

Old Dominion University Recreational Sports Intramural Sports 3 on 3 Basketball Rules

High School federation rules apply to all games, except any of the following adaptations: For questions regarding general intramural rules and regulations visit us online at <http://www.odu/recsports>

ELIGIBILITY: All currently enrolled Old Dominion University students and faculty/staff and their families are eligible to participate in the intramural sports program. ODU men's and women's basketball players and pro/semi-pro athletes are ineligible to participate.

STUDENT ID'S: ALL participants must present a ODU identification card to participate in an intramural event. **NO EXCEPTIONS.**

TEAM ROSTERS: It is each team captain's responsibility to ensure that all team members are listed on the team roster card, which is available at each team's regular season games. A player may be added to a team's master roster card at any of that team's regular season games, however, players must participate to be eligible to sign roster card. Each team's roster will be frozen following their last regular season game. During playoffs, a participant must be listed on that teams master roster card to be eligible to participate.

PLAY ON ONE TEAM/ILLEGAL PLAYERS: A participant may play on only one men's or women's team and only one co-rec team. Any participant playing on two teams **in the same division** will automatically be disqualified from participating in the division in which the offense occurred for the remainder of that sport season. In addition, any game(s) the participant played illegally will result in a forfeit.

RULE INTERPRETATIONS: The officials and supervisor on duty will handle questions on the court; a ruling will then be determined. The resulting decision is final.

FORFEIT: A forfeit will be called if at least 2 players are not present at the scheduled game time.

SPORTSMANSHIP: **Technical, intentional, or flagrant fouls shall result in the awarding of one point and the ball. Two technical fouls on the same team during a game (defined as before, during and after the game) shall result in the team being eliminated from further competition. A single flagrant foul results in ejection.**

PLAYERS & EQUIPMENT:

- A game ball will be provided.
- Hats and any headwear with a knot and jewelry are illegal.
- Appropriate gym attire is required.

THE GAME:

- The first team to score 11 points (win by two) wins the game. *If the score is tied 11-11, the first team to 15 shall win.*
- One point per basket, two points from behind the 19'9" arch.
- The winner of the coin toss shall take first possession of the ball.
- Possession changes hands after each basket unless a foul occurs.
- A team must bring *both feet and the ball* behind the 3-point line after each change of possession
- Ball must be checked: 1) **After a made shot;** 2) **or out of bounds.**
- All dead balls are resumed at the top of the court. (No in-bounding from side/base lines.)
- Jump balls will go to the defensive team.

TIME OUTS: Each team will receive **ONE** timeout per game. Additional time outs shall only be called by the referee and only for injuries or special circumstances.

SUBSTITUTIONS: A substitution may be made when the ball is not in play and must be acknowledged by the captain of the opposing team.

FOULS:

Before seventh team foul:

A common foul shall result in the fouled team retaining possession.

On or after the seventh team foul:

A common foul shall result in **ONE** free throw.

Shall result in retained possession if the free throw is missed.

Shall result in change of possession if the free throw is made.

- All common, personal and technical fouls shall be counted towards the team total.

SHOOTING FOULS: **ONE** free throw shall be attempted unless in the act of shooting a 3-point shot, in which case **TWO** free throws will be awarded.

A shooting foul during an unsuccessful try:

Shall result in retained possession if the free throw is missed.

Shall result in change of possession if the free throw is made.

A shooting foul during a successful try:

Shall result in change of possession whether or not the free throw is made.

*(When shooting two shots after being fouled on a three point shot, the same rules as above apply **only** on the second attempt.)*

POOL PLAY and PLAYOFFS:

- Teams are responsible for scoring the game and the winning team must report the score and return the ball to the supervisor.
- Two officials will be used.

SPORTSMANSHIP

1. The intent of ODU Intramural Sports is to provide a sportsmanlike, safe, and fun environment.
2. The sportsmanship rating system is designed to rate team and not individual conduct, yet hold the team accountable for an individual's actions.
3. Being a good sport is a team captains, players and spectators responsibility. They will be held accountable for acts including abusive language, threatening remarks or abusive behavior before, during and after any intramural contest and throughout the intramural season.
4. Team captains are expected to be the team leader and exhibit full control over their team, thus setting an example by communicating and educating their team to be good sports. Further, the captain may address an official in a respectful manner concerning a rule interpretation, not questions of officials' judgment.
5. A player ejected during the game results in a one game suspension (if severe, additional restrictions may be imposed). The team will also receive a one game suspension if the ejection results from poor sportsmanship. The captain and ejected player must meet with the Assistant Director of Intramurals before being eligible to participate again.
6. Team Sportsmanship Ratings apply to behavior before, during and after a contest. Teams are expected to receive a rating higher than a three (3) to be eligible for playoffs. Those teams that receive a rating of two (2) will be suspended for their next game. Any team receiving a season ending rating (1) will be dropped from the sport and may be subjected to additional disciplinary action.

QUESTIONS:

- **683-3384**
- **email: badams@odu.edu**