New Mexico Senior Olympics
Basketball 3-On-3 Rules

Revised 10-2026

Playing Format

1. 3-on-3 Basketball will be conducted in accordance with current NCAA rules, National Senior Games rules and New Mexico Senior Olympics Board of Directors rules except as noted below. For a complete copy of these rules please write or call

   National Collegiate Athletic Association
   700 W. Washington Street
   PO Box 6222
   Indianapolis, IN 46206-6222
   www.ncaa.org

   National Senior Games Association
   PO Box 5630
   Clearwater, FL 33758
   (727) 475-1187
   www.nsga.com

   New Mexico Senior Olympics will hold a qualifying tournament for men's and women's Basketball teams during the **even** years. The results will be forwarded to the National Senior Games Association in the qualifying year it is held. The top three New Mexico teams in each gender/age division will be named as the representative teams for New Mexico in the National Senior Games. Team Players/Coaches eligible for team rosters for Nationals – All Team player(s)/coach must be registered, checked in and signed in at a qualifying team sport to be eligible for addition to a National roster. Documentation of player/coach registration must be provided by the State Coordinator to Nationals.
2. Tournament format will be determined based on the number of registered teams.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. There will be no local pre-qualifying for this tournament, and a team fee will be charged. The team fee will be reflected in registration information.
5. Teams must be of all one gender. A team player may compete on up to two teams, providing that the teams are in different age divisions. Team rosters shall be limited to 10 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Teams are no longer limited to the number of out-of-state players on their rosters. It is the captain's responsibility to declare team residency at time of registration.
6. Captains will be limited to 3 changes after schedules are posted and before the team's first POOL PLAY game of the tournament as long as the changes do not affect age division. The Arbitration committee may be consulted concerning changes. NMSO recognizes a team member may have a valid medical emergency and will attempt to work with the team to identify a replacement. NMSO will require documentation, and every situation will be reviewed individually with the tournament arbitration committee.
7. **Registered athletes and non-players must be listed on a roster, check in and sign in on-site prior to playing in the tournament.**
8. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31 of the competition year.
9. Game time is forfeit time.
10. Ties for seeding will be broken in the following manner:
    If a two-team tie situation:
    a. Overall record
    b. Head-to-Head competition
    c. Point differential against teams in a tie - A maximum of 21 points will be awarded towards point differential, regardless of final score.
    d. Point differential against all opponents
    e. Least points allowed (total points allowed against all opponents)
    f. Coin Toss

Basketball 3-On-3 Rules (cont.)

If a three-team tie situation:

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b. Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
c. Point differential against all opponents
d. Least points allowed (total points allowed against all opponents)
e. Coin Toss

11. Forfeits shall be scored 21 – 0.
12. **House Rules**

House Rules will vary according to Host and will be emailed to Team Captains prior to the Tournament.

a) There will be a mandatory Captain's meeting. If a captain is unable to attend, he/she should send a representative.
b) All athletes must check in and sign in with Photo ID. No Exceptions. Credentials must be worn during all play.
c) Credentials must be worn during all play.
d) Tournament format will be determined by the number of registered teams.
e) All registered athletes, to include non-players must be listed on a roster, are required to check in and sign in on-site prior to playing the tournament.
f) Home and Visitor teams will be determined by the order teams are listed in the schedule. Top team on bracket – Home, bottom team on bracket – Away.
g) Line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to EACH game time. NMSO will provide line-up cards to all team Captains.
h) All Team Tournaments will adhere to the New Mexico Senior Olympics, Inc. official rulebook. This will include but is not limited to Code of Conduct, Protest, Appeal Process, scheduling procedures.
i) All game inquiries must be addressed by Captain and presented to Sport Coordinator prior to start of games.

Playing Rules

1. Teams that forfeit ALL pool play rounds shall not be permitted to advance to bracket play, NO EXCEPTIONS.
2. Any game missed/forfeited during bracket play will be considered a loss.
3. The game shall be played by two teams of 3 players each on a half court containing dimensions, boundary lines, throw-in area, and other line markings in accordance with NCAA rules except for the 3-point line.
4. A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet or shoot from regulation 15 feet. This item does not require a Captain's agreement before the game.
5. Goals, baskets, standards, paddings all should be in accordance with NCAA rules.
6. Scoreboard & clock are typically one unit located at the scorer's table, therefore NCAA rules do not apply here.
7. The ball used during games is in accordance with NCAA rules for both men and women.
8. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
9. The winner of the pre-game coin flip (called in the air by the away team) shall take first possession of the ball, thus beginning the AP (alternating possession) arrow process for the rest of regulation play.
10. Officials only put the ball in play at the start of each half.
11. Officials will handle the rebound of first free throw (first and second if three shots are being taken) and then will not handle the ball after the last free throw.

