**Commonwealth Games Inspired by: 3 v 3 Basketball**

**Court and Ball**

A regular 3 v 3 court is 15 metres x 11 metres or half a traditional basketball court.

A regular 3 v 3 ball should be used.

**Team**

A squad should consist of four players. Three players on court at all times with one substitution.

Substitutions are unlimited but should be made at a dead ball situation.

A mixed gender or single sex team can participate.

Pupils who are in Year4, 5 or Year 6 can participate.

**Officials**

Young officials are usually used. Please respect them and their decisions at all times. They are children too. Each match will have one referee, a timer and a score board as a minimum. A shot clock official will be used where practical.

**Playing the Game**

Play starts after a coin toss. The winners of the coin toss decide which team has the first possession. If the match goes to overtime, the team that did not have the first possession in normal time will have the first possession.

At the start of play the receiving team must have one player outside the ‘D’ who will receive ‘the check’ or pass from the defending team.

The attacking team have 24 seconds on the shot clock to shoot. (If a shot-clock is not available then there will be a five second warning.)

When a shot is missed, if the attacking team retains possession from a rebound it is play-on. If the defending team gains possession, they must pass the ball out of the ‘D’ before they can score.

If the ball is ‘dead’, i.e. goes out of play, then the team that didn’t touch it last gains possession. This should be done via ‘a check’ as in the start of the match.

After each successful basket the non-scoring team has possession, and this starts immediately. The ball must be passed out of the ‘D’ from the rebound before a team is eligible to score. There is no ‘check’ after a score.

After a successful ‘steal’ the ball must be dribbled or passed out of the ‘D’ before a team is eligible to score.

**Scoring and Duration**

Baskets score 2 points, except when scored from outside the ‘D’ where they score 3 points.

Most matches will be 8 minutes in duration with no half time. Overtime will only be played in knock-out matches.

If a team reaches 12 points in regular time they win the match.

In overtime, the first team to score wins the match.

**Fouls**

Fouls committed in the act of shooting by the defence will result in one free-throw but this throw is worth 2 points if the foul was committed inside the ‘D’ and 3 points if it was committed outside the ‘D’. If the free-throw is missed it is ‘play-on’. Play then continues and the ball must be dribbled or passed out of the ‘D’ before the defensive team is eligible to score. The attacking team can attempt to score from the rebound.

Attacking fouls will result in a turn-over of possession via ‘a check’.

If any player persistently fouls they will be ‘fouled out’ and replaced at the discretion of the officials. Teachers should be pro-active in removing players themselves in this situation.

If a team reaches six team fouls in one match every foul from that point will result in a ‘free-throw’.

All other fouls result in play re-starting with ‘a check’ or pass from the defending team.

**Other rules**

Unless otherwise stated all other rules are those in the traditional form of Basketball.

**A Check**

‘A check’ is a way of quickly establishing possession. In simple terms, the defending team pass the ball to the attacking team outside the ‘D’.