

**KATY YOUTH
BASKETBALL 3-ON-3
RULES BOOK**

2025



kybb.org



PURPOSE

Katy Youth Basketball, Inc. (KYB) is a non-profit organization that provides a youth basketball program for boys and girls of all skill levels who are in 1st through high school grades and reside within the Katy Independent School District.

KYB's goals for its participants are:

- To develop basketball skills and improve as a player.
- To learn “life lessons” that have value beyond the basketball court.
- To feel like an important part of the team regardless of performance.
- To have fun at practices and games.

KYB recognizes that coaches are an important part of our success. KYB's goal is to provide every coach with the tools to succeed. We are committed to creating a positive culture, in which coaches, parents, spectators, referees, and players work together to achieve this mission.

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3-ON-3 OVERVIEW

Section 1

INITIAL BALL POSSESSION

Initial possession shall be determined by "Hit or Miss". Home team designates a player for a free throw, not worth points. A made shot grants Home team possession; A miss gives Visiting team possession. Possession then alternates each following quarter.

CHECKING THE BALL

Following a successful basket, the offense (now on defense) is responsible for checking the ball at the top of the key; "make it take it" rule does not apply.

Additionally, offensive possession shall begin with the opposing team checking the ball at the top of the key after dead ball turnovers (e.g., out of bounds, fouls, violations).

After the ball is checked, the offensive player may dribble across the line to any point on the floor and pass or stay behind the line and initiate play with a pass.

In either case, the offensive player must pass the ball before a shot is attempted. There will be a five (5) second rule to advance the ball across the line.

TAKE BACK RULE | CLEARING THE BALL | CHANGE OF POSSESSION

When there is a change of possession (e.g., air ball, steal, defensive rebound, or turnover), the team that gains possession of the ball must "take it back" beyond the three-point arc, specifically at the top of the key.

To satisfy the "take back" rule, the player with the ball must establish at least one foot beyond the three-point arc at the top of the key before they can start their offensive possession.

The "take back" rule encourages teams to space the floor and prevents them from immediately attacking the basket after a change of possession while also giving the defensive team a chance to set up their defense. This makes the game more strategic and exciting.



Once the ball has been properly taken back, that player can dribble, pass, or shoot with no limitations on who can shoot the ball.

HELD BALL POSSESSION

All held ball possessions will be awarded to the defense. Ball is checked in at the top of the key.

SCORING

Made baskets count as one (1) point, free throws count as one (1) point. Scoring will be kept using a manual flip scoreboard.

LENGTH OF QUARTER

All games shall be four (4) quarters of ten (10) minutes each with a running clock.

INTERMISSION

Halftime intermission shall be five (5) minutes.

Quarter intermissions shall be two (2) minutes after the first and third quarters.

TIME-OUT

There shall be no time-outs.

JERSEY COLORS

As per the schedule, the Home team shall wear white jerseys, and the Visiting team shall wear blue jerseys.

TABLE VOLUNTEERS

The table volunteers shall be the official scorebook keeper and scoreboard keeper designated by the coach. Each team shall have a representative to perform either duty.



Whenever there is disagreement of duties, the home team shall provide a scorebook keeper and visiting team shall provide a scoreboard keeper.

Must be at least 14 years of age and be able to perform assigned duties without giving guidance to players and challenging referees' calls.

NON-PLAYING PERSONNEL

Non-playing personnel shall remain in the designated spectator area throughout the contest. This includes, but not limited to parents, siblings, spectators, team moms, and additional assistant coaches.

GOOD SPORTSMANSHIP RULE

If a team leads by 15 or more points, they must refrain from tying up the ball or stealing from their guarded opponent. Intercepting passes is allowed, and there's no requirement for a minimum number of passes before shooting.

