



3X3 JAMBOREE GUIDE

GOALS

3x3 jamborees meet for eight sessions in a **free-play, skills-centered, clinic atmosphere**. Programs are designed to introduce beginner-level players to the game of 3x3, while **encouraging fun** and **basketball development**. Every session is split between an instruction block, where progressive skills core to 3x3 are taught and drilled in stations, followed by a 3x3 games block, where players are grouped into teams for 3x3 play. Jamborees focus on all players getting ample **repetitions** to learn **basketball fundamentals** as well as gaining **decision-making skills** and experiencing fun gameplay.

TARGET PARTICIPANTS

Players 12 and younger participating through YMCAs, Boys & Girls Clubs, Community Recreation Centers, Police Athletic Leagues (PALs), Catholic Youth Organization (CYOs) and town leagues.

EQUIPMENT NEEDS

COURT

Minimum one full court with four baskets to allow for station-work and four 3x3 courts for the games block. For facilities with additional court availability, increase all resources and participants accordingly.

BASKETBALLS

Minimum four 3x3 basketballs, one per 3x3 court, for the games block. Provide additional basketballs or encourage participants to bring their own basketballs for warm ups and the skills block.

MAIN CLOCK

One main running clock to track time for the skills block and the games block.

SOUND SYSTEM

Speaker or PA system to play music during games that covers all courts.

PINNIES

Require players to bring a light and dark t-shirt, or provide pinnies to wear during the games block.

JAMBOREE STAFFING

JAMBOREE DIRECTOR

One director in charge of the jamboree. Role duties include facility securement, program promotion, participant registration management, staff recruitment and training on 3x3 and management of session schedules including the creation of each session's 3x3 instruction block with appropriate skills and drills to teach.

LEAD COACHES AND COURT MONITORS

One or two lead coaches per program and one court monitor per basket/3x3 court. Role duties of the lead coach include serving as the on-court lead for the 3x3 skills instruction block to impart the teachings laid out for each weekly session, serve as a 3x3 expert during the games block for rules or gameplay questions and assist the jamboree director in organization of participants including weekly creation of teams and the games schedule. Court monitors will assist the lead coaches in skills teaching, leading drills at baskets, and serve as officials during 3x3 games.

MEDICAL PERSONNEL

One on-site athletic trainer or medical personnel with first aid and CPR certification. Medical personnel should have access to an AED, first aid, ice and the facility's emergency action plan.

3X3 JAMBOREE OUTLINE & SESSION STRUCTURE

3x3 jamborees are recommended to meet for eight weeks, with one session meeting per week. Each 3x3 jamboree session follows the same format and is an independent event. New participants can join any time or attend any session. A full commitment to every session is not mandatory, however players will see best results in skill development and 3x3 understanding the more they attend.

NUMBER OF SESSIONS: Eight sessions are recommended for an effective program where players see maximum results in player development and growth.

SESSION DURATION: 90-minutes per session meeting.

SESSION OUTLINE

0-10 MIN

Session check-in, welcome and staff introductions, group warm up

10-40 MIN

3x3 instruction block: fundamental skill teaching and application to 3x3 game

40-50 MIN

Break participants up into equal teams; demonstrate a 3x3 game

50-90 MIN

3x3 games block: 2-3 games guaranteed for all players at all session

90 MIN

Session close

3X3 SKILL INSTRUCTION BLOCK

At each 3x3 jamboree session, one skill topic should be taught to all participants for a 30-minute window prior to 3x3 games. Skills blocks should follow a progressive teaching methodology and incorporate only three to four drills for best understanding. Keep these principles in mind:

- Drills should be focused and target specific skills.
- Make drills short, simple and easy to execute.
- Emphasize fun in drills and be creative in design.
- Ensure all players get numerous repetitions and touches, avoid lines.
- Remain flexible: drills may need to be adjusted or repeated week-to-week.

Suggested skill topics are outlined below for two levels: Introductory (red) and Advanced (blue). The introductory level best suits players 11 and younger or beginners and the advanced level is best for players 12 and older.

SESSION ONE

INTRODUCTORY FOOTWORK & PIVOTING

Drill the proper footwork to complete a jump stop, running and stopping with balance, front and reverse pivots using both feet, triple-threat position and pivoting while protecting the basketball.

