USA BASKETBALL 3X3 RULES & STANDARDS

3X3 BASKETBALL IS A FUN AND FAST-PACED GAME THAT HELPS PLAYERS DEVELOP SKILLS THROUGH MORE REPETITIONS AND DECISION-MAKING OPPORTUNITIES. 3X3 RULES ARE OUTLINED BELOW WITH RECOMMENDATIONS TO ADAPT THE GAME TO ALL AGES AND ABILITY LEVELS. PLEASE NOTE, WHERE A SPECIFIC RULE IS NOT LISTED, IT IS RECOMMENDED TO REFER TO THE OFFICIAL FIBA 3X3 BASKETBALL RULES AT FIBA3X3.COM/RULES.

EQUIPMENT & DIMENSIONS

BASKETBALL
Official FIBA 3x3 basketball is a standard size 6 with the weight of a size 7 ball. For 10-14-year-olds use a FIBA 3x3 ball or a size 6, and for 6-9-year-olds use a FIBA 3x3 junior ball or a size 5.

BASKET HEIGHT
Height of rim is 10'. For 10-14-year-olds use a 9' or 10' hoop, and for 6-9-year-olds use an 8' hoop.

COURT
3x3 court is 49' wide and 36' deep. For ages 14 and younger use one half of a basketball court.

2-POINT LINE
2-point arc distance is 22' from the center of the basket. For ages 14 and younger arc distance is 19'9" or use existing arc.

FREE THROW LINE
Free throw line is 15' from plane of backboard and the lane is 16' wide. For ages 14 and younger use a 12' lane width and 14' free throw line as needed.

SUBSTITUTE BENCH
Along the top endline is space for subs (6'6"). One single chair should be set up per team behind the endline for the substitute to sit in. Chairs should be spaced apart so when teams huddle at bench during timeouts they are separated. With back to the basket, the home bench is the chair on the right.

OFFICIALS
Two officials, one scorekeeper, one shot clock operator and one scoreboard operator. For all ages may have teams keep score, and officials call out the shot clock.

GAME PROCEDURES

COACHING
No coaching allowed during games. Players must coach each other. Overt coaching can result in a warning and then technical foul penalty issued by the officials. Only penalize for 9th grade and older. For 6-9-year-olds officials may help players with rule reminders.

TEAM SIZE
Four players per team. Must have three players to start a game. For 6-9-year-olds rosters may consist of five players.

FIRST POSSESSION TO START GAME
Winner of a coin toss can choose to start with the ball OR to defer the first possession to the other team and have the ball first in a potential overtime.

CHECK BALL & INBOUNDING
The ball is always inbounded up top between the 2-point line and top endline. The offensive player must be behind the 2-point line, with about three feet between offensive and defensive player. To start play, the defensive player passes or bounces the ball to the offensive player, with a normal pass so the offense can take control. The offensive player may pass, shoot or dribble to start the play. Officials are required to initiate the check ball to start the game and overtime. During the game, a check ball requires no action from officials if players are in the correct positions.

GAME TACTICS

PLAYING TIME
Playing time is unspecified. For all ages it is recommended to sub on every dead ball. For ages 14 and younger require players to sub on every dead ball.

DEFENSES
No restrictions on defensive style of play. For all ages person-to-person defense is recommended. For ages 14 and younger only person-to-person defense should be allowed.

DOUBLE-TEAMING
Double-teaming or crowding is allowed. For all ages double-teaming or crowding is not recommended. For ages 14 and younger double-teaming or crowding should not be allowed.

STEALING FROM THE DRIBBLER
Stealing from the dribbler is allowed. For 10-14-year-olds stealing from the dribbler should only be allowed if the dribbler is in the free throw lane. For 6-9-year-olds stealing from the dribbler should not be allowed.

BALL SCREENS
On-ball screens are permitted. For ages 14 and younger on-ball screens should not be allowed.

BALL-SCREEN DEFENSE
Not specified. For ages 14 and younger switching should not be allowed as players should fight through screens.

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GAMEPLAY & RULES

GAME LENGTH
Game is 10 minutes long. All ages may use a running clock, and ages 14 and younger may use an 8-minute running clock.

WINNING TEAM
First team to 21 points wins, or leader after 10-minute game clock expires. 10-14-year-olds may play to 15 points, and 6-9-year-olds may play to 7 points.

