

3 on 3 Format Guidelines For Coaches and Referees

Teams should be divided in one of two ways, as agreed before session. First, divide teams into two equal groups-dependent on kids who show. Second, divide teams into “experienced” and “beginning”. In the first format we can rotate teams after each ‘quarter’. The other format would require that those groups play each other the whole session. When you sub out, coaches should play everyone evenly, and sub out stronger players together- ideally. Remember, we are after as balanced a situation as possible. Coaches may play subs as ‘sideline’ passers on each side of the court. This keeps all kids playing and involved.

Rules:

1. Play half court- screening is allowed at all levels, however 3/4 divisions will practice just V-cuts and hand off’s for the first few weeks
2. The 3/4 division may not play defense or offense screen above red line at “T’s”.
3. Any change of possession must be returned to the center circle, i.e. steal, or defensive rebound. If they make a steal or defensive rebound and go straight to the basket, referee will disallow and give ball to stealing/defensive rebounding team at center circle for throw in.
4. After a score, other team awarded ball by referee at center circle for a throw in by the (3/4) division, the (5/6) & (7/8) division can direct drive
5. Turnover/violations will be from center circle- (throw-in only for 3 / 4 division) (for the first few weeks of the season, blow whistle, ask the player why the whistle was blown, award ball on sideline for throw-in)
6. Non-shooting fouls will be from center circle- (throw-in for 3/4 division only)
7. Out-of-bounds going to the offense will be for throw in from out-of-bounds spot.
8. Out-of-bounds going to the defensive team will be from center circle- (throw-in for 3/4 division only)
9. Shooting fouls will be shot with line up---offensive rebound can be put back up, defensive rebound must be returned to center circle
10. Defensive team may not be harassed passing or dribbling ball back to center circle.
11. Team fouls after the 7th will be 1 pt. and the ball per each running half
12. No score for 3/4 level
13. Referee will tell scorekeeper points awarded after each score.
14. Scoring for 5/6 & 7/8 level will be combined scores from each ‘quarter’.
15. Some sessions will be ‘one dribble” or “weak hand emphasis” in which we will not keep score, allowing coaches to challenge our players at no risk to ‘team’ loss.
16. “One Dribble” session means if the player dribbles more than once, it is a turnover. No player on defense can strip the ball while being held by offensive player. Defense may deflect, steal on pass.
17. “Weak hand emphasis” means player may dribble more than once with weak hand and only one dribble with ‘strong’ hand, otherwise a turnover.
18. In non-scoring sessions, coaches are encouraged ‘to coach’ out on the floor, stop play if need be.
19. In one hour sessions, for 5/6 & 7/8 division, 4 quarters of 8 minutes running time- sub at will, 10 minutes warm-up. 3/4 division will be 6 minutes, sub at 3, as many as we can do.
20. Full Court Play – no pressing, pick up half court

