

WMBA/ELEVATE 3X3 Rules

Court and Ball

- Half court on the WMBA outdoor courts at Whyte Ridge, Dakota, Oxford Heights, Corydon, Garden City and Kirkfield Westwood Community Centres
- Players will bring their own practice/warm up balls
- Official Wilson FIBA 3X3 basketball

Team Roster

- Up to 6 players per team (3 on court + 3 substitutes)
- Teams are set by ELEVATE. See attached for Team Rosters.

Officials

- 1 Official located at the baseline

Court Supervisor and Scorekeepers

- Up to 2 Court supervisors
- Gym Supervisor and Scorekeepers assigned to each side of court to check in players, keep scores on flip scoreboard and scoresheet

Time outs

- 1 per team per game. 30 seconds each, no timeouts in the last 5 minutes of the game.

Initial possession

- Rock-paper-scissors conducted by the Official
- The team that wins, decides whether it takes the ball and the beginning of the game or for overtime

Gametime

- 20 minutes run time with no half-time

Overtime - Including Playoffs

- First team to score two points wins the game

Shot Clock

- The 30 second shot clock will be kept by the on-court officials. A full reset will be performed when the possession of the ball changes, and a 14 second reset will occur during an offensive rebound.

Free throws following a shooting foul

- 1 Free throw
- 2 Free throws if foul is committed behind the arc

Foul limit per team

- 4 team fouls

Penalty for team fouls 5, 6 and 7

- 2 free throws

Penalty for team fouls 8 and more

- 2 free throws + possession of the ball

Penalty for technical foul

- 1 Free throw, no change of possession of the ball

Penalty for 2 technical foul (Zero tolerance)

- Game over and default loss to offending team

Possession following a successful point

- Defense possession right under the hoop
- Ball to be dribbled or passed to a player behind the arc
- Defensive team not allowed to play for the ball inside the “no charge” “semi circle” area underneath the basket
- At least one foot of the player with the ball must touch beyond the arc to be considered “cleared”

Following a dead ball

- Check ball (i.e. exchange of ball) behind the arc (at the top of the playing court)

Following a defensive rebound

- Ball to be dribbled/passed to behind the arc

Following a jump ball situation

- Defense possession with a “check ball” at the top of the arc

Substitutions

- In dead ball situations, prior to check ball
- Fair play substitutions, called every 5 minutes.
- The substitute can enter the game after their teammate steps off the court on the sidelines. The referee stops the game, and the gym supervisor will notify the referee when subs are needed.

Illegal defense

- No zone defense. All players must play “man to man” defense.
- Must be within 2 arms length of their check whenever possible.

Late Teams (defaults)

- The team will be defaulted if not arrived by 10 minutes into the start of games.
- Defaults will result in automatic disqualification for the team that did not show up and a loss.
- Teams can play their intersquad, play against each other or shoot around during this time.