Basketball 3-On-3 Rules (cont.)

12. **Scoring & Timing Violations & Overtime Regulations**:
    a. Playing time shall be two halves of 15-minutes for all age groups. The exception would be for the following age divisions: 75+ women's teams and 80+ men's teams. If both captains of teams in these divisions agree, prior to the game, to play 12-minute halves, it shall be permissible. There shall be a continuously running clock with an intermission of five minutes for half time. In the last two minutes of each half and overtimes, the clock will stop in accordance with normal basketball rules like out of bounds, traveling, 3 seconds in the lane as examples and also includes Live Play/Live Rebounding being in effect regarding free throw situations in which offense and defense will line up in appropriate lane spaces and the ball does not automatically go back to offense during this time frame. The clock will also stop after a made basket during the last minute of the second half and the last minute of the first and second overtime.
    b. A tie score at the end of regulation time will result in overtime periods as follows. The first overtime period will be 5 minutes. If needed, the Second overtime will be 3 minutes. For both, the clock will stop in accordance with normal basketball rules during the last 2 minutes. Clock will also stop following made goals in the last minute. If the game is still tied at the end of the Second overtime period, a final overtime will be played with a Sudden-Death format; the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. The team who had AP (alternating possession) arrow at end of regulation shall call first OT coin flip. If the First OT ends in a tie, the team who has AP arrow shall call the coin flip. If the Second OT ends in a tie, the team who has AP arrow shall call the Sudden Death coin flip. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
    c. Two time-outs are permitted per team, per half. Timeouts do not carry over from one period to the next. Time-outs shall be 60 seconds in duration during regulation time. If a game proceeds to overtime, each team shall receive one additional 30-second timeout per overtime period. The clock will not run during time-outs.
    d. 3-point shots are allowed. The three-point line distance for both men and women will be19 feet, 9 inches.
    e. A 5-second closely guarded violation occurs when an offensive player *holding the ball* does not pass, shoot, or dribble within a 5-second timeframe. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player.
    f. 3-second in the lane violation: It is a violation for an offensive player to have any part of their body remain in the lane for more than three consecutive seconds. To establish a position outside the 3-second lane, an offensive player must place both feet on the playing court outside the lane.
    g. Mercy Rule will go into effect when a team is ahead by 30+ points, and only during the second half of play. During this time, the clock will continue to run until the team behind can reduce the point spread to less than 30 points.
13. **<u>Check Line/Throw-In Area and Ball In & Out of Play:</u>**
    a. The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows.
    b. After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line, only the player's feet.
    c. The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
    d. The player who returns the ball behind the three-point line may maintain possession and attempt to score.
    e. After a made basket and all dead ball situations, the ball shall be placed in play from the designated throw- in area which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the 3-point line.

Basketball 3-On-3 Rules (cont.)

14. **Player Restrictions When Inbounding Ball:**
    a. Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area regardless of whether the in-bounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
    b. The in-bounder must stay within the lines of the designated throw-in area
    c. The defense may defend anywhere on the court; however, no player (offensive or defensive) may enter the throw-in area. This area is a restricted space for the thrower-in only.
    d. The in-bounder may not hand-off the ball to a teammate, it must be passed.
    e. The in-bounder's teammates may only enter the three-second lane to receive a pass when their teammate has possession of the ball for the throw-in, is in the throw-in area and only after they have cleared the lane following a made goal or free throw. "Clearing the lane" is establishing a position outside the 3-second lane with both feet having been placed on the playing court outside the lane.
    f. Offensive screens should not be set until the inbounding teammate actually takes possession of the ball in the throw-in area.
    g. Violations of the throw-in area by the offense result in loss of possession.
    h. Violations of the throw-in area by the defense could result in warning, administrative or unsporting technical
15. **Substitutions:**
    a. A substitute is a team member who has reported to the scorer's table and is waiting there to be beckoned onto the court by an official. Entering the court without being beckoned may result in a warning and/or technical foul. Substitution requests should be made prior to the in-bounder having the ball in the throw-in area.
    b. Substitutions by both offense and defense may occur during all normal stoppages in the game such as non-shooting common fouls, out of bounds, violations (traveling, 3-second in lane, double dribble, injured player, contact lens, timeouts, etc.).
    c. Free Throw Substitutions: During either half, and prior to 2 minutes remaining (when live play goes into effect) substitutions by both the offensive and defensive teams may only occur after the first free throw of any merited two-shot foul, and after the second free throw of any merited three-shot foul. ONLY the offensive team, who will retain possession of the ball following the last merited free throw, can request a substitution and the incoming substitute must have been at the scorer's table prior to the free throw shooter releasing the ball. Once the last free throw is made or missed and the officials recognize & beckon the player onto the court, the defensive team is allowed to counter sub.
    d. Normal substitution procedures will be followed by either team during free throws occurring in live play within the last 2 minutes of either half and overtime.
    e. Both offense and defense can be subject to delay of game warnings and penalties for blatant and repeated substitution process violations
16. **Fouls and Penalties:**
    a. A player is disqualified for his/her fifth foul.
    b. Any shooting foul with a missed basket shall result in two free throws (three for a three point attempt).
    c. Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw.
    d. Any offensive foul (player in control of the ball or is an airborne shooter) shall result in disallowing a converted basket, recording the foul and a change in possession.
    e. Prior to the fifth team foul, any common foul shall result in loss of possession for the offending team.
    f. All personal, offensive, and technical fouls shall count towards a team's total. Exceptions are: Indirect Technicals and Administrative Technicals.
    g. Beginning with the fifth team foul in the first half, the penalty is two free throws awarded to the offended team. This will reset at halftime. Beginning with the fifth team foul in the second half, the penalty, again, is two free throws awarded to the offended team and will carry over into overtime.

