



## **CO-ED 3x3 BASKETBALL RULES**

### **ELIGIBILITY**

1. Each participant must have one (1) of the following:
  - a. Valid Student ID.
  - b. Proof of payment of appropriate player fee.
2. A maximum of two (2) current University of Lethbridge Basketball players per team (including coaches).
3. All participants must be registered on the official roster, must check in with the supervisor for each game and have picture ID at all times. Changes are permitted up to the second last week of the regular season (wk 5). No additions or changes are allowed from week 6 to the end of Playoffs.
4. All participants on the official team roster must play at least two (2) regular season games to be eligible to play in playoffs.
5. Three (3) players per team are permitted on the floor at the same time.
6. Co-Ed Rule – teams may have a maximum of two (2) of the same gender (m/f/n) on the floor at the same time.

### **Inclusivity**

At the University of Lethbridge, we value equity, inclusion and diversity. University of Lethbridge acknowledges the commitment to representing the diverse communities we serve. And while we have gender-based leagues, they are inclusive of the LGBTQ2S+ community, transgender and genderqueer persons. We encourage participants to play where they feel comfortable.

### **Basic Gameplay Rules**

- **Team Composition:** Each team consists of **three players on the court** and **one substitute**, making a total of **four players** per team.

- The game is played on a half court with one basket. The court includes a **free throw line**, a **2-point line**, and a **no-charge semi-circle** area under the basket.
- **Game Duration:** First to 21 points or team who leads at the end of 10 minutes.
  - Best 2 out of 3 games is the winner for the regular season game slot each week.
  - Warm up and switch games in a timely manner. Game play ends at the end of the scheduled timeslot (regardless of time left on score clock) and the score at that time determines the winner of that game.

### Scoring System

- **Points:**
- **1 point** for free throws
- **1 point** for shots made inside the arc (basketball 3 point line)
- **2 points** for shots made from beyond the arc.

### Starting the Game

- A **coin toss** determines which team gets the first possession. The winning team can choose to start with the ball or defer to the second half.

### Possession and Play

- The game starts with a "**check**" at the top of the arc, where the offensive player must pass the ball to a defender before attempting to score. After a rebound or turnover, the team must clear the ball beyond the arc before scoring.

### Fouls and Free Throws

- Team fouls are counted, and standard penalties apply. For fouls committed during shooting, the player may be awarded **1 or 2 free throws**, depending on the location of the foul.

### Additional Rules

- Substitutions can only occur during dead-ball situations.
- The game is continuous, with a **12-second shot clock**, requiring teams to attempt a shot quickly.
- **An intentional foul is a personal foul which, in the opinion of the Official, was deliberately committed by a player against an opponent. It is not determined by the severity of the act but is the contact which appears to be premeditated or designed. (Rule: free throw and possession)**
- Technical foul – the individual will have to take a sub and sit out until the ref indicates it is all right for the player to return to play.
- No SLAM DUNKS in this league (or hanging on the rim of the basket) at any time during pre-game warm-up or during the game will result in a technical foul and automatic game ejection.

**DISRESPECT TO THE SUPERVISORS OR REFS, FIGHTING, UNSPORTING CONDUCT,  
OR DELIBERATE INTENT TO INJURE WILL NOT BE TOLERATED AND WILL RESULT  
IN AN AUTOMATIC EXPULSION FROM OUR LEAGUES**

**WINNING IS NOT EVERYTHING - PARTICIPATE AND HAVE FUN!!**

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[Horns Recreation](#)

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