RULES OF THE GAME
FOR
HOLIDAY 3 ON 3 BASKETBALL
Revised June 30, 2009
Intramural Sports Mission Statement

The mission of The University of Alabama Intramural Sports is to provide students, faculty, and staff with the opportunity to participate in a variety of competitive recreational sports in a safe environment; to promote and provide quality service and facilities; to facilitate the wholesome and worthwhile use of leisure, healthy lifestyles, and wellness; and to create opportunities for the growth and development of the social, physical, and mental skills of all participants. The desired outcome is achieved via participation in individual and team activities in a controlled environment, regulated by the policies established in this handbook.

Purpose

The purpose of this handbook is to establish policies and procedures that govern participation in the Intramural Sports program. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an excuse for failure to comply. The Office of Intramural Sports reserves the right to modify these rules in whole or in part at any time as necessary. If you have questions, comments, or suggestions for these rules or the intramural program in general, please contact the Office of Intramural Sports.

Intramural Sports General Information

The Intramural Sports Office is located in the atrium of the Student Recreation Center. Office Hours: Monday - Friday 10:00 AM - 4:30 PM
Phone Numbers:
205-348-8055
205-348-3906
Rain Hotline: 205-348-2708
Website: http://urec.ua.edu/
Email address: imsports@bama.ua.edu
Rule 1: General Eligibility

Section 1: Participants
Participation is currently limited to currently-enrolled, fee-paying U of A students, faculty members, and full-time staff. In order to participate in an intramural contest each player must present their validated Action Card. All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate.

Rule 2: Team Composition

Section 1: Team Composition
Two teams of three players each, with a maximum of three substitutes each will play a half court game. There must be a minimum of two players available for play by the schedule time of play.

Rule 3: Player Equipment

Section 1: Uniforms
Rules regarding team uniforms:
A. All teams are required to provide their own uniforms.
B. Team uniforms should be a single color and can be either jerseys or t-shirts.
C. Team jerseys shall include the team member’s number which can be located on either the front or the back of the jersey. Number must be single or double digits.
D. No duplicate numbers on a team are allowed.
E. Players of the opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front and/or rear of the jersey. There shall be no belt(s), belt loop(s), pocket(s), or exposed drawstrings on the pants or shorts of the player. Players are not permitted to play in boxer shorts. Teams must also have the same color jerseys, each with a different number. Jerseys which have an arm opening more than 4” below the armpit are illegal.

Section 2: Equipment
Rules regarding player equipment:
A. Appropriate gym footwear must be worn.
B. No participants may wear caps or do-rags while playing.
C. Each team is responsible for supplying their own ball for warm-ups. Balls are available at the front desk for checkout. The intramural staff will supply the game ball.
D. Jewelry, casts, or any items deemed dangerous by the official MAY NOT BE WORN during the game.
Rule 4: Game

Section 1: Rules of the Game
NFHS Rules will govern play except by the following:

A. Games are played on a half court by two (2) teams of three (3) players each.
B. Games will be played to 24, using two and three point field goals. The
   winning team must win by four points with a cap at 30.
C. Games will be self officiated. Too much rough play or unsportsmanlike
   conduct on the part of any team will be grounds for dismissal from
   tournament play.
D. The ball will be shot (match) at the top of the key to start the games.
E. On disputed calls, one player will shoot for possession.
F. If a dispute cannot be settled by both teams, the game is a forfeit.
G. The ball must be brought back beyond the 3-point line on all changes of
   possession.
H. After the ball is checked, the player may pass, dribble, or shoot.
I. When either team reaches 14 points, the court monitor will begin to count
   fouls. Beginning with the fourth foul:
      a. All common fouls shall result in two free-throw attempts.
      b. All shooting fouls, where the basket was not made shall result in two
         free throws.
      c. On shooting fouls where the basket was made shall result in one free
         throw.
J. Following any free throw attempt whether it is made or not, possession will
   change.

Rule 5: Sportsmanship

Sportsmanship is an important part of intramural sports. Any player who uses foul
language, violently protests a call, or curses an official or staff member, will be removed
from the game and will automatically be suspended from his/her team's next game. In
addition, he/she will have to meet with the Coordinator of Intramural Sports during office
hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to
participate again. Any player who touches an official or staff member will be placed on
suspension from all Intramural activities for a minimum period of one calendar year from
the time of the incident.

*University Recreation makes every effort to protect all participants, however volleyball is a sport and
injuries are a possibility. The University of Alabama, the Division of Student Affairs, University
Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.