Basketball 3-On-3 Rules (cont.)

h. During the first (13) minutes of each half, any shooting foul will result in the offended team retaining possession and all non-shooting players will be above and behind the 3 point arc and cannot be below the intersection of the free throw shooting line. During the final (2) minutes of each half and any overtime period, the automatic awarding of team possession after free throws does not apply and Live Play/Live Rebounding is in effect.
i. During Live Play/ Live Rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
j. The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
k. No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.
l. If the shooter makes the last awarded free throw, the opposing team will inbound the ball from the throw-in area.

17. <u>Technical Fouls:</u>

a. A Direct Technical foul is one assessed to the head coaches for their own behaviors.
b. Indirect Technical refers to a technical foul assessed to a head coach for the actions of bench personnel only. Penalty for a) and b) are 2 free throws and the ball is awarded to the offended team.
c. Administrative Technicals are issued for not submitting to the scorer names and numbers of team members and or, having to make roster changes once the game begins (Exception allowed for injury, illness, blood on uniform). Penalty is two shots and ball is awarded at point of interruption or AP (alternating possession) if at beginning of game. If before the game, only one technical foul will be issued, regardless of the number of infractions. Once the game begins, only one technical foul will be issued, regardless of the number of infractions and when they occurred. Administrative Technicals do not count towards the team foul total.
d. Team Technical Fouls shall be assessed after a team warning has been issued for each of the following, and the penalty shall be two shots and awarded possession.

    Delay of Game: A warning will be given the first time any of the following occur: Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with ball and not allowing it to be readily available, huddling on the court or prior to free throws, and faking being fouled. Stalling, or not running an offense, is a delay of game, except during the last 2 minutes of second half play or any overtime.

e. Unsporting behavior technicals will be issued for disrespectfully addressing officials, use of profanity or language that is abusive, vulgar or obscene, taunting or baiting an opponent, or inciting undesirable crowd reactions. The penalty shall be 2 free throws and awarded possession. It is highly encouraged that teammates and Captain's address and manage frustrated players in heated moments during the game before the game officials must. There will be very limited tolerance with regard to the above items to include no warnings prior to a technical being issued.
f. Flagrant 1 Foul will be assessed when there is not a legitimate attempt to make a direct play on the ball, contact away from the ball against an opponent clearly not involved in the play and designed to stop clock or prevent it from starting, contacting an opponent making a throw-in, excessive, hard or unnecessary contact and illegal contact by swinging of an elbow deemed excessive or unnecessary. The penalty shall be two free throws and awarded possession.
g. Flagrant 2 Foul will be assessed and player ejected when the contact foul is judged to be violent and/or severe. If deemed a noncontact foul, the unacceptable conduct of the individual is judged to be persistent, extreme, vulgar and/or abusive. The penalty shall be two free throws and awarded possession.

Uniforms:

a. Teams should attempt to have uniforms of like design and color.
b. Teams should attempt to have both "home" and "away" uniforms with at least 1 permanently attached number. Numbers on front of uniform shall be approximately 4" and approximately 6" on back.
c. Sponsors may be added to uniforms but cannot interfere with number placement.
d. Uniforms shall be free of inappropriate symbols or wording.
e. Game officials will have the final determination when uniform issues arise in determining safety, compliance, legality, contrasting visibility and their ability to access fouls, penalties and violations.
f. Medical ID jewelry & medical/health monitoring devices may be worn but the game officials may ask/require the device be covered by a wristband or tape. All other jewelry is prohibited.
g. Allowable hair control devices should be limited to headbands, pre-wrap and other soft material. Hats and visors are not acceptable hair devices.