

3-on-3 Basketball

Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. Undergraduates/Graduate Students

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

***Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. Faculty and Staff

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

***Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

3. Alumni

All alumni are ineligible to participate without a proper membership to UREC.

4. Professional Athletes

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. Varsity Letter Person

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. Student Athletes

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. Sport Club Members

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

***Note: Teams are restricted to two sports club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

***Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

Valid JACards are required for participation. "No JACard, NO play"

Assumption of Risk

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant's unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

Facilities

1. Games will be played in both UREC and Godwin Gymnasium.
2. During the fall semester, games will be played in Godwin Gymnasium.
3. During Maymester the games will be played in UREC.
4. Teams that play in UREC will participate in the main gym on courts 3 and 4 only.
5. Teams that play in Godwin will participate in the main gym on courts 1, 2, and 3 only. Court 4 is not utilized because of the lighting.
6. Both courts are lined with 2" end lines and sidelines. The ball becomes out of play when it contacts any part of that boundary.

Game Time and Timing Regulations

1. Playing time is two 12-minute running clock halves.
2. There is a one-minute intermission between the halves.
3. There are NO overtime periods during the regular season.
4. During playoffs, if a tie game occurs at the end of regulation, an overtime quarter will be played.
5. Overtimes will consist of a 2 minute running clock. The game will continue until there is a winner.

The Team

1. Rosters can have up to 5 players.
2. Teams are entered in one of three divisions: Men's, Women's or CoRec.
3. **Valid JAC Cards are required for participation.**

Player Equipment

1. **Head decorations, head wear, and jewelry are illegal.** Only headbands no wider than 2 inches made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the course of the game. No bandannas ("do rags") or baseball caps are allowed. Officials will advise team captains to inform their teams to remove all jewelry before the game.
2. All team members must wear the same colored shirt with a number. We encourage teams to purchase their own jerseys. T-shirts must be worn under all sleeveless jerseys provided by UREC.
3. All players must wear non-marking, rubber-soled, close ended tennis or basketball shoes.
4. Games will be played with a UREC game ball. **This ball will not be used during warm-ups.** UREC will have a limited number of balls that can be checked out with a JAC card at the Equipment Issue Room. Teams are advised to bring their own ball to warm up with.

Rules Section

Game

1. **All games are self officiated.**
2. The Home team will gain first possession to start the game. After halftime the visiting team will gain first possession to begin the half.
3. During playoffs the higher seed will gain first possession to start the game. After halftime the lower seeded team will gain first possession to begin the half.
4. If overtime occurs the higher seed will gain first possession. If there is a second overtime the lower seeded team gains possession. This process continues until there is a winner.
5. Shots made behind the three point arc will be counted as three (3) and shots inside the arc will be counted as two (2).
6. Possession changes after each basket unless there is a foul (see foul section).
7. All changes in possession must be cleared beyond the 3-point line.

UREC Intramural Sports

8. There are NO time outs. The site manager has the authority to stop the play clock in the case of an injury or special circumstance.
9. Substitutions can be made at any stoppage of play (made basket, out of bounds, foul, etc.)
10. Stalling is penalized by loss of possession (This will be the judgment of the site manager).
11. Teams will alternate possession on all jump balls. The team that did not start with the ball will receive the first alternating possession. The alternating possessions will have no affect on the possession to start the second half.

Fouls

1. **All games are self officiated.**
2. Defense will call ALL fouls.
3. If a foul occurs, the ball will be taken out at the top of the key to restart play.

Site Managers

All UREC Site Managers will be held accountable for:

1. Keeping track of time.
2. Ruling on any questions brought forward by the participants.
3. Penalizing unsportsmanlike conduct with a technical foul.
4. Signaling teams to start play at the beginning of both halves.
5. Possessing power to rule on any point not covered within these rules.

Definitions

1. **BASKET INTERFERENCE-** Occurs when a player: Touches the ball or any part of the basket (including the net) while the ball is on or within either basket; Touches the ball while any part of the ball is within the imaginary cylinder which has the basket ring as its lower base; Touches the ball outside the cylinder while reaching through the basket from below; pulls down a movable ring so that it contacts the ball before the ring returns to its original position.
2. **BLOCKING-** Illegal personal contact which impedes the progress of an opponent with or without the ball.
3. **CHARGING-** Illegal personal contact caused by pushing or moving an opponent's torso.
 - a. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path
 - b. If a guard has obtained a legal guarding position, the player with the ball must get his/her head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.

- c. There must be reasonable space between two defenders or a defensive player and a boundary line to allow the dribbler to continue in his/her path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact
 - d. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot, or dribble.
4. **CLOSELY GUARDED**- occurs when a player in control of the ball in his/her team's frontcourt, is continuously guarded by an opponent who is within 6 feet of the player who is dribbling the ball. The distance shall be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. It shall be terminated when the offensive player in control of the ball gets his/her head and shoulders past the defensive player.
5. **CONTINUOUS MOTION**- Applies to a try or trap for field goals and free throws, but it has no significance unless there is a foul by any defensive player during the interval which begins when habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight; If an opponent fouls after a player has started a try for a goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when usual throwing motion has started before the foul occurs and before the ball is in flight; Does not apply if a teammate fouls after a player has started a try for a goal and before the ball is in flight. The ball becomes dead immediately.
6. **GOALTENDING**- Occurs when a player touches the ball during a field-goal try or tap while it is in its downward flight entirely above the basket ring level and has the possibility of entering the basket in flight, or an opponent of the free thrower touches the ball outside the cylinder during a free-throw attempt.
7. **HELD BALL**- Opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness. An opponent places his/her hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on a try.
8. **TRAVELING**- Moving a foot or feet in any direction in excess of prescribed limits while holding the ball.

Sportsmanship

Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect

officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

Total 11.5

Average Conversion: $11.5 / 4 = 2.875$. This team would not be eligible for continued play or playoffs.

Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.

6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent Sportsmanship: (3.5 – 3.1 points)

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains**.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

Good Sportsmanship: (3.0 – 2.6 points)

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

***Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

Average Sportsmanship (2.5 – 2.1 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

Below Average Sportsmanship (2.0 – 1.6 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

***Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses
4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

Poor Conduct and Sportsmanship (1.5 - .9 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no

UREC Intramural Sports

control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

Unacceptable Sportsmanship (0 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

Sportsmanship Sanctions

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

Blood Borne Pathogen Policies

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.