

# Jr. Bronco 3v3 Basketball Rules



## YMCA GOAL

- The YMCA goal is to give every child between the grades of 3<sup>rd</sup>-6<sup>th</sup> a chance to play basketball. To teach basketball skills, sportsmanship, working together as a team: promote new friendships, positive family interactions and to have FUN.

## SPORTSMANSHIP

- Coaches are directly responsible for team members before, during, & after the game.
- If the referee or supervisor witnesses any acts of elbowing, cheap shots, or unsportsmanlike conduct- the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offence is a warning; the second offense is ejection from the game.

## COACH CONDUCT:

- Coaches are expected to adhere to YMCA philosophies, coaching guidelines, codes of conduct, and hold themselves with utmost integrity.

## PRACTICES

- Practice will be scheduled by the coach in conjunction with team members. Teams practice once a week for approx. 1 hour. During the first week, teams are allowed to practice 2 times before their first game.
- Coaches will pick a practice time and plan on practicing at the same time every week at the 16<sup>th</sup> St. YMCA.

## EQUIPMENT:

- All participants will receive a Jr. Bronco jersey—jerseys must be tucked in during play.
- Practices will be held at the 16<sup>th</sup> St. YMCA. Balls will be available for practices and games.
- Athletic shoes are recommended.
- A volunteer from each team is required to run the scoreboard AND the scoresheet.

## TEAM SIZE:

- 3v3 — 4 - 6 players per team
- The YMCA emphasizes equal participation. Please allow players to play different positions and play at least half of each game.

## START OF GAME:

- The game is started with the players/coaches meeting with the referee at half court and going over the sports pledge.
- All games will begin with a coin flip to determine possession. A checked-ball will be used to start a possession.
- All jump balls following will be determined by the alternating possession arrow.
- A game may begin with 2 players on the court.
- Teams will warm up on the same hoop.

## SUBSTITUTIONS:

- All substitutions will be made on a dead balls. Coaches must get the attention of the officials for substitutions.

## BALL SIZE:

- 3<sup>rd</sup>-4<sup>th</sup> Grade will play with junior size ball (27.5)
- 5<sup>th</sup>-6<sup>th</sup> Grade will play with women's size ball (28.5)

## FREE THROW:

- 3<sup>rd</sup>-4<sup>th</sup>: 12 feet
- 5<sup>th</sup>-6<sup>th</sup>: 15 feet

## BASKET HEIGHT:

- 3<sup>rd</sup>-4<sup>th</sup>: 9 feet
- 5<sup>th</sup>-6<sup>th</sup>: 10 feet

### **TIME:**

- 3<sup>rd</sup>-4<sup>th</sup>: Four, 8 minute quarters. Running clock except for timeouts, injuries, and mass substitutions. Clock stops only the last minute of each quarter. 5 minute halftime. No overtime.
- 5<sup>th</sup>-6<sup>th</sup>: Four, 10 minute quarters. Running clock except for timeouts, injuries, and mass substitutions. Clock stops only the last minute of each quarter. 5 minute halftime. No overtime.

### **TIMEOUTS:**

- Teams are given 2 timeouts per half- no carry over. All timeouts will be 60 seconds.

### **SCORING:**

- 3<sup>rd</sup>-4<sup>th</sup> Grade score will NOT be kept.
- 5<sup>th</sup>-6<sup>th</sup> Grade score WILL be kept up to a 20 point lead.

### **FOULS:**

- 3<sup>rd</sup>-4<sup>th</sup>: Fouls will not be recorded. Free throws for shooting fouls (2 or 3 shots if missed) and "and-1" fouls (1 shot if the shot is made in the act of shooting).
- 5<sup>th</sup>-6<sup>th</sup>: Individual and team fouls will be recorded. Free throws for shooting fouls (2 or 3 shots if missed) and "and-1" fouls (1 shot if the shot is made in the act of shooting). Teams will shoot in the bonus at 7 team fouls (1&1) and at 10 team fouls (2 shots).

### **LANE VIOLATIONS:**

- 3<sup>rd</sup>-4<sup>th</sup> Grade score will NOT have lane violations.
- 5<sup>th</sup>-6<sup>th</sup> Grade score WILL have lane violations of 3 seconds.

### **HOW BALL IS PLAYED:**

- Following each successful field goal or free throw:
  - ✓ A player from the non-scoring team will start a checked-ball (i.e. an exchange of the ball between offensive and defensive player behind the arc at the top of the court). To begin the possession, the ball must be passed in to a teammate. The defensive player is not allowed to steal the ball from the player passing the ball in. Defensive player may try and steal the in-play pass.
- Following each unsuccessful field goal or last free throw:
  - ✓ If the **offensive** team rebounds the ball, it may continue to attempt to score without returning ball beyond the 3 point arc.
  - ✓ If the **defensive** team rebounds the ball, it must clear the ball beyond the 3 point arc (by passing or dribbling).
- If the defensive team steals or blocks the ball, it must clear the ball beyond the 3 point arc (by passing or dribbling).
- Possession of the ball given to either team following any dead ball situation will start with a checked-ball.

### **STALLING:**

- Stalling or failing to play actively (i.e. not attempting to score) shall be a violation. Teams stalling may be penalized with delay of game warning followed by a technical foul (2 free-throws + possession of the ball)
- The referee may institute a 30 second shot clock at any time. After a team has been warned about stalling, failure to hit the rim on the offensive possession within 30 seconds will result in loss of possession followed by a technical foul (2 free-throws + possession of ball).

### **OUT OF BOUNDS:**

- The boundaries of the playing court will be half the size of a full court. The half court line will be out of bounds if touched or crossed. Any ball that does go out of bounds will be in-bounded by way of a checked-ball at the top of the key.

### **DEFENSE:**

- 3<sup>rd</sup>-4<sup>th</sup>: Defense must play inside the 3 point arc and can play man or zone defense. Offense must attempt to penetrate the 3 point line within 5 seconds or a turnover will occur.
- 5<sup>th</sup>-6<sup>th</sup>: Man or zone defense is allowed.