

Active 3X3 Basketball League

Active League

2019 - 2020

Intramural: Active League 2019 - 2020

Intramural sport is a fantastic way to get involved in sport whilst studying at De Montfort University (DMU) and it is solely recreational...meaning it is fun & exciting! Here at De Montfort University (DMU), our intramural leagues are known as Active Leagues as they fall under the DMUactive programme.

We encourage all sporting abilities to get involved, whether your team is made up of course mates, housemates, society members, groups of friends – everyone is encouraged to get involved and have fun. We could even help get you into a team, just drop us an email at DMUactive@dmu.ac.uk. So what are you waiting for, create or join a team now & take part in this year’s Active Leagues!

Active 3x3 Basketball League

League Information

- The league will run from 31st of January 2020 through until 27th of March 2020.
- There will be no fixtures taking place during enhancement week (28th of February) but teams can use the time slot to train – please email DMUactive@dmu.ac.uk.
- There will be no fixtures taking place on the 20th of March due to the facility being used for Varsity.
- Each team will play in either a yellow or blue coloured numbered bib – the first team listed will play in yellow bibs and the second team listed will play in blue bibs.
- Each team will have a captain who will be the representative/ spokesperson for the team throughout the running of the league.
- DMU student ID is needed to be able to enter into the facility – no id = no game!

League Layout Information

- The league will be made up of eleven (11) teams and each team will play each other once.
- Every team will play at least one (1) game per week.
- Each game has a scheduled slot of thirty (30) minutes to ensure that there is enough warm up and game time, in case the game goes into overtime.
- The Active League membership will be £10 per player and this money will be going to the running of the league.
- Below is the layout of the league;

Active 3X3 Basketball League Fixtures			
31st of January	7th of February	6th of March	13th of March
Games 1 (7.40pm – 8.10pm)	Games 1 (7.40pm – 8.10pm)	Games 1 (7.40pm – 8.10pm)	Games 1 (7.40pm – 8.10pm)
Court one: Team 1 vs Team 2	Court one: Team 6 vs Team 8	Court one: Team 1 vs Team 4	Court one: Team 1 vs Team 10
Court two: Team 3 vs Team 4	Court two: Team 1 vs Team 3	Court two: Team 2 vs Team 5	Court two: Team 11 vs Team 5
Game 2 (8.10pm – 8.40pm)	Game 2 (8.10pm – 8.40pm)	Game 2 (8.10pm – 8.40pm)	Game 2 (8.10pm – 8.40pm)
Court one: Team 5 vs Team 6	Court one: Team 2 vs Team 4	Court one: Team 3 vs Team 6	Court one: Team 4 vs Team 8
Court two: Team 7 vs Team 8	Court two: Team 11 vs Team 7	Court two: Team 7 vs Team 9	Court two: Team 2 vs Team 9
Game 3 (8.40pm – 9.10pm)	Game 3 (8.40pm – 9.10pm)	Game 3 (8.40pm – 9.10pm)	Game 3 (8.40pm – 9.10pm)
Court one: Team 9 vs Team 10	Court one: Team 5 vs Team 9	Court one: Team 8 vs Team 10	Court one: Team 7 vs Team 10
Court two: Team 1 vs Team 11	Court two: Team 10 vs Team 6	Court two: Team 4 vs Team 6	Court two: Team 1 vs Team 6
Game 4 (9.10pm – 9.40pm)	Game 4 (9.10pm – 9.40pm)	Game 4 (9.10pm – 9.40pm)	Game 4 (9.10pm – 9.40pm)
Court one: Team 2 vs Team 3	Court one: Team 2 vs Team 7	Court one: Team 4 vs Team 9	Court one: Team 11 vs Team 9
Court two: Team 5 vs Team 7	Court two: Team 3 vs Team 8	Court two: Team 11 vs Team 10	Court two:
14th of February	21st of February	27th of March	
Games 1 (7.40pm – 8.10pm)	Games 1 (7.40pm – 8.10pm)	Games 1 (7.40pm – 8.10pm)	
Court one: Team 5 vs Team 8	Court one: Team 1 vs Team 9	Court one: Team 1 vs Team 5	
Court two: Team 11 vs Team 6	Court two: Team 6 vs Team 7	Court two: Team 2 vs Team 6	
Game 2 (8.10pm – 8.40pm)	Game 2 (8.10pm – 8.40pm)	Game 2 (8.10pm – 8.40pm)	
Court one: Team 4 vs Team 10	Court one: Team 11 vs Team 2	Court one: Team 3 vs Team 9	
Court two: Team 3 vs Team 7	Court two: Team 3 vs Team 10	Court two: Team 4 vs Team 7	
Game 3 (8.40pm – 9.10pm)	Game 3 (8.40pm – 9.10pm)	Game 3 (8.40pm – 9.10pm)	
Court one: Team 1 vs Team 8	Court one: Team 1 vs Team 7	Court one: Team 2 vs Team 8	
Court two: Team 3 vs Team 5	Court two: Team 11 vs Team 8	Court two: Team 11 vs Team 3	
Game 4 (9.10pm – 9.40pm)	Game 4 (9.10pm – 9.40pm)	Game 4 (9.10pm – 9.40pm)	
Court one: Team 2 vs Team 10	Court one: Team 4 vs Team 5	Court one: Team 6 vs Team 9	
Court two: Team 11 vs Team 4	Court two: Team 8 vs Team 9	Court two: Team 5 vs Team 10	

