

Willamalane Adult 3x3 Basketball League Rules and Regulations

Willamalane's Adult Rec Sports staff reserves the right to modify these rules and regulations in the best interest of the program.

Purpose Statement

The purpose of the Willamalane Adult Rec Sports leagues is to offer our adult community the opportunity to pursue, through athletics, the physical, mental, and emotional benefits of team and individual recreational sports. We believe in all adults having access to both casual and competitive outlets and expect that all participants conduct themselves within the Willamalane Adult Rec Sports Code of Conduct, and adhere to all additional District facility and program rules and regulations.

Code of Conduct and Player Agreement

- I understand that my participation in Willamalane Rec Sports, and my presence on Willamalane property, is governed by [Ordinance 100](#). I agree to adhere to all aspects of Ord. 100 throughout my participation, and understand that, should my decisions break Ord. 100, I will be subject to disciplinary action from the District, up to and including being excluded from all Willamalane programs and facilities.
- I will demonstrate good sportsmanship at all times, to all players, officials, program staff, and spectators.
- I understand that I am allowed to participate on only one team at a time per sport offered, and as such, may only identify myself under one consistent name during registration.
- I will uphold all District rules, regulations, and ordinances, and understand that I am liable for any violations of these agreements.
- I will remember that these are recreational sports leagues and that I am here to have fun and compete in a positive, public environment.
- I will treat all players, officials, program staff, and spectators with respect regardless of race, gender, sexuality, creed, or ability.
- I will remember that my participation in Willamalane Rec Sports is an opportunity and privilege, not a right, and will conduct myself appropriately at all times.
- I have reviewed and understand all league rules and regulations related to the program I am registered for.
- I understand that there may be consequences for my actions while participating in Willamalane Rec Sports, and have read and understand the following:
- Any player receiving a disciplinary foul (technical foul, yellow card, or similar) for inappropriate conduct will be disqualified from play for the remainder of the current duration of play. Example: a soccer player receives a yellow card in the 35:00 minute of play for inappropriate conduct; they will be required to sit out the remainder of that half of play.
- Any player receiving two cumulative disciplinary warnings in the same contest will be disqualified from play for the remainder of that contest, as well as the next scheduled contest in the same season.
- After any player's third disciplinary warning, regardless of the timeline, the player will be excluded from league play for the remainder of the current season as well as a minimum of two full Willamalane Rec Sports seasons. Exclusion must be fulfilled before that player can participate in any Willamalane Rec Sports again. In cases of exclusions, an in-person meeting with league administrators will be required.
- The general management of all players, spectators and teams involved in each of Willamalane's Rec Sports leagues shall be the responsibility of league administrators. Final authority on any matter about the program will be determined by the Adult Athletics staff.

Good Teammate Golden Rules

- Don't assume the skill level and ability of your teammates AND treat them with respect no matter their skill level and ability.
- Always ask before coaching or providing feedback/advice to a teammate. If they don't want feedback, don't take it personally.
- Make sure all players on the roster have an opportunity to play, and when in the game, are involved in game action (i.e. pass everyone the ball).
- Creating an atmosphere where your teammates feel respected, valued, and empowered to contribute will always be more important than how well you play.

League Placement and Rosters

Teams who register for any skill level may be moved to a different skill level on the same night if league enrollment dictates the need. The Athletics staff has full authority to move teams between divisions in an attempt to create a balance among all the leagues.

Fees and Refunds

- Individual players and free agents will only be refunded if the request is made at least one week (7 days) before the league's registration closing date.
- No full team refunds will be issued after a team has been registered.
- Teams cannot be registered late. Fees for individual players added to existing teams will be automatically prorated if they register after the start of the season.

