Boys & Girls Club of Elizabethton/Carter County

5&6 Youth Basketball 3 on 3 Rules and Regulations

2020-2021

Rosters

1. Each team will have 5 or 6 players per team

Game Length

1. Games are 20 minutes in length (two 10-minute halves). Games will be on Saturdays following the skills and drills instruction. There will be a 3-minute half time for each game.

Clock

1. The clock will be set for both courts. Both courts will start at the same time. The clock will run continuously for each half. Only stop for injury time-outs. Both courts will stop play and resume when injury is resolved.
2. There are no time outs during the game. Time to give instructions are allowed prior to putting the ball into play. Clock will still run.

General Game Information

1. A coin flip prior to the game will determine the first possession of the ball.
2. The game is half court will normal boundaries plus the mid court line defining the playing area.
3. Slow play, players are required to attempt to advance ball to goal within a 5 second period. No holding of the ball will be allowed.
4. Defense gets possession of the ball on a made basket (no make it, take it)
5. On a change of possession, steal, rebound, etc., the defense must pass the ball to the coach which will put the ball in play at the bottom on mid court circle. No defense is allowed to defender passing the ball out to the coach. Once a team is in possession, they have the ball until it is put into play.
6. Teams must play one on one defense and may not double team the ball inside the 3-point line. Teams may help on the ball once inside the 3 second lane. No guarding of ball is allowed outside of the 3-point line.
7. If a player is outside of the 3 second lane their defender must be outside of the lane also, same side (until ball gets inside of lane).
8. On a shooting foul, the player fouled will get one attempt on the goal from the foul line area. On a miss the ball will go to the defending team up top. No players will be on the foul line except the shooter when the foul shot is taken. (great time to give instructions to players)
9. Coaches will call their own fouls (offensive team with the ball).
10. On non-shooting fouls the ball will be awarded to the fouled team at the top of the key.
11. Substitutions may be made on any dead ball time (when coach has the ball to put in play).
12. Teams are encouraged to engage all players into the offense.
13. Walking and double dribble violations need to be called inside the 3-point area. First violation on that possession ball given back to the offensive team at the top of the key. Second violation of that possession ball will be given to the defensive team.
14. Remember main objective of our 3 on 3 is to teach these young players how to play and to have a fun and great time doing it.
15. Scores will not officially be kept.