Eligibility

- All players **MUST** be a student of De Montfort University.
- All players **MUST NOT** be playing for the Men's 1st or 2nd team or Women's 1st team in BUCS - this will be enforced by checking club memberships, BUCS team lists and with team coaches/ basketball clubs.
- All players **MUST** have the Active League membership.
- All players **MUST** be registered with a team that is entered into the league.

League Rules

Active 3x3 Basketball games will be played in accordance with FIBA 3x3 rules but with slight changes to enhance the league experience and ensure fair play for all participants. Please find below the rules that will be reinforced by Active League Activators (referee/ tabling).

Court

- The game will be played on a basketball half court with one (1) basket.
- Regular basketball playing court sized zones will be in use – free throw line, a two point line and the “no-charge” semi-circle area underneath the basket.
- The court will be using black lines.
- Two Active League games will be taking place at once.

Teams

- Each team has to have a minimum number of three (3) players and a maximum number of six (6) players.
- Three (3) players must be on the court during game play.
- Substitutes must be seated on the team benches provided at the side of the court.
- Each team will have a captain who will be the representative/ spokesperson for the team.

Players

- 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.
- Appropriate footwear must be worn, e.g. trainers
- No chewing gum is allowed to be chewed whilst playing.
- Fingernails need to be kept short.

Game Officials

- The game officials will consist of one (1) referee and one (1) time/score keeper – these roles will be carried out by Active League Activators.
- Referee and time/score keepers' (active league activators) decision is final and they should be treated with respect at all times.
- If game officials are not respected during gameplay then the officials can terminate the game and a league point will be awarded to the team who has been respectful to the officials.

Beginning of the Game

- Both teams shall warm-up simultaneously prior to the game.
- Each team will be provided with a basketball – one (1) ball per team.

- Teams will have five (5) minutes to warm up before the fixture begins – the referee will give teams a one (1) minute warning before the fixture is about to begin.
- A coin flip shall determine which team gets the first possession – this will be carried out by both team captains and the referee of the fixture.
- The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.
- The game must start with three (3) players on the court from both teams.

Scoring

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

Playing time / Winner of a Game

- *Regular playing time:* One (1) period of fifteen (15) minutes playing time. The clock will be a running clock so will not be stopped during the game unless there is a serious injury to a player.
- One (1) league point will be awarded to the winner of the game – a team will win their fixture by either scoring twenty one (21) points before the other team or more points than the other team within fifteen (15) minutes.
- So if a team scores twenty one (21) points then the game will finish, even if there is time still left on the game clock.
- If the score is tied at the end of playing time, an extra period of time will be played. There shall be an interval of one (1) minute before the overtime starts – the first team to score two (2) points in overtime will win the fixture.
- No league point will be given to the team that loses the fixture.
- A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with three (3) players ready to play.

Fouls / Free Throws

- A team is in a team foul situation when it has committed six (6) fouls within a period.
- 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 under penalty foul situation will be awarded one (1) free throw.
- If the team that fouls is into seventh, eighth or ninth (7, 8, 9) team fouls then the player fouled will be awarded with two (2) free throws.
- If the team that fouls is into ten (10) or more team fouls then the player fouled will be awarded with two (2) free throws plus ball possession.
- 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

- Stalling or failing to play actively by attempting to score shall be a violation and possession will be given to the other team.

