

3v3 Overview

The Jr. NBA places a priority around 3v3 programming with the understanding that it will impact a young players' long-term development in basketball by delivering a fun and competitive on-court experience, while also creating additional opportunities for boys and girls to engage in play, foster skill development, and cultivate friendships and character values.

**HIGHLIGHTED
BENEFITS OF 3v3**

- › More touches for every player

- › Players learn to play all positions

- › Offensive and defensive skills and knowledge are utilized every possession

- › Requires teamwork and fosters skill development

- › Players must always be active and engaged

**JR.NBA 3v3
SHOCK DOCTOR
LEAGUES**

The Jr. NBA, the league’s official youth basketball participation program has partnered with select multi-court facilities to host 3v3 Shock Doctor leagues for thousands of youth across multiple markets. The Jr. NBA shares in the philosophy that 3v3 play can serve as a motivational and educational approach to teaching the game of basketball. Whether it’s a 3v3 tournament, or a game in the driveway, 3v3 is a positive format for learning and growing in basketball.

**JR.NBA 3v3
SHOCK DOCTOR
LEAGUE DETAILS**

Boys and Girls Ages	10U, 11U, 12U, 13U
Length of Season	6 Weeks
Number of Games	Minimum 10
Length of Court	Half Court Games
Seeding	Wins, losses & score differentials tracked for playoff seeding
Local Championship	All teams qualify for local Jr. NBA 1-day championship
National Championship	Winners of all divisions of Local Championship qualify to travel to National Championship and will receive a new set of uniforms, T-shirts, and a Jr. NBA hat. Each team will also be provided with 3 hotel rooms for 2 nights.

Jr.NBA 3v3 Rules

The following rules have been designed to ensure fair play for all participants and closely align with USA Basketball and FIBA competition rules. The height of the basket and size of the ball are both in accordance with the NBA and USAB Youth Basketball Guidelines which can be visited at youthguidelines.nba.com. All players and coaches are expected to understand these rules prior to participating in 3v3 competition.

GAME ADMINISTRATION & RULES

ROSTER SIZE	5 player limit (must have 3 players to start the game).
REFEREES	1 required, 2 suggested.
TIME/SCORE KEEPERS	1 required, 2 suggested (a parent from each team).
TIME-OUTS	Each team is allowed one 30-second timeout per game. The game clock does not stop during timeouts. NO timeouts are permitted in the last three minutes of the game.

CONTINUED

**INITIAL
POSSESSION**

Coin flip (winning the coin flip allows a team to start the game with the ball or decline in order to get the ball in a potential overtime).

**GAME DURATION
& SCORING
LIMITS**

League Operators will have the option to organize their games according to either format below:

1 x 20 MINUTES

Running clock.

The first team to 21 points (applies to regular playing time only) or the team with the most points at the end of the game.

1 X 15 MINUTES

Running clock.

The first team to 15 points (applies to regular playing time only) or the team with the most points at the end of the game.

OVERTIME

First team to score two (2) points wins.

SCORING

Baskets made from inside the arc count as one point.
Baskets made from behind the arc count as two points.

Jr.NBA 3v3 Rules

SUBSTITUTIONS

Can occur in dead ball situations, prior to the check ball. Players must enter the game at the top of the court.

STARTING POSSESSIONS

To start the game and after any dead ball that requires checking the ball at the top, the ball must be passed in (not dribbled) from the check box at the rear of the court.

First Violation: Warning from the referee or court monitor.

Each Additional Violation: Change of possession.

SHOT CLOCK

12U & ABOVE

12 seconds. The shot clock is to be monitored by the ref and should be counted aloud for the final 5 seconds.

11U & BELOW

No shot clock - however, no stalling is allowed. The referee, court monitor or Jr. NBA staff member may institute a 30 second clock at any time. After a team has been warned about stalling, failure to hit the rim on the offensive possession within 30 seconds will result in loss of possession. The referee will count down the final 5 seconds.

CONTINUED

FREE THROWS

1 free throw if fouled while shooting.

2 free throws if fouled while shooting behind the arc.

1 free throw if fouled while shooting and the shooter makes the shot.

Free throws count as one point.

12U & ABOVE

Following a made free throw the ball is live as soon as the ball goes through the basket and the opposing team can gain possession and clear. If the free throw is missed, the ball is live and the offensive team can rebound and play, or the defensive team can rebound and clear.

11U & BELOW

Following a made free throw, the opposing team will check the ball at the top. If the free throw is missed, the ball is live and the offensive team can rebound and play, or the defensive team can rebound and clear.

JUMP BALL

All jump balls become possession of the defensive team.

TEAM FOUL LIMIT

6 team fouls.

**PENALTY FOR
TEAM FOULS 7-9**

2 free throws.

Jr.NBA 3v3 Rules

**PENALTY FOR
TEAM FOULS 10+**

2 free throws and possession of the ball.

**POSSESSION
FOLLOWING A
SUCCESSFUL
GOAL**

12U & ABOVE

Defense gains possession (no make it – take it) The possession begins right underneath the hoop when the defensive team takes possession of the ball. Ball to be dribbled or passed to a player behind the arc (both feet) Defensive team not allowed to make a play for the ball inside the “no-charge semicircle” (area under the basket).

11U & BELOW

Check ball exchange behind the arc (at the top).

**POSSESSION
FOLLOWING A
DEAD BALL**

Check ball exchange behind the arc (at the top).

**POSSESSION
FOLLOWING
A DEFENSIVE
REBOUND OR
STEAL**

Ball to be dribbled/passed behind the arc.

PLAYOFFS

Players must play in at least 3 league games to be eligible for the playoffs.

**COACHING
RULES**

12U & ABOVE

Coaches are allowed to provide guidance during timeouts, and before and after games. Coaches can also make substitutions.

Coaches will be penalized a point if a ref sees excessive coaching during games.

Penalties will be assessed at referees discretion.

11U & BELOW

The same rules apply as for 12U and above, however refs will be slightly more tolerant of coaching.

Coaches can be penalized a point if a ref sees excessive coaching during games.