 17*)

A “**free throw**” is a shot taken from the free throw line (located at the top of the restricted zone) by the player who was fouled.

“**IHBS**” means Island Hoops Basketball Society.

The “**restricted zone**” is also known as the key. It is the rectangular area below and in front of the basket.

A “**rostered player**” is a player assigned to a team roster in either division. Rostered players are registered full-time for the season.

A “**substitute player**” may be asked to play when a rostered player is unable to attend a game due to travel, illness, work, injury, or otherwise.

A “**substitution**” is when an active player (on the court) trades places with an inactive player (on the sidelines or bench) who is on the same team. This can be done for strategic reasons or to allow a player to rest.

2. Like all IHBS programs, this program is subject to our [Gender Inclusion Policy](#) and our [Code of Conduct](#).
3. All participants in IHBS programs are required to sign a waiver for insurance purposes.
4. Like all IHBS programs, this program is for players age 18+ (players turning 18 the same calendar year permitted).
5. Game officials (also known as referees) are the highest authority and have the final say on interpretation of these rules during a game.

## 2 – Team Composition

### 2a - Rosters

1. Teams are required to have 5 rostered players, but strongly encouraged to have 6. Remember that players may travel, be sick, or be injured throughout the season.

### 2b – Attendance and Absences

1. Teams are responsible for ensuring that they each have enough players each game night, and for recruiting substitute players if they do not have enough rostered players.
2. IHBS will create a “substitute pool” that teams can access to recruit additional substitute players on a one-night basis, if rostered players are absent.
3. Teams with 3 or 4 rostered players in attendance on a game night may access the substitute pool to find additional players to join their team for that game night.
4. Teams with 2 rostered players or less on a game night:
  - a. must access the substitute pool to find additional players to join their team for that game night (to allow games to still be played), and
  - b. will record forfeits in the standings (by having the score entered as "0" for all games, with the other team receiving a "1" if they have 3+ players).
5. Players who are unable to participate due to travel, illness, injury, or other short-term reason are strongly encouraged to communicate this information to their team and, if appropriate, to access the substitute pool to find a substitute player for their team for that night.

## 3 - Game Administration

1. Games are 13 minutes running time.
2. There is NOT a score cap.
3. No time-outs except for injury or other extenuating circumstances, as decided by the game official.
4. Baskets are worth 1 point.  
Division 1 only: shots from behind the arc are worth 2 points. (*FIBA Rule Reference: 16.2.1*).
5. A size 6 (28.5" / “women’s”) basketball is used.

## 4 - Attire

1. Players cannot wear jewelry or hair accessories that may cause injury to other players. As such, the following are not permitted:
  - a. Bobby pins, plastic hair clips or pins, or other hard or plastic accessories.
  - b. Fitbits, Apple watches, or other bracelets with hard or plastic parts.
  - c. Any earrings, necklaces or bracelets or other visible body jewelry.
  - d. Anything else that could reasonably be considered to pose a risk to other players on the court.
2. Using athletic tape to cover piercings/permanent jewelry is not acceptable. This is not debatable; this is a condition of BasketballBC, whose officials oversee our games.
3. Players with long fingernails are directed to use caution and IHBS reserves the right to require player fingernails to be closely cut.
4. Religious head coverings, headbands, hair elastics, sweat bands, etc. are permitted.
5. Players must wear reversible jersey/pinny with a white and a dark side. Two t-shirts, one white and one black, are acceptable.

## 5 - Starting the Game

1. First possession is decided by rock, paper, scissors.
2. Each team must have exactly 3 players on the court, in active play, for the duration of the game, at any one time.
3. Games start with a check-ball.
4. Players may shoot, dribble, or pass after a check-ball.

## 6 – Playing the Game

### 6a – Substitutions

1. Substitutions can be made during active play (“on the fly”) or during a stoppage of play (“dead ball”).
2. If a player is making a substitution during active play, the player must:
  - a. enter the game from above the free-throw-line extended, and
  - b. physically touch the playing exiting the game (e.g. high five, tag).
3. Physical touch is not required if a substitution is not during active play, or for a medical or emergent reason.

