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CHOICE YOUTH BASKETBALL 3 on 3 LEAGUE INFORMATION, RULES AND REGULATIONS

Philosophy:

The Choice Youth Basketball 3 on 3 league is **for the players!** This league is an opportunity to develop basketball skills in a fun, low-stress environment. We encourage healthy competition for student-athletes to play hard and to play to win without yelling at officials, belittling opponents or displaying poor sportsmanship. There are NO coaches for this league as we encourage players to learn and figure things out on their own. This will provide them with the ability to work together, develop confidence and individual leadership skills. Allow your children to play basketball in a competitive environment without the stress and structure of a long basketball season. The reduced number of players on each team allows for more offensive and defensive opportunities such as: Give and go's, pick and rolls, back door cuts, 1 on 1's, etc. We wish to provide a fun, competitive learning environment for all players. Substitutions will be made after a made basket. Parents may help with substitutions or rule explanations for beginners or younger players but should refrain from coaching. Cheering, however, is strongly encouraged.

Information:

- The League will run from June 6th thru August 1st, so that games finish before the fall sports start practice. Each team will play for eight weeks, two games a night for 16 games. We will not play any games for the entire week of July 4th.
- Games will be played on Wednesday evenings as early as 5:30pm depending on the number of teams registered for each division.
- Suggested team size 4-6 players/team. Ensuring that at least 3 team members show-up for their scheduled games.
- Divisions are split by grade level, grades may be combined due to low numbers:
 - Boys 5th-6th grade levels
 - Girls 5th-6th grade levels
 - Boys 7th-8th grade levels
 - Girls 7th-8th grade levels
 - Boys 9th-10th grade levels
 - Girls 9th-10th grade levels
- Based on the grades for the 2018-19 school year. Players may play up a division but players will not be able to move down.
- Cost is \$225 per team (6 player maximum).
- There will always be a supervisor present for league games.

COACHING

- This league is NOT meant to have teams being coached. Parents may help with substitutions or rule explanation for beginning or younger players but should refrain from "coaching". This league is meant for the players to run their own team.

GAME RULES

- Players are not allowed to wear jewelry of any kind during league play.
- Rock, paper, scissors will be used to see who gets the ball first. The other team will gain possession to start the second half.
- Defense gets all jump balls(tie-ups).
- NOT make it take it.
- Substitutions are only allowed after made baskets.

- Please try to avoid more than 3 seconds in the lane.
- A defensive rebound must be taken past the arc (this includes air balls). There are no “free-backs”.
- A ball that goes out of bounds under the basket is checked in behind the arc. The half-court line is out of bounds.
- At the end of the game it is good sportsmanship to shake hands with your opponents.
- Please no coaching.

TIMES and SCORING

- Games will start at the time shown on the schedule or five minutes after the prior game if games are running behind.
- Game times are TBD as early as 5:30pm.
- We will play games consisting of two 12-minute halves with a running clock. There is no shot clock in this league.
- Teams keep score themselves.
- Made baskets count for 1 point inside the arc. Made baskets count for 2 points outside the arc.
- Shooting fouls are worth 1 point.
- Ties will be settled with a free-throw shootout. Each team will receive equal opportunities to show free throw until one team makes one and the other team misses. New shooter each time.

TEAM REQUIREMENTS

- All players must be listed on the team roster.
- A player may only be on one roster at a time.
- A team may play with only 2 players (3 on 2)
- Each player must have a parent/guardian sign the liability waiver form to play the first night of league.

FOULS

- Players will call their own fouls. Offense or Defense can call a foul.
- Any disputes over calls will be settled by the site supervisor.
- Any players initiating a fight with another player or threatening a player will be suspended from league indefinitely.
- Shooting fouls are worth 1 point.

CONDUCT AND INTERACTION WITH SITE SUPERVISORS

- **Profanity will not be tolerated by players or spectators.**
- Teams must show respect to all fellow players. League supervisors reserve the right to eject any player or team that is disrupting the league. In such case, there will be no refund of fees.

GYM LOCATION

<u>Court</u>	<u>Location</u>	<u>Address</u>	<u>Note</u>
1	Choice Health & Fitness	4401S. 11 th Street	Please use main entrance.

Locker rooms will be available.

Please keep them clean, do not damage property, and treat workers and players with respect.

Thank you and have fun!