

Intramural 3v3 Basketball Rules

The rules governing this Intramural Sports activity consist of rules used by NIRSA, the High School Federation and rules unique to the Olympic College Recreation Department. This rules sheet is not meant to be all-inclusive; rather, it is a summary of the more common rules and procedures used by the Intramural Sports Program. Additionally, all information contained on this sheet is subject to change without notice. All players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

If you have any questions or concerns, please contact us in person in Building 10, Room 122A or via email at OCRecreation@olympic.edu.

Participation Warning

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as possible to provide a safe and fun program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of each sport as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

Intramural Sports Participant Manual

- A. The Olympic College Recreation Department encourages every participant to thoroughly read the Intramural Sports Participant Manual located on Intramural Website before participating in any contest. Here participants will understand eligibility, equipment, sportsmanship, and other general policies vital to the program.

Divisions & Leagues

Divisions Offered:

- Competitive
- Recreational

For competitive and recreational divisions, all leagues must have more than 5 teams in order for the league/division to take place. If there is not enough teams in each league/division, we will combine them.

Leagues Offered:

- Women's
- Men's
- Co-Rec (Men and Women)

Updated: 2/21/2024

Men will compete in the Men's League and women will compete in the Women's League.
EXCEPTION: If the women's league doesn't have enough participants/teams for competition, women may play in the men's league for that sport.

Players & Equipment

- A. Teams are compromised with a minimum of three (3) players. Rosters are compromised of five (5) players. A team may not begin or continue a game with less than two (2) players.
- B. Co-Rec Rule: Teams must start the game with at least one person of each gender. The third person can be of either gender.
- C. All substitutes must wait for a dead ball to enter the court.
- D. Each team may provide their own basketball. If an agreement cannot be reached between the two teams, OC Recreation Staff will decide which ball to use by either using the best ball or an Intramural Sports ball.

Length & Game Time

- A. The game will begin promptly at start time and time limits will be enforced! Participants should remain ready to play at all times. No more than five (5) minutes will be waited for a team. After five minutes, the team will forfeit the game, and it will not be played.
- B. Games will be played to twenty-five (25) points or for twenty-five (25) minutes, whichever comes first. At twenty-five minutes, the leading team will be declared the winner. If the score is tied, play will continue in a sudden-death over-time from the point of interruption when time expires. The first team to score will be declared the winner.
- C. **Time-outs**: No time-outs may be called except as needed for injury.

Scoring

- A. No free throws will be allowed. Called fouls will result in the fouled team earning possession of the ball.
- B. The points will count as normal (2 points for anything inside the 3-point line, 3 points for anything outside the 3-point line).

Game Rules

- A. Play will be generally governed by standard High School Federation (not NWAC nor NBA) Basketball Rules except where Intramurals Sports rules allow for variation:
 - a. **Dunking**: Dunking is allowed during live play only.

- b. **This league is self-officiated. Intramural Sports Staff can be asked for rule clarification. Disagreements that cannot be resolved will be replayed from the point of interruption before the dispute.**

B. Common Violations:

1. Traveling: Running with the ball (no dribble).
2. Illegal dribble (double-dribble): A player cannot dribble a second time after his/her first dribble has ended.
3. Three (3) seconds: A player cannot remain in the lane area for three (3) seconds. This rule applies to any foot in the lane or on the lines marking the boundary of the lane.
4. Closely guarded: A player cannot, while closely guarded, hold or dribble the ball for five (5) seconds.
5. Basket interference: Players may not:
 - a. Touch the ball or basket (including the net) when the ball is on or within either basket.
 - b. Touch the ball when it is touching the cylinder having the ring as its lower base
 - c. Touch the ball outside the cylinder while reaching through the basket from below.
6. Goaltending: Players may not touch the ball during a field goal try while it is in downward flight outside the cylinder.
7. Excessive swing of arms/elbows: Players may not excessively swing arms or elbows even without contacting an opponent.

Violation	Penalty
Traveling	Ball awarded to opponents for throw in
Illegal Dribble	Ball awarded to opponents for throw in
Three seconds	Ball awarded to opponents for throw in
Closely Guarded	Ball awarded to opponents for throw in
Basket Interference	If committed by defense, one point is awarded. If committed by offense, no points are awarded, and the ball is awarded to opponents for throw in.
Goaltending	If committed by defense, one point is awarded. If goaltending occurs by the offense, no points are awarded, and opponents are awarded the ball for throw in.
Excessive swinging of arms/elbows	Ball awarded to opponents for throw in.

C. Other rules to note:

1. After **every** change of possession, the team with control of the ball must check it by taking it beyond the three-point line (ball and both feet). Teams who score without doing so will not be awarded the points but will retain possession for a top-of-key check.
2. When one team scores, they will be awarded possession for a top-of-key check (winner's ball).
3. On a top-of-key check after a stoppage of play (scored basket, violation, or foul), the checking player **MUST** pass the ball in.