ADVANCED FOOTWORK & PIVOTING

Drill the proper footwork to step into a pass, catching and squaring up to the basket, front and reverse pivots using both feet and jump stops from a speed dribble to then pivot and pass.

Apply to 3x3 games: transitioning from defense to offense where players must sprint beyond the arc, catch the outlet pass and square up to the basket before attacking.

SESSION TWO

INTRODUCTORY BALL-HANDLING

Drill stationary ball-handling with both the right and left hand, keeping eyes up and protecting the basketball, dribbling on the move with both hands and 1x1 competition to the basket.

ADVANCED CUTTING & SPACING

Drill creating separation with V-cuts and contact with defender to change directions, technique for a backdoor cut based on defensive positioning, basket cuts after making a pass and reading the defense and reacting.

Apply to 3x3 games: 2x2 or 3x3 with the offense starting with the basketball up top and wing players getting open. When the ball is under the basket, after a score, wing players must get open for the outlet pass, cutting and replacing for floor balance.

SESSION THREE

INTRODUCTORY SHOOTING

Drill proper shooting form, BEEF (balance, eyes, elbow, follow through) shooting technique, stepping into a pass to shoot or shooting off of the dribble and layups on both sides.

ADVANCED OFFENSIVE MOVES

Drill individual offense and moves to the basket, practice proper shooting form, catching with a 1-2 or jump into the shot, shooting off of the dribble and finishing moves at the basket from both sides (layups, jump stops, shot fakes).

Apply to 3x3 games: a quick first step and finishing skills at the basket allow for quick scores and keeping the defense off-balance. Offense must be multi-dimensional so the defense respects the shot and the drive.

INTRODUCTORY PASSING & CUTTING

ADVANCED PASSING & BALL- REVERSAL

SESSION FOUR

Drill the various types of passes (chest, bounce, over head) in partners, teach receiving the ball with target hands, add in dribble, jump stop and pass drills and 2x2 with basket cuts after making a pass.

Drill moving the ball from one side of the floor to the other using chest, bounce and over-the-head passes, swinging the ball side to side using the dribble with players replacing the open spots.

Apply to 3x3 games: proper spacing on offense keeps players spread out and forces the defense to move and cover greater areas. The offense should fill open spots and swing the ball from side-to-side.

INTRODUCTORY DEFENSE

ADVANCED DEFENSE & REBOUNDING

SESSION FIVE

Drill the proper defensive stance with hands and feet wide, eyes up and a low, balanced positioning, defensive shuffles sideways and advancing/retreating and closeouts.

Drill proper defensive positioning on the ball, in denial, from the wing and from the post locations. Boxing out and jumping to rebound the basketball, securing the ball and pivoting to clear space.

Apply to 3x3 games: quick ball movements by the offense force the defense to jump to the ball on each pass and always see their player and the ball.

INTRODUCTORY SCREENING

ADVANCED SCREENING

SESSION SIX

Drill the basic principles of how to set a screen, proper positioning with a wide base and making contact with the defender and how to rub off of a screen.

Drill the types of screens and angles to use to maximize effectiveness (back screen, curl screen, pin-down screen, down screen, flare screen) as well as dribble hand-offs and slips. Emphasize off-ball screening action.

Apply to 3x3 games: setting and using good screens allows teammates to get open and promotes decision-making skills while forcing the defense to react and rotate.

INTRODUCTORY 1X1 & 2X2

ADVANCED 1X1 & 2X2

SESSION SEVEN

Drill closeouts to score, drives with a pass out, screen and roll possessions and 1x1 and 2x2 games.

Drill advanced offensive and defensive situations and reads, screening action, post play, passing angles, pressure dribbling, shooting off movement and decision-making.
Apply to 3x3 games: set rules in 2x2 actions on how the offense or defense must play a scenario (ball movement inside/outside or side/side, no switching on screens, must get a paint touch, force dribble drive to sidelines, etc.)

INTRODUCTORY BALL-HANDLING & SHOOTING

ADVANCED OFFENSIVE SETS

SESSION EIGHT

Drill dribbling on the move, dribble attack from a pass, change-of-speed and change-of-direction dribbles, shooting in the flow of an offensive set and against defensive pressure.

Drill sets from a dead ball up top as well as from a rebound or made basket, quick transition from defense to offense. Sets can begin from many formations including horns, stack, spread or elbow.

