



ADULT 3V3 BASKETBALL RULES & REGULATIONS

All rules & interpretations will be covered under Washington Interscholastic Activities Association (WIAA) with the following emphasis and exceptions listed below. Airway Heights Parks & Recreation (AHPR) reserves the right to interpret and change the rules in the best interest of the 3v3 Basketball League.

This program is strictly a RECREATION LEAGUE for the fun and enjoyment of those taking part. Violations of the rules and code of conduct will not be tolerated. Those doing so will be banned from further league play and may be banned from participation in all Parks & Recreation Department activities. HAVE FUN!

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LEAGUE / TEAM / PLAYER RULES

1. **Entry Fee:** Team fee must be paid in full to secure Team in game schedule.
2. **Team Roster:** All team captains/managers shall file a roster of players, providing ALL requested information about each player. This roster must be on file in the Parks & Recreation Office by the designated deadline. Teams may carry a minimum of 3 players, and a maximum of 6 player on their roster.
 - **Adding Players:** Players may be removed and added up to the midpoint season or designated date set by Recreation Programs Supervisor. No changes can be made to the roster after the set date without approval from Recreation Programs Supervisor. Players are not eligible to participate unless added to the official roster prior to the first game they participate in. No exceptions.
 - **Player Eligibility:** *See Captains Handbook for more on Player Eligibility.* Participants must be 16 to play. Exception: Non-participating WIAA High School will be eligible for play with approval by the AHPR. Individuals who are currently playing High School or Collegiate Basketball are ineligible, including red-shirts. Teams playing with ineligible players will be subject to forfeiture.
3. **Roster Checks:** All players must sign the official game check in sheet prior to game time or entering the game. Game Check In sheets will have the most current roster for each team. Teams may only request an official roster check before the end of the first half. Photo ID may be requested at check -in.
4. **Protests:** Protests regarding rules or court monitor or gym supervisor decisions will not be accepted. Questions about rule interpretations, judgment calls, or player conduct must be settled by the gym supervisor and/or court monitor. The gym supervisor or court monitor's decisions are final. Player eligibility protests will be accepted but the court monitor and gym supervisor must be notified that the remainder of the game is being played under protest. Gym supervisors will record the name and verify photo ID of the player(s) in question to be reviewed by the Recreation Programs Supervisor.
5. **Leagues:** Men's and Coed Recreation & Competitive Leagues will be offered if possible. If not enough teams register in a specific division, leagues will be altered to accommodate registered teams at the discretion of the Recreation Programs Supervisor.

6. **Schedules:** Once a game is scheduled, it will be played according to the date, time and place listed. No postponements or changes in the schedule will be allowed unless made by the Recreation Programs Supervisor. Game schedule is subject to changes due to facility availability or inclement weather. Game schedules will be posted at airwayheightsparksandrec.org , under the Programs > Adult Sports tab.
7. **Equipment:** No player shall be allowed to wear a guard, cast, hard brace or other potentially dangerous equipment on his or her elbow, hand, wrist, finger, or forearm, including equipment made of hard leather, plastic, plaster or metal—even if the equipment is covered with soft padding. Soft braces, sleeves and wraps will be allowed unless they pose a danger to other players. AHPR retains the right to disallow any equipment or apparel that it judges to be dangerous or inappropriate.
 - Jewelry:** Players are not to wear equipment that is dangerous to other players or is not appropriate. Examples of illegal items are headwear (any hats and/or rags) and jewelry (including necklaces, bracelets, earrings, rings, beads, etc.)
Exceptions: Jewelry that is worn for medical identification or religious purposes must be contained and taped, at all times and not pose a danger to other players.
 - Shoes:** Gym appropriate shoes must be worn. No marking soled shoes.
Basketballs: Teams will be required to provide their own game ball. If no game ball is available, AHPR may be able to provide a game ball. 29.5" Men's ball will be used for all divisions.
 - Uniforms:** Each team must dress uniformly in dark or light-colored shirts/jerseys. Home team has choice of dark or light. Each team should bring a set of light and dark shirts to each game.
Pennies are available. No skins.

