

**Adult 3-on-3**

**Basketball**

**Manual**

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**TVRPD MISSION STATEMENT**

*The Tehachapi Valley Recreation and Park District enriches lives and fosters harmony within the community through area-wide leisure services targeted to improve healthy lifestyles, educational and recreational opportunities, public participation, and environmental and economical stewardship.*

We accomplish this through community outreach, quality programming, activities and events, and well-maintained parks and facilities, and an aesthetically pleasing environment that is provided by professional and caring employees, contractors and volunteers.

**Adult Sports Policy**

This procedure is designed to help and encourage all members of the Adult Sports Program to achieve and maintain standards of behavior as detailed in the program’s code of conduct. The goal is to ensure consistent and fair treatment for all members. All offenses are cumulative throughout the current season. All violent offenses are cumulative throughout the player’s lifetime.

***Code of Conduct***

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgement of game officials.
3. Respect your opponent and congratulate them in a courteous manner.
4. Be responsible for your actions and maintain self-control
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

***Locations:*** ABIAC 410 West D Street

***Equipment***

1. Basketballs will be provided by TVRPD.

***Alcohol/Drug***

1. Absolutely NO Alcohol or Drug are allowed during league games or at TVRPD facilities.
2. Problems with alcohol and drug use are everyone’s responsibility, including family, District supervisors, and individuals themselves. It is the responsibility of all to recognize that problems with regard to substance abuse exist in our society, and to see that employees with such problems are identified and appropriately disciplined. It is the intent of the District to maintain that events remain free of drugs and alcohol and to discourage drug and alcohol abuse by its participants. Drug and Alcohol use is NOT ALLOWED.
	1. If you are found with alcohol/drugs, immediate action will be taken with the judgement of the supervisor.

**Game Rules**

*NFHS Rules apply with the following modifications:*

*Schedules*

Games will be played on weeknights at the Aspen Builders Inc. Activity Center. Typically, games are played on weeknights between the hours of 6pm and 9:30pm.

*Eligible/Ineligible Players*

* Players must be on a team roster and must sign the waiver (parent must sign waiver if younger than 18). Players may not be younger than 16 years of age.
* Rosters are not able to be changed (example: adding players) after the first game has been played.
* ***Players must play a minimum of 4 games to be eligible for playoffs.***

*Rosters*

* Teams must submit a completed roster to TVRPD prior to their first game.
* All players must personally sign the team roster (unless you are younger aged 18, then parents must sign)

*League Rules*

1. **Game Format**
* All games will be played on a half court. There will be one official and 2 scorekeepers at each game.
* All games to begin with home team shooting. Home team chooses player to shoot. If home team player misses, the away team will get chance to shoot. If no one scores, then shooting will repeat with same players.
* There will be four 10-minute quarters, running clock (except for the last 2 minutes of the last quarter).
	+ The last 15 seconds of each quarter the clock will stop
	1. The last 2 minutes of the second half, the clock will stop on all whistles. If the score is greater than 10 points, the clock will continue to run.
	2. 15-second shot clock.
	3. The first overtime period will be a 2-minute stop clock. If the teams are still tied, then the second overtime will be sudden death with no clock.
	4. Each overtime will begin with a shooting. New player will be selected from the first shooting to determine beginning of game.
* After each made basket, it becomes the opposite team’s ball (not make it-take it).
* Teams must “check” the ball before play starts.
* Teams can start by passing in.
* Offensive team must start behind the white volleyball line before each possession on a dead ball.
1. **Change of Possession**
* Determined by the shootout, the starting team will take possession of the ball. Possession from that point forward will rotate and carry through the entire match.
* Beginning possessions after a made basket, violation, or foul, shall be inbounded from the white volleyball line.
* The opposing team shall “check” the ball prior to inbounding.
* Change of possession during live play shall be accomplished by taking the ball behind the white volleyball line.
* Teams must clear the ball behind the white volleyball line after each change of possession.
* Offensive teams who obtain an offensive rebound do not have to clear the ball.
1. **Fouls**
* Individual fouls will not be monitored. Instead, there will be “team fouls” only (individual technical fouls will be recorded)
* One-and-one goes into effect on the 5th team foul. Will reset after every quarter.
* Shooter is awarded 1 shot that counts for 2-pts.
* In overtime, team fouls will be carried over from the end of 4th quarter.
* Technical Fouls: Any player receiving 2 technical fouls or a flagrant foul is automatically ejected from the game. The player(s) is also suspended a minimum of their next scheduled game.
	+ 1. Technical Fouls will result in 1 free throw (for 2 pts) and the ball.
		2. A player(s) may receive further sanctions based upon the severity of the situation.
		3. After a player has received his ***5th technical*** foul of the season, he will be automatically suspended for the next game. Each technical foul following will result in additional game suspensions.
1. **Time outs:**
* Each team is allowed three 1-minute time outs per game.
* One additional time out is given for overtime.
1. **Substitutions:**
* Are permitted only during a dead ball situation.
* All substitutes must be kneeling in front of the scorer’s table and wait until the official beckons the player to enter the court.
* Only enter the game if the officials call you in.
1. **Ejections**
* Any player ejected for unsportsmanlike conduct shall automatically be suspended for the next game. Suspension is from all TVRPD league(s) the player plays on. A second ejection in a season result in a three-game suspension. A third ejection in a season may result in a one-year suspension from all Youth and/or Adult sport leagues.
1. **Scoring**
* Two points shall be awarded for a basket inside the 3-pt. arc.
* Three points shall be awarded for a basket beyond the 3-pt. arc.
* One free throw attempt shall be awarded for being fouled in the act of shooting for both 2-pt. and 3-pt. attempts.
* 2-pts will be awarded for making the free throw
* 3-pts will be awarded for making the 3-pt. free throw (Shooter lines up at the top of the 3-pt. arc).
	+ Rule applies that shooter may not cross the line on the shot; Shooter must also wait for the ball to hit the rim to pursue the ball.
* If you are fouled in the act of shooting and the ball goes in, you will be awarded an additional point. No free throws.