Shot Clock

- A team must attempt a shot within twelve (12) seconds.
- The shot clock shall start as soon as the ball is in the offensive players' hands.
- Shot clock time will be timed by the time/score keeper (active league activator) on a stopwatch.
- Time/score keeper (active league activator) to warn & countdown in the last five (5) seconds.

How the Ball is played

- *Following each successful field goal or last free-throw:* a player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc.
- Defensive team not allowed to play for the ball inside the "no charge semi – circle" area underneath the basket.
- *Following each unsuccessful field goal or last free-throw:* If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc. If the defensive team rebounds the ball, it must return the ball behind the arc (by passing or dribbling).
- *Following a steal, a turnover etc.:* If it happens inside the arc, the ball must be passed/dribbled to a place behind the arc.
- *Following a dead ball:* Check ball exchange behind the arc between the defensive and the offensive player.
- *Following a Jump Ball situation:* There are no jump balls, instead the defensive team shall be rewarded with the ball.
- A player is considered to be "behind the arc" when neither of his feet are inside nor step 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 and establishes a physical contact (e.g. high five or hand shake) with them behind the end line opposite the basket.
- The referee (active league activator) needs to be informed/ made aware before a substitutions 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.

- A player can call the time-out in a dead ball situation by informing the referee (active league activators).
- The running game clock does not stop during any timeouts.

After of the Game

- All players have to shake hands with the other team, referee and time/score keepers' (active league activators).
- The captain of both teams sign the scoresheet to ensure that the correct score is reported.
- If there is a discrepancy, the decision of the referee and time/score keepers' (active league activators) will be final.
- Each player has to complete the Game Respect Form.

Each player is expected to understand the above rules prior to participating in the league. Any questions concerning these rules should be directed to Emilie Fairnington (Sport Project Coordinator – Participation) on emilie.fairnington@dmu.ac.uk .

Play hard, be respectful & have fun!

Game Respect Forms

- The 'Game Respect form' has been put into place to ensure that players respect each other and the Active League Activators that are running the league.
- Once a game has finished, all players who have taken part in the game has to complete a 'Game Respect Form'. This then has to be returned to one of the Active League Activators running the league.

Rules of the Game Table

Please find below the summarised Active 3x3 basketball league rules that will be reinforced by Active League Activators (referee/ tabling).

Each player is expected to understand the above rules prior to participating in the league. Any questions concerning these rules should be directed to Emilie Fairnington (Sport Project Coordinator – Participation) on emilie.fairnington@dmu.ac.uk .

Active 3x3 Basketball League Rules (summarised)

Court and Ball	Half a basketball court with one (1) basket. The official 3x3 ball shall be used.
Team roster	2 teams of 3 players & up to 3 substitutes per team
Bibs	The first team listed will play in yellow bibs The second team listed will play in blue bibs
Referee(s)	1
Time/Score keeper(s)	1
Time-outs	1 per team – 30 seconds each
Initial possession	Coin flip Note: the team that wins the coin flip decides whether it takes the ball or leaves it, in order to get it in a potential overtime
Scoring	1 point and 2 points (if scored behind the arc)
Game duration & Score limit	1 st team to reach 21 points or best after 15 minutes win 1 x 15 minutes, playing time with running game clock Score limit: 21 points. Applies to regular playing time only
Overtime	First team to score two (2) points wins the game

Shot clock	12 seconds
Free throw(s) following a shooting foul	1 free throw 2 free throws, if foul committed behind the arc
Foul limit per team	6 team fouls
Penalty for team fouls 7, 8 and 9	2 free throws
Penalty for team fouls 10 and more	2 free throws + ball possession
Penalty for technical foul	1 Free throw, no change of possession
Possession following a successful goal	Defence possession Right underneath the hoop Ball to be dribbled or passed to a player behind the arc Defensive team not allowed to play for the ball inside the "no-charge semicircle" area underneath the basket
...following a dead ball	Check ball exchange behind the arc (at the top)
...following a defensive rebound or steal	Ball to be dribbled/passed behind the arc
...following a jump ball situation	Defence possession
Substitutions	In dead ball situations, prior to the check ball The substitute can enter the game after his teammate steps off the court and establishes a physical contact with him behind the end line opposite the basket. Substitutions require no action from the referees or table officials
Notes: A player is considered to be "behind the arc" if neither of his feet are inside nor step the arc.	