GAME RULES

1. **Game Time & Number of Players:** All players must sign before playing in each game. Each team needs at least two (2) players to start and finish the game. A team will be given (5) minutes after game time to meet the requirements to start a game. Teams failing to have two (2) players after 5 minutes of the scheduled starting time will forfeit providing the opposing team is on the court, ready to play.
2. **Home team:** Home team will receive the ball to start the 1st half with alternating possession thereafter.
3. **Court:** The game is played on short courts. Grey court lines are used.
 - Ball is considered out of bounds if it touches the divider curtain. Incidental bodily contact of the curtain is not considered out of bounds unless ball touches the curtain, or players foot touches the sideline.
4. **Game Length:** (2) 20 -minute halves. Five (5) minutes in-between halves.
5. **Continuous Clock:** The clock will run continuously with the following exceptions: injury, time outs.
 - Clock will stop on free-throws within the last minute of the second half.
6. **Time-outs:** Two (2) 60-second time-outs per half, with no carry over.
7. **Scoring:** Scoring will be by 1s and 2s.

- **NO DUNKING:** There shall be NO DUNKING or attempted dunking before, or during the game. Dunking the ball (or attempted) will result in a technical foul (one automatic point and possession for the opposite team) and the point waived off. The second offense will result in an ejection from the game.

8. Fouls & Violations: This is a self-officiated league. Teams will use the honor system for calling fouls and violations. The offensive player will make the call, but the defensive player also has the right to call a foul on himself. *Incidental contact between opponents shall not result in a called foul unless such contact results in a meaningful disadvantage.*

Checking the Ball Up: The ball must be checked up and passed in to a teammate at the opposite three-point line to put the ball back into play following non-shooting fouls, and other rule violations. There will be no baseline pass ins unless after a made basket. Teams have 5 seconds to inbound the ball into play. Defense may not play up on the ball while ball in being passed in.

Shooting Fouls & Free Throws: All called shooting fouls (made or missed) shall result in 1 free throw shot. * Players fouled behind the three-point arc, while in the act of shooting, shall be awarded 2 free throws. During a free throw, players from both teams are to stand behind the three-point arc. Opposing team players may not intentionally disrupt the shooter's unhindered free throw.

- A change of possession will result regardless of whether the free throw shot is made or missed.
- Clock will stop on free-throws within the last minute of the second half.

Non-Shooting Fouls: All non-shooting fouls that are called will result in checking the ball up at the opposite free-throw line.

**Exception: All non-shooting fouls within the last minute of the second half and overtime periods, will result one free throw as long as the foul is clean and harmless and is made on the ball handler.*

All Other Rule Violations: Obvious violations (traveling, double dribble may be called by either team.) There is no "3 Second Violation" or Charging/blocking calls. Aggressive offensive play, such as lowering shoulder to displace a player's position may be called as an offensive foul. Foul call discrepancies may be settled by court monitor.

Technical, intentional, and flagrant fouls: Court monitors will make these calls. Their decision is final.

Technical Fouls: A technical foul will be called for unsportsmanlike acts such as taunting, baiting, or trash talk as well as any intentional physical contact. Any player or manager who aggressively comes into contact with or assaults any person (player, league official or spectator) shall be automatically ejected from the game and for the remainder of the season. Additional suspension for such acts will be determined by the AHPR on a case-by-case basis. Two technical fouls in one game will result in ejection.

A technical foul will result in one automatic point for the offended team and possession of the ball.

Intentional Fouls: An intentional foul is a foul neutralizes an opponent's obvious advantageous position. It is a foul which, based on the court monitor's observation of the act, is not a legitimate attempt to directly play the ball. A foul shall also be ruled intentional, based on the monitor's observation of the act, if while attempting to play the ball, a player causes excessive contact.

An intentional foul will result in one automatic point for the offended team and possession of the ball.

Flagrant Fouls: A flagrant foul may be of a violent or aggressive nature, or an act which displays unacceptable conduct. It may or may not be intentional. It may involve violent or aggressive contact such as striking, kicking, kneeling, moving under an opponent who is in the air, and crouching or hiping in a manner which could cause severe injury to the opponent.

A flagrant foul will result in one automatic point for the offended team and possession of the ball.

The committing player may be subject ejection from play for the remainder of that game, possibly for additional games, and /or the remainder of the season.

9. **Change of Possession:** The ball will change possession after made baskets, call rule violations, and after free-throw attempts with the exception of Technical, Intentional or Flagrant fouls.
 - Made basket: The ball must be passed in from behind the base-line following a made basket.
10. **Alternating Possessions / "Jump Ball":** The ball will first go to the away team in the event of a tie up or undecided possession, aka "Jump Ball", with alternating possessions thereafter.
11. **Defense:** Defense can pick up no closer than their own free throw line.
 - Defense must allow space for offense to bring the ball up to the first free throw line.
 - There will be no full court press allowed.
12. **Overtime:** One (3) minute period. Each team will be assessed with one (1) time-out, with no carry over. There will be a one-minute intermission before starting the overtime period. The clock will run continuously except for time-outs and the last minute of overtime.