***TVRPD Discipline Policy***

**Physical Attack**

No player, coach, or spectator shall at any time lay a hand upon, shove, strike, threaten or intimidate an official, District or school representative, opposing player, coach or spectator. Officials are required to immediately suspend such player from further play and report such player to the Recreation Supervisor. Said player shall remain suspended until the case has been considered by the District Staff.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension for the remainder of the season. | Suspension from all Youth and/or Adult Sports Leagues for life and felony assault charges filed if applicable.  |

**Abusive Verbal Attack**

No player, coach or spectator shall be guilty of abusive verbal attack upon any player, District or school representative, player, coach, official or spectator. Officials are required to immediately suspend such individual from further play and report such individual to the Recreation Supervisor. Should the verbal attack occur either before or after the player’s game is completed, or from within the spectator’s area, said individual will still be reported to Recreation Supervisor

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one league game and placed on probation for the remainder of the season. | Permanent suspension from all Sports Leagues. |

**Rough Tactics**

No player or coach shall be guilty of using unnecessarily rough tactics during play of the game against any player. Official are required to immediately suspend said player and/or coach from further play and report such individual to the Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Trash Talking**

No player or coach shall be guilty of “trash talking.”

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from the official. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Harassment of Scorekeeper**

No player, coach or spectator shall be guilty of harassing the scorekeeper(s), official(s) or other District representative or attempt to intimidate any District representative.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from official and/or Gym/Field Supervisor (scorekeeper). | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Abusing Public Property**

No player, coach or spectator shall be guilty of abusing public or private properties. Players shall not throw equipment or any other items in a dangerous manner, regardless of whether someone was or could have been struck.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from the official. | Permanent suspension from all Youth and/or Adult Sports Leagues, criminal charges filed and/or retribution of damages if applicable. |

**Intoxication**

No player, coach or spectator shall appear intoxicated or indulge in alcoholic beverages during the course of game. No alcohol shall be allowed on district or school grounds. Officials are required to immediately suspend such player from play and report said individual to Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of two (2) weeks from all Youth and/or Adult Sports Leagues and said team’s next two game. Player shall also be placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Refusal to Abide by an Official’s Decision**

No player, coach or spectator shall refuse to abide by the official(s) decision. Officials are required to immediately suspend such individual, from further play and report said individual to the Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one (1) league game and placed on probation for the remainder of the season. | Suspension for life from all Youth and/or Adult Sports Leagues. |

No player, coach or spectator shall be guilty of objectionable demonstrations or disagreements at the official(s) decision.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one (1) league game and placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

No player, coach or spectator shall discuss with the official in any manner the decision reached by such official, except the manager/coach or designate representative.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning by official. | Removal from the game. |

**Tehachapi Valley Recreation and Park District**

**Coaches/Managers Ethics Agreement**

**All coaches will sign a Coaches Ethics Agreement. The agreement will include the following Code of Ethics:**

**:: I will not use foul or obscene language.**

**:: I will not use indecent gestures.**

**:: I will not engage in physical or verbal altercations.**

**:: I will not argue with officials and/or District staff for any reason.**

**:: I will not allow the consumption of alcohol or drugs during practices or games on TVRPD District property.**

**:: I will not throw objects in anger.**

**:: I will not argue with the opposing team’s coaches or players for any reason.**

**:: I will not harass my own or opposing team’s players, coaches, or spectators.**

**:: I will not violate written division rules or safety rules.**

**:: I will not display unsportsmanlike conduct.**

Manager’s Signature Manager’s Name

Marketing and Recreation Specialist’s Signature

Tehachapi Valley Recreation and Park District