Apply to 3x3 games: any offensive set should incorporate passing, cutting, screening or dribble-drive action to attack the basket and create space and openings.

3X3 GAMES BLOCK

Following the 3x3 skills block, jamboree sessions transition to a 3x3 games block focusing on skill application. Always provide a brief 3x3 demonstration with lead coaches or return players to teach the pace, continuous play and clearing the basketball action of 3x3 since new players could be in attendance at any session. Games should prioritize fun and inclusion rather than scores or outcomes.

TEAM FORMATION

TEAM BALANCE

Separate participants based on age/grade, height and skill level, so all teams are even. If you have a high volume of participants, divide kids up by age first to keep similarly-aged participants together (i.e. 6-8 year old teams versus each other and 9-10 year old teams versus each other). Observe kids during the 3x3 instruction block and use prior knowledge of their ability levels to create your balanced teams efficiently.

TEAM SIZE

Three to four players per team, depending on game durations.

ROSTER CHANGES

Each session is independent of the others when it comes to 3x3 games so team rosters do not carry over for the whole Jamboree season. Teams are formed each session and only for that particular session, which ensures kids play with different teammates and helps the administrator set even teams based on who shows up each session.

3X3 RULES

SCORING

None. Jamboree games should be organized for the purpose of fun, skill development, touches of the basketball and maximizing playing time. Outcomes and winning are not priorities.

GAME TIME

8- or 10-minute running clock. All half court games can start at the same time with a master 10-minute clock (stopwatch, phone, tabletop clock, etc.). For 6-9-year-olds and introductory-level players, use shorter 4- or 5-minute running clock games.

SUBSTITUTIONS

Require substitutions on every dead ball. If play is going too long without a dead ball, the official/court monitor should blow the whistle to force a stoppage of play for substitutions.

TIMEOUTS

None.

FOULS

Call out fouls but do not keep track of team fouls or bonus scenarios.

FREE THROWS

None. Any foul called by the official triggers a dead ball, substitution and then restart with a check ball at the top of the arc.

SHOT CLOCK

Not recommended. If the offensive possession is taking too long once the ball has been cleared, the official/court monitor should count down from five seconds to encourage a shot attempt. Allow appropriate time for this age group to get comfortable rebounding, clearing the ball then attacking the basket. Only introduce the 12-second shot clock for 9th grade and older.

If not listed above, follow the official 3x3 rules and standards (annex 1, pages 5-6) for further gameplay and rule sets by player age and ability levels.

3X3 GAME SCHEDULE

KEY GUIDELINES TO KEEP IN MIND

1. Guarantee participants all play two or three 8- or 10-minute running-clock 3x3 games. Shorter game lengths are suggested for younger ages or introductory players.
2. Allow for rest time between games, with no more than two games scheduled back-to-back.
3. In between games and during breaks, lead coaches can offer help and coaching to teams and point out learnings. Simulate a coach's parameters in FIBA 3x3 where there is no in-game coaching and instead teaching takes place before or after games.
4. Rotate match ups so teams face different opponents during the games block.
5. Avoid putting players together on the same team across multiple sessions. Changing up rosters enhances skill development and communication.



ANNEX 1

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](https://www.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.

NO-CHARGE SEMICIRCLE

Half-circle area underneath the basket measuring 4' from the center of the basket. On the clear out after a made basket, the defense cannot defend inside the semicircle. Ages 14 and younger may extend the restricted defensive area to the paint if semicircle is not present.

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.

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 must make a clean bounce pass to the offensive player 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.

OFFICIALS

Two on-court officials. One scorekeeper, one shot clock operator and one scoreboard operator as table staff.

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.



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 - CLEARING THE BALL

On any change of possession the offense must clear the ball by dribbling or passing behind the arc before attempting to score. Behind the arc means a player has neither foot inside the arc or on the arc line.

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

Ten 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

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.

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.

BACK TO THE BASKET

Offensive players can't dribble with their back or side to the basket in an attempt to back down their defender while inside the arc for more than three-consecutive seconds.

GOALTENDING & INTERFERENCE

A defensive player may swat or tip the ball away once it touches the rim. Players cannot touch the ball on its downward flight to the basket, while it is in the cylinder above the rim, 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 rim. Violations by the offense void the potential point. Violations by the defense result in automatic point(s) to the offense.

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.

FOULS & PENALTIES

GAMEPLAY VIOLATIONS