

# SHOOT360 CONTINUOUS 3v3v3 LEAGUE

## **Format:**

Two 22-minute games of Short Court 3v3v3

Compete on one full court rotating every possession in a “make it-take it” format.

If you get a stop on defense, you go to the other end on offense.

If you fail to score, you sit one possession and then come back in on defense.

If you score, you grab the ball out of the net and turn around and go to the other side on offense again.

## **Rules:**

No coaching; games officiated by 360 employees

Team running score will be kept, but no fouls will be kept

Standings will be based on running score accumulated each week and also the number of games won by each team.

This is full court 3-on-3. In general, if you score, you keep the ball.

You can score up to 6 times in a row and then on the 6<sup>th</sup> team you score you are awarded 3 extra point and the defense takes over the possession.

To get the ball, you need to get a defensive rebound or steal. Once a defensive rebound or steal is secured, the team that was on offense is dead and cannot try to get the steal back. That team is now out and waiting for the next turn defensively.

The team that is waiting on defense on the other end can only go up to half court to defend. They cannot pick up full court.

Teams cannot sub during a possession. You sub when your team is out or waiting on defense.

## **Scoring:**

Standing scoring by 2-points and 3-points, just like normal scoring

If you score, you grab the ball right out of the net and turn around and go the other way. You DO NOT need to take it out of bounds or check it up with anyone.

Any non-shooting defensive foul will result in the offensive team immediately getting 1 point, and the offensive team will retain possession and go the other way on offense.

A shooting foul will be an automatic 2 points (or 3 points, if shooting a 3) and the offensive team will remain possession and go the other way on offense.

An offensive foul will result in the defense getting 1 point and possession of the ball immediately going the other way.

If a player is fouled on a shot and the basket goes in, the bucket counts and they get 1 point for the foul. They retain possession of the ball and go the other way.

If a player gets a technical foul for dirty play or talking/arguing with an official disrespectfully, they are out the remainder of the games that day.

There are no free throws shot at all. There is no advantage to fouling, so playing clean defense with your feet will be emphasized and rewarded.