



## **BASKETBALL GUIDELINES**

These guidelines create a safe, positive environment that maximizes the ability for members to compete and stay injury free.

1. 3X3 GAMES ARE PLAYED TO 6 POINTS STRAIGHT. IF THERE ARE MEMBERS WAITING ON DOUBLE NEXT, THEN GAMES ARE PLAYED TO 5 POINTS. TURN AND BURN, HIGH INTENSITY WORKOUTS. (1 AND 2 POINTS).
2. THE BALL MUST GO BACK TO THE 3 POINT LINE (3PL) DURING THE CHANGE OF POSSESSION. THIS INCLUDES AIRBALLS. ONE FOOT BEHIND THE LINE IS ALL THAT IS REQUIRED.
3. THE BALL IS CHECKED BEHIND THE TOP OF THE (3PL), ALIGNED AT THE TOP OF THE KEY/CENTER COURT AND MUST BE PASSED TO A TEAMMATE. THE PLAYER CHECKING THE BALL CANNOT DRIBBLE TO START THE PLAY.
4. THE PLAYER CHECKING THE BALL CALLS THE SCORE, BY FIRST ANNOUNCING THEIR TEAM'S POINT TOTAL, FOLLOWED BY THE DEFENSIVE TEAMS POINT TOTAL. (example; at times the losing team's score will be announced first: "it's 2-4, check." THIS WILL REDUCE WASTED TIME & ENERGY IN SCORING DISPUTES.
5. DEFENSIVE PLAYERS SHOULD INITIATE AND CALL A FOUL WHEN COMMITTED, KEEPING PLAY SAFE & HONEST. OFFENSIVE PLAYERS CAN ALWAYS CALL A FOUL WHICH IS TO BE HONORED.
6. PLAYER DISPUTE OVER A CALL: DEFENSIVE PLAYER SHOOTS 3PL TOP KEY. MAKE IT TAKE IT.
7. "BEAR HUG" INTENTIONAL FOULS / HOLDING TO PREVENT A PLAYER FROM MOVING FORWARD: 1ST TIME IS A WARNING. 2ND TIME THE PLAYER WHO IS FOULED AWARDED A SHOT BEHIND THE 3PL LINE FOR 1PT & POSSESSION OF THE BALL.
8. IF A TEAM LOSES A GAME BY SHUTOUT. THE LOSING TEAM DOES A SPRINT ENDLINE TO ENDLINE.
9. SUICIDE GAME: IF A TEAM WINS 3 GAMES IN A ROW ALL OF THE LOSING TEAMS RUN A SUICIDE.
10. TEN TEAM PUSH-UPS FOR AN AIRBALL TO BE DONE AT A DEAD BALL OR STOPPAGE OF PLAY.
11. IT'S 7AM ON A SUNDAY. EXPLETIVIES ARE UNNECESSARY AND UNWANTED. KEEP IT CLEAN.

*\*COURT FEES ARE DIVIDED EQUALLY PER PERSON. INVITE ONLY. BY REFERRAL\**