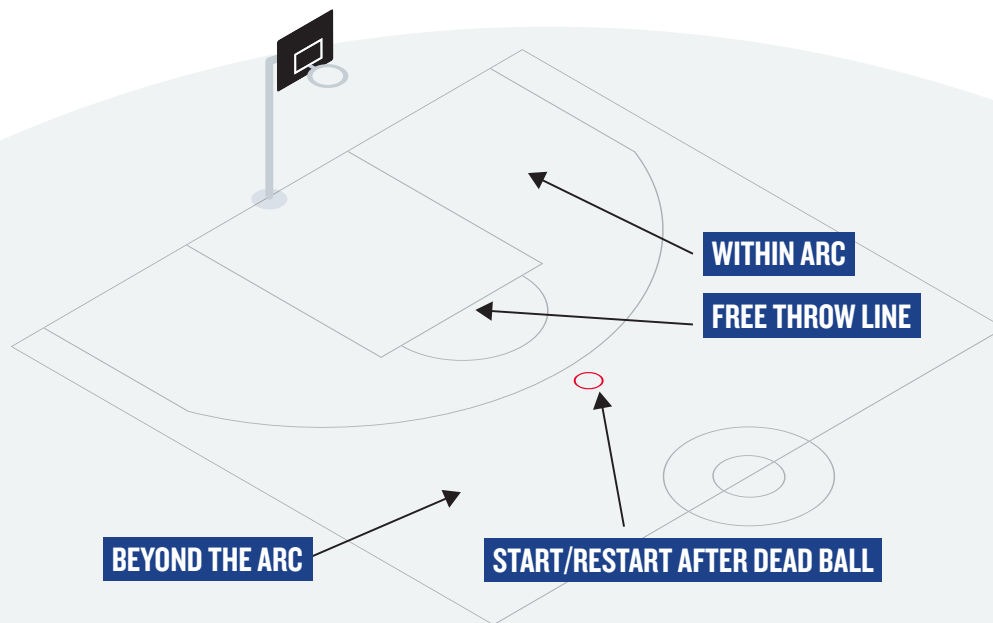


# 3V3 BASKETBALL

## THE #1 URBAN SPORT IN THE WORLD



## PLAYING THE GAME

1. **Team 1 (offence)** starts play from beyond the arc (see image).
2. **Dribble** or **pass** to team mates – **try to shoot**.
3. **Team 2 (defence)** tries to intercept or block.
4. If **Team 1** scores, the ball goes to **Team 2**.
5. **Team 2** must clear the ball by taking it beyond the arc, either by dribbling or passing it out to a team mate already on the outside.
6. **Team 2 (now the offence)** starts their play.
9. For each foul:
  - **1 free throw** is awarded if the other team has 6 or fewer fouls.
  - **2 free throws** are awarded if the other team has 7–9 fouls.
  - **2 free throws and possession of the ball** are awarded if the other team has 10+ fouls.
10. **Out of bounds** – restart from beyond the arc (see image).

### Wheelchair basketball

### Unsuccessful shot

7. If **offence rebounds the ball**, they may play or shoot again from within the arc, without clearing the ball.
8. If **defence rebounds**, blocks or steals the ball, they must clear the ball to beyond the arc before starting their play.

### Fouls and free throws

11. Players dribble by pushing their wheelchair's **wheel twice** and then dribbling the ball once.
12. Players can't bounce the ball **more than twice** in a row without passing or shooting.

## P PLAYERS

- **X2 teams of 4:**
  - 3 players on court
  - 1 sub
- **Substitute players** during a timeout or dead ball (free throw or out of bounds).

## S SCORING

- **2 points** if shoot from **beyond arc**.
- **1 point** if shoot from **within arc**.
- **1 point** for successful **free throw**.
- If **teams are tied** at 10 minutes, play an **overtime** until a **team scores 2 points**.

## INCLUDING EVERYONE



Use **STEP** to adapt the game.  
For example:

### Space

- Smaller or larger court and/or arc.
- Safe zone for individual player(s).

### Task

- Award more points for some shooters.
- Longer or shorter time before shooting.

### Equipment

- Size 5 (junior) basketball.
- Lower or alternative/additional hoop.

### People

- More or fewer players on team (4v2).
- Rotate roles, e.g. starter, shooter.

## T TIME

- A game is **10 minutes**.
- Stop the clock for a **dead ball**, **free throw** or **timeout**.
- **End the game** if a team scores **21 points** before the 10 minutes is up.
- The **offence team** must shoot within 12 seconds of starting a play or the ball goes to the **defence team**.
- A team can call **one 30-second timeout** during a dead ball.

## E EQUIPMENT

- **1 hoop** – 3m / 10" high.
- **1 basketball** – U12s, **size 5**.  
12+ girls and 12–14 boys, **size 6**.  
Boys 14+, **size 7**.
- **4 bibs** (optional).
- **Stopwatch** (optional).

## LIFE SKILLS BUILDER



- Take **responsibility** – play your best.
- Use **teamwork** – work together and help each other.
- Show **respect** – value other players and officials.
- **Communicate** – connect on and off court.
- Be **creative** – try new things and take risks.
- **Solve problems** – experiment and **adapt**.
- **Reflect** – be open to learning and change.