Double OT: In the event of a second overtime, three players from each team will shoot one free throw. Team with the most made free throws will be awarded the win. If tied continue same process until a winner is declared.

GENERAL RULES & POLICIES

1. **Court Monitor:** AHPR will provide court monitors for each game to keep the game on schedule, make any judgment calls regarding play and conduct. Court monitors are not officials and will not call fouls with the exception of intentional, flagrant, and technical fouls.
2. **Gym Supervisors:** The Gym Supervisor is in charge of the facility all times. In the event of a discrepancies that cannot be settled, Court Monitors may consult with Gym Supervisor for advice or a rule interpretation when asked upon. If available, a Gym Supervisor and enforce facility rules and policies, as well as will act to stop unsportsmanlike conduct by spectators, coaches and/or players.
3. **Inclement Weather:** Any games postponed or canceled due to inclement weather will be announced via email to all captains and/or managers.
4. **Game Location:** Unless otherwise notified, all league games will be played at:

Airway Heights Recreation Center
11405 W. Deno Rd.
Spokane, WA 99224

- 5. Facility Rules & Policies:** All players and spectators must abide by facility code of conduct and posted facility rules. Failure to do will result in removal from the premises.
- All players and spectators must be Rec Center members or current day pass holders to access other areas of the facility.

Personal Belongings: The Parks & Recreation Department will not be responsible for valuables, personal effects, or items left in the facility at the end of the night. See Front Desk for lost items.

No Food or Drink: Food and unsecure drinks without lids and glass containers are is not permitted in the gymnasium. Please refrain from bringing soda, energy drinks, coffee and other items that can potentially spill.

No Dunking: There shall be NO dunking or attempted dunking on any Rec Center Hoops.

AIRWAY HEIGHTS PARKS & RECREATION ADULT SPORTS CODE OF CONDUCT

It is the intent of Airway Heights Parks & Recreation to provide an enjoyable experience to all participants, as well as offer opportunities for individuals to pursue healthy, social activities in a safe and respected environment. It is the expectation of all players, captains, managers, and spectators to conduct themselves in a manner that is respectful, responsible and exhibits good sportsmanship at all times. We understand that at times athletics can become very competitive and can create tense situations. While we encourage playing hard and competing to the best of your ability, it is expected that players keep the game in perspective, and understand that fun and safety are our top priority during each and every contest. Conduct, actions or language that is deemed offensive or inappropriate will not be tolerated. The Adult Sports Code of Conduct applies to all players, managers, teams and spectators.

EXPECTATIONS:

1. Treat all participants, officials and AHPR Staff with respect at all times.
2. Cooperate with other participants and officials. Refrain from the use profanity or obscene gestures.
3. Never physically hurt or cause harm to another participant or official.
4. Listen to, and follow, all given instructions/directions from league officials.
5. Ask the officials, in a calm manner, to explain any rules I do not understand.
6. Respect the facilities and the equipment.
7. Participate in a sportsmanlike and safe manner at all times.
8. Read and review the league rules and policies and adhere to them at all times
9. Uphold the league philosophy of healthy competition and sportsmanship.
10. Play hard. Have fun.

PLAYERS SHALL NOT:

1. At any time lay a hand upon, push, shove, strike or threaten an official, employee or participant.
2. Endanger the safety of any player, official, employee or spectator.
3. Refuse to abide by an official's decision.
4. Use personal or verbal abuse upon any official for any decision or judgment.
5. Use unnecessary rough tactics in the play of the game against an opposing player.
6. Demonstrate objectionable behavior or dissent at an official's decision by throwing equipment or any other forceful action.
7. Discuss with an official in any manner the decision reached by such official (except Manager).
8. Use or consume alcohol, tobacco, or drugs at or during any league activity or on public property.
9. Be under the influence of alcohol or drugs during any league activity.
10. Discuss publicly with spectators in a derogatory manner any play, decision, or personal opinion of other players during the game.
11. Play under another individual's name, falsify name, or falsify information on an official roster.
12. Play on more than one team in the same league.

Not following Code of Conduct may result in penalties such as:

- Verbal warning by official or AHPR Staff
- Ejections during a game
- Suspension from game(s)
- Removal from the League.

All players must complete the roster and sign the waiver, as well as agree to this Code of Conduct prior to participation or be subject to game forfeiture or disqualification.