Participation and Eligibility

- Age Requirement: Players must be 18 years old by the time of the first game. Current high school or college players are not eligible to participate during their H.S. or college seasons.
- Rosters: All players on a team must be paid and on the roster before playing in a game. All games in which an ineligible player participates will be forfeited and the ineligible player will be suspended for the remainder of the season.
- A player can be registered with only one team per sport per season.
- Changing teams: Players cannot change teams during a season.
- Substitutes: If you have been invited by a team to substitute for any of Willamalane's adult sports leagues, you must sign up on Activenet or at the Bob Keefer Center as a single-game sub before the start of your game. Substitutes must register separately for each game in which they plan to participate. Single-game substitutes can participate on only one team, in only one league at a time per sport offered. Substitutes can not change to a different team/league once they have played for a team that season.
- Player Identification: All players will be required to provide a photo identification at their first game (even if their first game is after the start of the season). The I.D. should match the name used to register. Team managers or the Athletics staff may inquire about an opposing player's eligibility before or during any game by approaching the official and requesting an I.D. check. All players should be advised to have some form of I.D. present at all games.
- Insurance: All players are responsible for their insurance. Players also understand that there are inherent risks of recreational sports and they must assume those risks.

- For seasons/sports where only “mens” and/or “womens” leagues are available, we encourage folks who do not identify as either male or female to select the league in which they feel most comfortable participating.

Equipment and Uniforms

- Game Ball: We provide the game ball, we recommend the home team bring a backup ball.
- Uniforms: Players should bring a white AND dark t-shirt with them for this tournament. The HOME TEAM (team listed first on the schedule) will wear WHITE (no grey) shirts and the AWAY TEAM (listed second) will wear dark shirts
- Footwear - All players must wear basketball or tennis shoes.
- Jewelry: Jewelry is not permitted. This includes rings, bracelets (including silicone bracelets), earrings (including post or stud earrings), necklaces, and other body piercings. Emergency medical necklaces or bracelets may be worn but must be taped to the body. Any player found to be wearing illegal equipment will be asked to leave the floor.
- Bleeding: For the safety of all involved, players will not be allowed to participate following an injury where blood is present until proper bandaging of the injured area prevents all leakage, and the removal of any tainted clothing articles has occurred. Participants returning to play should first check in with the official to determine that no further risk to themselves or others is apparent or likely.

Game Timing

- Game time is forfeit time! - Games are scheduled in succession and on a tight schedule. Teams that are not present at game time will forfeit the game.
- Games may end after 35 minutes if one team has not reached 45 or the ELAM target score.
- ELAM will be used in the last 2 minutes of the game if neither team has reached the target score of 45. The target score will then be the highest score plus 5. Example: Team 1 has 35 and Team 2 has 30 then the target score is 40. If the ELAM target score at 2 minutes would be more than 45, then 45 remains the target score and the first team to 45 wins.

Forfeits

- It is the responsibility of each team to be on time. A forfeit shall be called if a team does not have four players ready to play at the scheduled game time. In case of a forfeit, all available players can choose to use the remaining time to play pickup games or shoot around until 10 minutes before the start of the following game.
- Not showing up, using ineligible players, and ending the game because of three technical fouls or ejections are all considered forfeited games.
- Forfeited games will not be rescheduled under any circumstance. Team captains/managers knowing in advance that they are unable to field a team are responsible for emailing adultsports@willamalane.org
- Forfeits will be recorded as a 45-0 score.

Self Officiating Rules

- Willamalane 3v3 Basketball is self-officiated with no referees on-site
- Players will be responsible for calling their fouls and violations (e.g. Travel, Double-Dribble, Out of bounds Etc.)
- fouls will be checked up top (call your own).
- If you call the foul for the other team while the opponent is shooting and they make the basket, the point counts, and play continues as normal.
- The number of players permitted on marked lane spaces during free throws (not including the shooter) is 2 defensive and 2 offensive players

- Disputed calls will be settled with Rock, Paper, Scissors, etc, Disputed calls should be quickly settled to allow for maximum game time
- The on-site coordinator will step in in case of excessive fouls as well as in the case of excessive disputed fouls. The coordinator may issue a win/loss for unsportsmanlike conduct.

