

# UREC Intramural Sports

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## 3-on-3 Basketball Rules and Regulations

\*All other UREC Policies and Procedures apply\*

**Valid JACards or Mobile ID are required for participation.**

### Eligibility

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

#### 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.***

#### 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.

#### Alumni

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

#### 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*).

#### Varsity Letter Person

A person who has received a varsity award at any university (four (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.** Teams may only carry one former varsity player on their roster

#### 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.

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## 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.**

**\*Note: All Eligibility requirements can be located in the *Intramural Handbook*.**

## Game Time and Regulations

- ❖ All Games will take place in the **Godwin Gymnasium**.
- Playing time is a 45-minute running clock.
- 45-minute running clock will begin at game time. Teams that do not show up on time will lose 0.1 on their sportsmanship total for every minute tardy. After 10 minutes, the game will be deemed a forfeit.
- There is a two-minute intermission between the games.
- Matches will be best **two out of three games**. The first two games will be first to 21, win by 2, cap at 25. The third, if needed, game will be to 11, win by 2, cap at 15.

## Participant Information

- Rosters can have up to (6) players.
- Teams must play with (3) players and have a minimum of (2) to begin play.
- Teams are entered in one of three divisions: Men's, Women's or Open.
- **Valid JACards or Mobile ID are required for participation.**

## Player Equipment

- **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.
- All players must wear non-marking, rubber-soled, close ended tennis or basketball shoes.
- Games will be played with a UREC game ball. **This ball will not be used during warm-ups.**
  - Teams are advised to bring their own ball to warm up with.
- **Masks will be required by all participants in accordance with UREC policy.**

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## Rules

### 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 three-point line to restart play. After the 'check ball' procedure, the initial move must involve a pass between teammates before a shot can be taken.

### Game Play

- **All games are self-officiated.**
- The **Home team will gain first possession to start the game.** The visiting team will have possession for the second game. There will be a coin toss for possession for the third, if needed game.
- During playoffs the higher seed will gain first possession to start the first game. The lower seeded team will have possession to start the second game. There will be a coin toss for possession for the third, if needed game.
- Shots made behind the three-point arc will be counted as three (3) and shots inside the arc will be counted as two (2).
- **Possession changes after each basket** unless there is a foul (see foul section).
- All changes in possession must be cleared beyond the 3-point line.
- 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.
- Stalling is penalized by loss of possession (Judgment from site manager).
- 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 game.

## Site Managers

Duties which UREC Site Managers will perform include:

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

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## Definitions

- i. **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.
- ii. **BLOCKING**- Illegal personal contact which impedes the progress of an opponent with or without the ball.
- iii. **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.
- iv. **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.
- v. **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.
- vi. **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.
- vii. **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.
- viii. **TRAVELING**- Moving a foot or feet in any direction in excess of prescribed limits while holding the ball.

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## 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.

## 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.