4. A player making a substitution during active play must not be in possession of the basketball (i.e. if a player is holding the basketball, the player must pass or shoot before taking a substitution).

## 6b – Game Situations

1. Once a defensive player obtains the ball, they must clear the basketball outside the arc by passing or dribbling prior to starting an offensive attack. It is not required that all players leave the area within the arc. (*FIBA Rule Reference: 30*)
2. In Division 1: after a made basket, defense cannot play the ball when the offensive player is inside the charge semi-circle. In all other situations, defense can challenge the ball and prevent the ball from clearing outside the 3-point line. This includes intercepting a clearing pass. (*FIBA Rule Reference: 30*)
3. In Division 2: Players may not defend or challenge the clearing of the ball by the defense. This includes no interceptions of a clearing pass. The players clearing the ball must still follow the rules (no violations are permitted, such as travelling or double dribble, e.g.).
4. Players must not do a check-ball after a made basket (as the ball is live). (*FIBA Rule Reference: 10.2*)
5. If a jump ball is called, the ball always goes to the team on defence. (*FIBA Rule Reference: 12*)

## 7 - Violations

1. The following violations are monitored by officials:
  - Travel
  - Double Dribble
  - Carry
  - Hold
  - Jump Ball (see Rule 6b-5 above)
  - Out of Bounds
  - Kick Ball
  - No-cleared ball(*FIBA Rule Reference: 22-29, 30.3.1*)
2. The following violations are NOT monitored by officials:
  - 3 Seconds ("3 in the key")
  - 5 Seconds (maximum time for a player to hold the ball)
  - 12 Seconds ("shot clock violation")
  - Back to the Basket

3. A check-ball must happen after any violation. (*FIBA Rule Reference: 17*)

## 8 – Fouls

### 8a – Management of Fouls

1. The following fouls are monitored by officials:
  - Illegal Screen
  - Charge/Block
  - Push
  - Hold
  - Hand Check
  - Hit to the Head
  - Illegal Use of the Hands
  - Excessive Elbow Screens
  - Technical fouls (non-contact fouls for unsportsmanlike conduct. Occur if player is not cooperating with referees, IHBS representatives, scorekeepers, or other players; and is not upholding values of fair play and supportive spirit).
  - Unsportsmanlike foul (contact foul with an excessive, hard or dangerous contact).

(*FIBA Rule Reference: 33, 34, 36, 37*)

2. Fouls on the ground result in the team that was fouled doing a check-ball.
3. Neither team nor individual foul count is kept. No one 'fouls out' and there is not a team bonus situation.
4. If an unsportsmanlike ('flagrant') or technical foul is called, the opposing team immediately takes one free throw ('dead', no live rebounding) and then retains possession. The offending player will not be permitted to play for the remainder of the evening. Repeated unsportsmanlike or technical fouls may result in ejection from the league, due to being in violation of our Code of Conduct. This is a recreational league with no space for dangerous or malicious decisions.

### 8b – Free Throws

1. Fouls occurring in the act of shooting will result in a free throw being awarded by the game official.
2. Free throws are worth 1 point each.

3. The amount of free throws rewarded by the game official is dependent on the potential points of the shot taken that was fouled:  
In Division 1: Fouling on a shot taken outside the arc results in 2 free throws. Fouling on a shot taken inside the arc results in 1 free throw.  
In Division 2: All shots fouled result in 1 free throw.
4. In Division 1: If a shot taken outside the arc is successful despite a foul occurring, only 1 free throw is taken. (an “and 1” situation)
5. Free throws are administered as follows:  
In Division 1: The last free throw is live and regular FIBA rules apply (i.e. lining up outside the key/restricted zone) (*FIBA Rule Reference: 43.2*)  
In Division 2: All free throw shots are ‘dead’ (no live rebounding). After the free throw, the team that shot the free throw keeps possession and does a check-ball to continue the game.