General Rules

- Only team players are allowed to sit on the team bench.
- Teams: Teams may be no larger than 6 players with a minimum of 3
- We recommend a roster size of at least 4 to limit the possibility of needing to cancel due to illness, injury, or unforeseeable events. If you will not have a full roster on a game day, we recommend reaching out to folks on our "Available Player List" [Here\(Link\)](#). Contact the adult sports office if you are still having trouble finding a 3rd player after checking the list.
- When a team has only 2 rostered players available, a player may be borrowed from another team playing in the league. When a team is playing with a borrowed player, they begin each match with an 0-2 point deficit. The match counts in the standings.
- Time-Outs: Teams are granted one, thirty-second timeout during each game

Scoring/Possession

- Games will be played with elam scoring with the first basket or dead ball at 2 minutes deciding the target score by adding 5 to the leading team with no running clock. example : Team 1 has 37 and Team 2 has 33. The target score will be 42 points.
- If the ELAM target score at 2 minutes would be more than 45, then 45 remains the target score and the first team to 45 wins.
- Games that run 10 minutes over the allotted time may be cut off and the team ahead being declared the winner. Games that are tied will be decided by the next score.
- Possession: The first game-opening possession will be decided via rock paper scissors, then the losing team's ball for subsequent games(games 2 and 3)
- Baskets made from inside the 3-point arc are worth one (1) point and baskets made from outside the 3-point arc are worth two (2) points
- On a made field goal, the "loser" checks the ball.
- Following each unsuccessful field goal or last free throw (except those followed by ball possession): If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc. If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling) If the defensive team steals or blocks the ball, it must return the ball behind the arc (by passing or dribbling).
- Possession of the ball given to either team following any dead ball situation shall start/resume with a check-ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the playing court.
- In the event of a jump ball situation, the game shall be resumed with a check-ball for the last defensive team
- **Defensive Rebounds:** On defensive rebounds (including air balls) and steals, the ball must be passed or dribbled beyond the three-point arc or check area The ball does not need to be given to a different player as long as the player in possession of the ball goes beyond the arc (both feet must be on or beyond the arc)

- **Offensive Rebounds:** No need to clear the ball.
- **Substitutions:** Substitutions may occur on dead balls and before free throw attempts
- **Dunking:** Dunking is allowed at the Bob Keefer Center, but hanging on the rim is not permitted and will result in a technical foul.
- **Technical Foul(issued by the gym coordinator):** A technical foul is an automatic 1 point and possession of the ball for the opposing team.
- Any player accumulating three technical fouls during the season will be suspended as outlined in our program code of conduct.
- If any team accumulates three unsportsmanlike technical fouls or ejections in a game, the game will automatically be forfeited. The score will be recorded as-is or as 21-0, whichever has the greater spread.
- **Game Cancellations:** Any scheduled game canceled due to weather or other uncontrollable circumstances will be decided by 4:00 p.m. the day of the match and posted [HERE](#). Cancellations after 4pm will be the referee's/coordinator's decision.

Officials, Feedback, and Protests

- All officials' decisions are final. Although we do not retroactively change the calls of a referee, we do value your feedback and encourage you to submit feedback about our program, officials, facilities, etc. [HERE](#). This feedback helps us improve our programs!
- The official has full authority to take any action or remove any player or spectator from the playing area if, in his/her judgment, this action is necessary to maintain proper playing conditions.
- We do not overturn the results of a game unless they were input incorrectly on our part and we can verify the correct information.

Standings

League standing will be decided by the number of games won.

Win = 1 Point in standings

In the event of a tie (two, three, or four-way) in the final standings, places will be decided by the following process:

1. Head-to-head results of games between the teams involved in the tie.
2. The average point spread of games between the teams involved in the tie. The team(s) with the highest conduct rating will get +2 to their spread.
3. The average point spread of all games played by each team. The team(s) with the highest conduct rating will get +2 to their spread.
4. Coin flip
5. Healthy debate or a feat of strength

League and sportsmanship ratings are determined by points:

Teams receive 0-2 sportsmanship points for sportsmanship each game. 0 for poor sportsmanship, 1 for average, 2 for good. Referees and adult sports staff all have input on sportsmanship ratings.

Team Captains

- Team captains are responsible for the conduct of their players and spectators.
- Team captains should be the primary point of contact with the Adult Sports staff and Referees. Players should ask their manager to contact the office or speak to officials on their behalf.
- All players will receive an opportunity to provide written feedback via survey at the end of each season.

History: Updated for Winter 2024