



# Intramural Sports Rulebook

## 3v3 Basketball

Location	Varsity Courts
Length of Games	30 minutes or 21 points (1 games per night)
Tournament Format	Half Court

**\*\*DEAR PARTICIPANTS:** Our Intramural programs, including staff wish to foster an inclusive, safe, and fun environment. **We can't do this alone! Each participant must hold personal responsibility to create a positive experience in your program.\*\***

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### WEATHER POLICY

#### Air Quality:

We will be using the [Air Quality Health Index](#) provided by the Government of Canada as a reference for what is considered safe to play. Please be aware of the current Air Quality for the Edmonton area is to insure you/your group are able to comfortably use the Field. When the Air Quality Health Index reaches 7, Intramural Sports Program staff in charge of the league will send out a cancellation notice at **4:00 pm on game day**.

#### Rainouts:

The Intramural program only plays if it is safe to do so. If precipitation renders a field unsafe to play on, then games will be canceled. However, the presence of rain alone does not dictate that games must be canceled; this decision is based on field conditions and the sport in question.

#### Thunder and Lightning:

In 2017, Environment Canada simplified their recommendations for thunder and lightning. Instead of the "30-30 Rule," the new recommendation is: "[When thunder roars, go indoors!](#)" In short, if you can hear thunder, you can get hit by lightning.

The Intramural policy is to follow this recommendation; if thunder is audible, it is no longer safe to play. Play will be postponed until 30 minutes have passed since the last rumble of thunder.

## DEFAULTS & FORFEITS

### Team Default Policy

The clock starts at the scheduled time, regardless of whether teams are ready. If a team is not ready to play within 5 minutes of the start time, a default is declared. "Ready to play" is defined as a team with the minimum number of players, the required gender ratios, and have the proper gear on to start playing. A team will also default if they fail to show up without proper notice (see Team Forfeit Policy below). Defaulting teams are assigned a default loss, and risk being excluded from playoffs. A team who defaults more than 2 times will be removed from the league with no possibility of refund, as outlined in our [Intramural Handbook](#).

### Team Forfeit Policy

Teams unable to field the minimum number of players (or gender ratio) may forfeit the game by alerting Intramural Sports Program Staff via email to [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca) at least 8 hours prior to game time. This will allow time for Staff to notify and/or reschedule where appropriate.

A team who Forfeits more than 3 times will be removed from the league, with no possibility of refund.

### Default / Forfeit Score

- Game Score: 21-0
- Spirit Score (Default): winning team 5, default team 1
- Spirit Score (Forfeit): winning team 5, forfeit team 2

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## THE PLAYERS

### Eligibility

- University of Alberta Students: Yes
- University Staff: Yes
- University of Alberta Alumni: Yes\*
- Members of the Community: Yes\*

\*Current UofA Staff members, alumni and community members playing in Fall and Winter leagues are required to register and pay as Non-students.

### Team Roster

Players on the [uab.ca/intramurals](http://uab.ca/intramurals) roster will appear on the gamesheet and will be eligible to play. Players not on the [uab.ca/intramurals](http://uab.ca/intramurals) roster may sign-in at the game.

### Substitutions

- Teams are permitted unlimited substitutions. However, they must be made at a stoppage in play; no substitutions on the fly. When calling a substitution, players are required to yell SUB.

## **PLAYING EQUIPMENT**

### Uniforms

- Campus & Community Recreation will provide balls, game jerseys, and score clocks. All participants must wear appropriate footwear and athletic attire.
  - Players are strongly encouraged to remove all rings, watches, bracelets, necklaces, earrings and any other facial piercing when participating in an Intramural activity. The Activity Moderator and Intramural staff will have the final say as to whether a player's uniform is safe to participate in.
  - Games balls will be provided by Campus & Community Recreation.
  - Knee braces must be covered. A spandex cover or tensor bandage will suffice.
  - Bracelets and rubber bands around the wrists or forearms are not permitted; perspiration (sweat) bands made of soft, elastic materials are allowed.
  - In the event teams wear similarly coloured uniforms, the Away team (the second team listed in the schedule) will be required to change their uniform colour. It will be up to the Activity Moderator's discretion to determine when uniforms are too similar.
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## **LAWS OF THE GAME**

The game will be self-officiated. When there is a conflict on the decisions, scorekeepers will have a final say in the decision.

### Initial Possession

- Rock paper scissors. The team that wins the rock paper scissors decides whether they take the ball or leave it.

### Scoring

- 1 point in the arc
- 2 points outside of the arc

### Timeouts

- No timeouts
- There is no shot clock

### Fouls

Fouls committed in the act of shooting:

- If the player is fouled while taking a shot but does not score, they receive one free throw, plus the team will retain possession after the free throw attempt. A free throw is a dead ball. All other players will remain behind the three point arc while the free throw attempt is being made. Regardless of whether the free throw is made, the team awarded the free-throw will retain possession.

- If the player is fouled while shooting and scores, they get the basket plus one free throw shot will be awarded. Possession will change after the free throws.
- Free throws following a shooting foul
  - 1 free throw if the foul is committed in the arc
  - 2 free throws if the foul is committed outside the arc
- Foul limit per team: 6 team fouls.
- All fouls (defensive and offensive) will result in possession of the ball outside the 3-point line for the non-offending team (no free throws).

### Timeouts

No timeouts

### No Dunking

- This will be a technical foul and automatic game ejection (includes during the warm-up, game, and post-game)
- Players in violation will also receive a 1-game suspension

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## **PLAYOFFS**

### Tie-Breakers

- Please review specific league or tournament information.

### Playoff Format

- League - In the event of a tie at the end of 30 minutes, a free throw shootout will take place. The team who lost the toss will have the choice of shooting first or second. Each player currently on the court must participate in the shoot-out, a 1 for 1 format.
- Tournament - Playoff games will vary. Please review specific tournament schedule(s).

### Playoff Eligibility

- For a player to be considered eligible for the playoffs they must have signed-in and played in at least one (1) game. It is the team Captain's responsibility to ensure all players sign in prior to game time. Players that do not sign-in are not given credit for having played.
- Nomads are not permitted during playoffs
- Teams with 2 or more defaults or 3 or more forfeits are ineligible to play in playoffs and will be removed from the league with no possibility of refund
- Your team has achieved a [Spirit Rating Average of 4.0 or greater](#)
  - 5 - Excellent, 4 - Good, 3 - Below Average, 2 - Poor, 1 - Very Poor