SHOT CLOCK
12-second shot clock. Resets to 12 seconds on any rebound, steal, kick ball or foul. For 10-14-year-olds use a 14- second shot clock, and for 6-9-year-olds use a 16-second shot clock.

SCORING
1 point for baskets made inside the arc and made free throws. 2 points for baskets made outside the arc.

TIME OUTS
Each team has one 30-second timeout that only can be taken on a dead ball. An unused timeout does carry into overtime. Timeouts must be called by players, as there is no in-game coaching. For 6-9-year-olds set an automatic timeout midway through the game. **Two 30-second media timeouts, if applicable, occur at the first stopped clock under 7 minutes and under 4 minutes.**

CLOCK STOPS
The clock stops only on a dead ball (foul, free throw, out of bounds, shot-clock violation, kick ball, official's whistle). All ages may use a running clock.

CHANGE OF POSSESSION
On any change of possession the offense must clear the ball and both feet behind the arc before attempting to score, whether they gain possession by a rebound or steal.

JUMP BALL SITUATION
On any jump ball, possession goes to the defense.

SUBSTITUTIONS
Any team can substitute on a dead ball. Requires no action from officials or table.

FREE THROW TIME LIMIT
Five second time limit for player to shoot free throw.

PLAYER POSITIONS ON FREE THROWS
Three defensive and two offensive players, not counting the shooter, are permitted on the free throw lane during a free throw. The defense is permitted the two lowest spots on the lane, which are above the lowest hash mark.

OVERTIME
The first team to score two points in overtime wins. A team does not need to win by two points, and the team that started the game with the ball starts overtime on defense. There is one minute between the end of regulation and the start of overtime. Ages 14 and younger may play first to score one point in overtime wins or end in a tie.

FOULS & PENALITIES

FOULS
All player common fouls are recorded as team fouls. Only technical or unsportsmanlike fouls are recorded to individuals.

BONUS SITUATION
Two free throws are awarded on the 7th team foul. Two free throws and possession of the ball are awarded on the 10th team foul. No free throws awarded on offensive fouls. Ages 14 and younger may shoot one free throw or automatically receive points.

TECHNICAL FOULS
A non-contact foul of behavior-nature. A technical foul results in one team foul and one free throw awarded to the other team.

UNSPORTSMANLIKE FOULS
A contact foul with excessive, hard or dangerous contact. The first unsportsmanlike foul of a player results in two team fouls and two free throws awarded to the other team. A second unsportsmanlike foul of a player results in two team fouls, plus two free throws and possession of the ball to the other team.

DISQUALIFICATION
Players are disqualified from the game after two unsportsmanlike fouls. Additionally, players may be issued a disqualifying foul, which is any flagrant unsportsmanlike action by players or substitutes. Disqualifying fouls result in the player being ejected and two team fouls, plus two free throws and possession awarded to the other team.

DELAYS OF GAME
Not collecting the basketball after a made basket to start the new possession and shot clock or intentionally hitting the basketball out-of-bounds to stop the clock may result in a warning and subsequent technical foul issued by the officials. Only penalize for 9th grade and older.

GAMEPLAY VIOLATIONS

3-SECONDS IN RESTRICTED AREA
Offensive players cannot remain in the free throw lane for more than three-consecutive seconds during live play.

5-SECONDS CLOSELY GUARDED
Player must pass, shoot or dribble within five seconds if defense is in an active guarding position and within three feet. Only penalize for 9th grade and older.

STALLING
Stalling or failing to play actively (not attempting to score) is a violation at the discretion of the officials. Only penalize for 9th grade and older.

3-SECOND BACK-DOWN
Offensive players can't dribble with their back to the basket in an attempt to back down their defender while inside arc for more than three-consecutive seconds. Only penalize for 9th grade and older.

GOALTENDING & INTERFERENCE
Players cannot touch the ball while it is completely above the level of the ring and on its downward flight to the basket or after it has touched the backboard but not yet the rim. Players cannot touch the basket or the backboard while the ball is in contact with the ring. The opposing team is awarded the point(s) as if the shot went in.

GUARDING IN NO-CHARGE SEMICIRCLE
After a made basket, the defensive team is not allowed to play for the ball or guard inside the no-charge semicircle. Violations may result in a warning and subsequent technical foul issued by the officials. Only penalize for 9th grade and older.