

ARLINGTON COUNTY 3V3 OFFICIAL RULES OF THE GAME

2026 Youth Leagues

The Official High School Basketball Rules of the Game are valid for all game situations not specifically mentioned in the 3v3 Rules of the Game herein.

I. Court & Ball

- i. The game will be played on a 3v3 basketball court with 1 basket. A regular 3v3 court playing surface is 45 ft (width) x 35 ft (length). The court shall have a regular basketball playing court sized zone, including a free throw line, a high school three-point line and a “no-charge semi-circle” area underneath the one basket. Half a traditional basketball court may be used.
- ii. Court markings – if any are used – shall be adapted to the available space
- iii. Home team is responsible for providing the game ball

II. Teams

- i. Each team shall consist of 7-9 players (3 players on the court and 4-6 substitutes)
- ii. Before the first game is played, each team’s roster is to be finalized with the league commissioner, after the first game is played: teams are only allowed to play with players listed on the roster.
- iii. Only the league commissioner can authorize additions/subtractions to team roster.
- iv. Players may only play on one team per age division
- v. Players are required to be in uniform for all games
- vi. The Home team will wear white the away team will wear purple.

III. Game Officials

- i. The game officials shall consist of 1 referee, 1 team foul keeper (volunteer parent from home team), and 1 Time/Score Keeper (volunteer parent from away team)

IV. Game Start

- i. Both teams shall warm-up simultaneously prior to the game.
- ii. A “make-it-take” shot from the free throw line by a player from the home team shall determine which team gets the first possession. If said player makes the free throw, that team can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime. If the player misses, the choice becomes that of the away team.

- iii. A team must have at least 2 players present to begin a game. A team must have at least 2 players present to begin a game. At 5 minutes past game time, the referee can declare the game a Forfeit if at least 2 players are not present.

V. Scoring

- i. Every shot inside the arc shall be awarded one (1) point
- ii. Every shot behind the arc shall be awarded two (2) points
- iii. Every successful free throw shall be awarded one (1) point

VI. Playing time/Winner of a Game

- i. The regular playing time shall be as follows: 23 minutes of total playing time. This is a running clock except for the last two minutes of the game.
- ii. The first team to score 25 points or more wins the game if it happens before the end of regular playing time. This rule applies to regular playing time only (not in a potential overtime).
- iii. If the score is tied at the end of playing time, an extra two-minute period will be played. There shall be an interval of one-minute before overtime starts. The first team to score 2 points in overtime wins the game. If only 1 point is scored at the end of the two-minute overtime period, the team scoring the goal will be the winner. If the score is tied at the end of overtime, play will continue and the first team to score in sudden death will win.
- iv. A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 2 players ready to play. In case of a forfeit, the game score is marked with w-0 or 0-w (“w” standing for win).
- v. A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team can choose to keep its score or have the game forfeited, whilst the defaulting team’s score is set to 0 in any case.

VII. Fouls & Free Throws

- i. During the first 21 minutes of each game while there is a “**running clock**” ...
 - a. No foul shots will be taken.
 - b. Personal fouls committed during the act of shooting
 - i. On an attempt inside the arc, if the shot goes in, it is an automatic 2-point play for the shooter and the scored upon team gets possession at the inbound area
 - ii. On an attempt outside the arc, if the shot goes in, it is an automatic 3-point play for the shooter and the scored upon team gets possession at the inbound area
 - iii. If the shot does not go in, one (1) point is awarded to the shooter and there is a change of possession at the inbound area

- c. Team fouls 7, 8 and 9 shall award one (1) point to the opponent during the running clock period. The 10th and any subsequent team foul shall award one (1) point and ball possession to opponent. *This is only in the first 21 minutes of play.*
 - ii. Fouls committed in the **final 2 minutes of the game** will result in free throws to be attempted.
 - a. Shooting foul (made) - 1 shot
 - b. Shooting foul (missed) - 2 shots
 - c. Foul in Bonus - 1 shot
 - d. Foul in Double Bonus - 2 shots
 - iii. A team is in bonus situation after its opponent has committed 7 fouls. Players are not excluded based on the number of personal fouls subject to disqualification.
 - iv. Non-shooting fouls that are team fouls 1-6 result change of possession.

VIII. How the Ball is played

- i. Following each successful field goal or last free throw:
 - a. A player from a non-scoring team will start with a check-ball, i.e. an exchange of the ball (between the defensive and offensive player) behind the arc at the top of the court. The ball must be passed in (not dribbled) from behind the arc. The defensive player is not allowed to steal the ball from the player passing the ball in. The defensive player may try to steal the in-play pass.
 - b. The in-bounder must be within 3 feet of the arc (at the top of the key) and must stay within the free throw lane extension area (12 feet wide), an area referred to as the “inbounding area”.
 - c. The defense may defend anywhere on the court; however, no player may enter the “inbounding area” to defend the in-bounder
- ii. Following each unsuccessful field goal or last free throw (except those followed by ball possession):
 - a. If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc.
 - b. If the defensive team rebounds the ball, it must clear the ball behind the arc (by passing or dribbling).
- iii. If the defensive team steals or blocks the ball, it must clear the ball behind the arc (by passing or dribbling)
- iv. Possession of the ball given to either team following any dead ball situation shall start with a check-ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the court.
- v. A player is considered to be “behind the arc” when neither of his feet are inside nor stepping on the arc.

- vi. In the event of a jump ball situation, the defensive team shall be rewarded the ball.

IX. Stalling

- i. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation. Teams stalling may be penalized with delay of game warning or technical foul (1 free-throw + possession of the ball). The enforcement of this rule will be made at the discretion of the official.

X. Substitutions

- i. Substitutions can be done by any team when the ball becomes dead, prior to the check-ball or free throw. Substitutions can only take place behind the end line opposite the basket and substitutions require no action from the referees or table officials.

XI. Time-outs

- i. Each team is granted one 45 second team time-out. Any player can call the time-out in a dead ball situation.
- ii. All time-outs have a length of 45 seconds.

Note: time-outs and substitutions can only be called in dead ball situations or possession of the ball. The check-ball exchange is not a dead ball situation.

XII. Standings

Both in divisions and in overall competitions standings, the following classification rules apply. If teams are tied after the first step, refer to the next one – and so on.

1. Most wins (or win percentage in case of unequal number of games in inter-pool comparison).
2. Head-to-head confrontation (only taking win/loss into account)
3. Head-to-head vs. highest ranked common opponent
4. Points against in games between tied teams
5. Points against in all games
6. Coin Toss

*****The league managers have final say on all disputes and interpretations of the Rules*****

Rules Adapted from the Jr. NBA 3v3 rules 2019