

# DMUsport Social League

## 3x3 Basketball

2023 - 2024

*DMUsport Social Leagues are a fantastic way to get involved in sport whilst studying at De Montfort University and it is solely recreational ... meaning they are fun & exciting!*

*We encourage all abilities and groups to get involved, whether your team is made up of course mates, housemates, society members or groups of friends. To enter your team, click [here](#). We could even help get you into a team, just click [here](#) to complete the entry form.*

*So, what are you waiting for, create or join a team now & take part in this year's Social Leagues!*

*If you have any queries or questions about the DMUsport Social League for Indoor Football, please just drop us an email at [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk).*

## **DMUsport Social League – 3x3 Basketball**

The competition structure of the league will consist of a League then a Premier Playoff and

## DMUsport Social League Membership

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- All players **MUST** bring their DMU student ID to fixtures and be booked onto the fixture slot via the [DMU Leisure app](#). If a player turns up without their DMU student ID or haven't booked onto the slot then they will not be able to enter into the facility. No student ID = no fixture!
- No jewellery to be worn when warming up/playing, this includes – rings, piercings, necklaces, bracelets, watches, etc. If players can't remove piercings then they need to cover them up with tape in order to play.
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- The fixture referees will check the game ball prior to the fixture taking place and ensure that both teams are happy with the ball. If the game ball needs to be inflated during the fixture, game play is stopped and one of the referees will blow the ball up via the hand pump provided in the Social League equipment pack. The fixture is then restarted by dropping the ball at the place where it was picked up from.

### **Spectators**

- Spectators are permit

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## League Format

### Beginning of the Game

- Both teams may warm-up simultaneously prior to the fixture on the court they will be playing on. This does mean that opposing teams will warm up alongside each other.
- Each team will be provided with one (1) FIBA 3x3 Basketball ball per team (regulation 3x3 Basketball ball).
- Teams will have five (5) minutes to warm up before the fixture begins.
- A coin toss or equivalent shall determine which team gets the possession first –

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- Every shot behind the arc shall be awarded two (2) points.
- Every successful free throw shall be awarded one (1) point.

### Fouls / Free Throws

- A team is in a team foul situation when it has committed six (6) fouls within a period. If the fixture goes into additional time, then the team foul situation will remain the same. For example, if a team is in foul trouble and has six (6) team fouls then this will remain throughout the additional time played.
- A player who has committed four (4) fouls must leave the game – if respectful the player can sit and watch the rest of the fixture but if the player is not then they will be escorted out of the facility.
- Fouls during the act of shooting inside the arc shall be awarded one (1) free throw.
- Fouls during the act of shooting behind the arc shall be awarded two (2) free throws.
- Fouls during the act of shooting followed by a successful field goal shall be awarded one (1) additional free-throw.
- Non-shooting fouls will result in the ball being checked up the top of the arc.
- Non-shooting fouls under penalty foul situation will be awarded one (1) free throw.
- One (1) free throw will be awarded for a technical foul – no change of possession.
- When shooting a free throw, the player must not cross over the free throw line until the basketball ball touches the ground.
- When a free throw is being taken, the same number of players from each team must be located around the key.

### Stalling

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- *Following a Jump Ball situation:* There are no jump balls, instead whatever way the arrow is going on the table will dictate what team is awarded with the ball. Once identified, a check ball exchange behind the arc between the defensive and the offensive player will happen.
- A player is considered to be "behind the arc" when neither of their feet are inside nor on the arc.

### Substitutions

- Substitutions can be made in dead ball situations, prior to the check ball.
- The substitute can enter the game after their teammate steps off the court.
- The referee (DMUsport Social League activator) needs to be informed/ made aware before a substitution is made by a team.
- If substitute comes on when the ball is not a dead ball, referee will ask them to wait until the ball is a dead ball.

### Time-outs

- One (1) thirty (30) - second time-out is granted to each team for the whole fixture, including additional time.
- A player can call the time-out in a dead ball situation by informing the referee (DMUsport Social League activator).
- The running game clock does not stop during any timeouts.

### End of the Game

- If it is a League fixture, the fixture will finish once the fifteen (15) minute regular time has taken place and the referee blows a longer sounding whistle sound.
- If it is a Playoff fixture, the fixture will finish once the fifteen (15) minute regular time has taken place along with any additional time if required and the referee blows a longer sounding whistle sound.

## Be respectful & have fun!

### Rules and Formats of the League - summarised

Each player is expected to understand the rules prior to participating in the league.

Any questions concerning these rules should be directed to [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) at least forty-eight (48) hours prior to the fixture start time.

### DMUsport Social League – 3x3 Basketball (summarised)

Court and  
Ball

Beginning of

