



We have modified the FIBA 3X3 rules to support our emphasis on safety and fun. The Camosun College Chargers women's basketball team players often come out and volunteer to referee for us. In the spirit of fair play, players are encouraged to "call your own fouls" when possible.

## VWBL Rules

### **Team Composition:**

1. Teams must have a minimum of five players registered. If you know that players will be away a lot, we encourage you to have six players.
2. No roster changes after the first week of the season. If changes need to be made due to hardship, such as injuries or players moving out of the area, the League Director needs to be contacted and will consider the request.
3. We are here to play. If a team doesn't have enough players in attendance, they will be assigned "subs" for the night.

### **Game format:**

4. Games are up to 21 points, or 15 minutes running time. Whichever comes first. Teams will play three games per night. First possession is decided by rock, paper, scissors.
5. To request substitutions - your team must have possession. Make the request prior to a check ball. Simply hold the ball and announce substitutions being made. Both teams can substitute. Once substitutions are made check the ball in to defender who will return the ball when ready to commence.
6. Each team has one 30 second time-out per game. Timeouts can be called only when your team has possession of the ball **and only during the first 10 minutes of the game.**
7. All shots made inside the arc count as 1 point. This includes free throws.  
Rec – all shots count as 1 point.  
Competitive – shots made from outside the arc count as 2 points.

8. Once the defense has the ball, they must clear the zone by pass or dribble prior to starting an offensive attack. It is *not* required that all players leave the zone.

a) Rec League – we are NOT defending or challenging the clearing of the ball by the defense. This includes no interceptions of a clearing pass.

b) Competitive League - after a made basket, defence cannot play the ball when the offensive player is inside the charge semi-circle. In all other situations, defence can challenge the ball and prevent the ball from clearing the zone. This includes intercepting a clearing pass.

9. There is a 5 second rule when holding the ball. This includes failing to advance the ball (*stalling*). There is no shot clock. There is no 3 seconds in the key rule. The game clock never stops.

10. In the case of a tie, a player from each team will shoot 2 free throws to break the tie. If required, a second player from each team will shoot an additional 2 free throws to break the tie. If required a third player from each team will shoot.....

11. Players will be issued a reversible tank top. Each game one team will be light and the other dark. Players can wear a t-shirt under their jersey, however *to prevent confusion the t-shirt cannot be black or white*.

### **Check Ball:**

12. "Checking the ball" means that the offensive player is standing outside of the 3 point line and hands the ball to the defensive player. Once the defensive player passes it back - its game on!

13. Check ball after any typical play stoppage such as: ball goes out of bounds, fouls, free throws, travel, double dribble etc.

14. In a jump ball situation - *the ball always goes to the defense*. A check ball is required.

15. You do NOT need to check the ball after a natural transition from offense to defense such as a rebound, steal, or made basket. This is a fast-paced format!

**Fouls:**

16. Shooting fouls will result in one free throw and the team on offense retaining possession. Check ball and resume play.

17. Non-shooting fouls including offensive fouls will result in a play stoppage and the opposing team gets possession. Check ball re-starts the game.

18. If a flagrant foul is called, the opposing team gets possession. The offending player will be asked to leave the gym immediately. *This is a rec league and safety is paramount.*

19. Fouls are not counted or accumulated. This means no "bonus" situation and a player does not "foul out" of a game.

**Conduct:**

20. Anyone receiving an unsportsmanlike technical foul will be asked to leave the gym immediately. A second unsportsmanlike technical during the season may result in the player being ejected from the league. *This is a rec league we are here to have fun!*

21. The league reserves the right to review and eject any player that is being unsafe, vulgar, violent or unsportsmanlike.

22. NO JEWELLERY allowed at all times. That includes earrings, hair clips, bracelets, rings, fitbits, etc.

**Other:**

23. We play music all night.

24. Your team will be asked to help out at the score table during one of your byes.