FORFEITURE | PROTESTS | INTERRUPTED GAME

A game shall be declared a forfeit when:

- A team refuses to play after being instructed to do so by a referee.
- A coach is removed from the premises for unsporting conduct and an authorized assistant coach is not present to assume responsibility for the team.
- Any player, team member, bench personnel or coach fails to comply with any technical-foul penalty, or repeatedly commits technical-foul infractions or other acts which make a travesty of the game.
- If the team to which the game is forfeited is ahead, the score at the time of forfeiture must stand. If the team is not ahead, the score must be recorded as 2-0 in its favor.
- KYB board of directors do not recognize protests.
- Whenever a game is interrupted because events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption unless KYB board of directors and/or coaches agree to terminate the game with the existing score.



PLAYERS AND SUBSTITUTIONS

Section 2

SELECTING PLAYERS

The Home Team chooses its initial three (3) players for the first quarter, followed by the Visiting Team. In the second half, the Visiting Team picks its first three (3) for the third quarter, then the Home Team follows suit.

A minimum of three (3) players constitutes a team for play, with those three (3) players participating throughout the entire game if required.

Coaches have the flexibility to alter their lineup for the second half. Substitutions are only permitted in case of injuries.

PLAYERS | COACHES | RESTRICTED BENCH AREA

Starting players shall check in at the scorer's table before playing. Bench players shall remain seated in the designated bench area when not in the game. No team shall have more than two (2) adult coaches on the bench.

The bench area is restricted to players, assistant coach, and head coach only.

PLAYING TIME

Each player will play a minimum of ten (10) minutes (1 quarter) per half except for an injury causing the player to be removed from play during one of his or her quarters.

No player can play more than thirty (30) minutes per game unless a team has only three (3) players.

SUBSTITUTION GUIDELINES

Substitutions can be made when a player is injured, sick, unwell, or dehydrated, with the coach of the affected player selecting the replacement. The substitute player is credited for participating in the same quarter if they have played at least 50% of the quarter. Once the player recovers, they can rejoin the game even within the same quarter.

A player replaced by another team member due to being too tired to continue, will not be allowed to play in the remaining portions of that respective quarter.



The player's next opportunity to play will be subject to the playing time limitations set forth above.

LESS THAN 6 PLAYERS

If a team has fewer than 6 players, the coach of the missing the player(s) shall select the player(s) to play the 2nd and 4th quarters. Playing time limitations set forth above apply.

DEFENSE

Section 3

DEFENSE FUNDAMENTALS

Defense can be always played. If a defensive player gains possession of the ball through a rebound, steal or loose ball and is attempting to take the ball back to clear the ball, the offensive team can steal the ball.

If the offensive team steals or gains possession of the ball before the ball has been cleared the offensive team is **NOT REQUIRED TO TAKE THE BALL BACK** and can immediately attempt to score.

The defensive player who gains possession of the ball through a steal, rebound or loose ball **IS NOT** considered to be on offense until the ball has been cleared.

1-ON-1 DEFENSE | HELP DEFENSE

1-on-1 defense shall be always used, allowing help defense. Switching isn't required. If two (2) defenders stop a player attempting a drive or shot, both may remain on that offensive player until the ball is passed or the player retreats.

No specific defensive assignments are required, and any defender can guard any offensive player.

The goal of permitting help defense is to encourage and reinforce good defensive habits. It is not designed to permit excessive pressure on a ball handler by sending two players to defend the ball at every opportunity, especially in younger age divisions.



DOUBLE TEAM CLARIFICATION

“Double teaming” is not a recognized violation. When a defender assists against a ball screen, offensive action, or drive, it might resemble a “double team”, but this is legal defense. It is permissible for two players to defend the same offensive player based on ball movement. A defender can engage the ball-carrying offensive player within reach for effective help defense. Players are allowed to “switch” and are not required to revert to their initial assignments.

GUARDING AT CHECK-IN SPOT

A five-second rule for the offense to advance the ball across the line. The guarding defender cannot cross or reach over the top of the key line until the ball is exchanged (passed or handed off) or dribbled across the line.

Other defenders can follow their player across the line but may not engage the ball until it has been exchanged or dribbled across the line.

The ball is considered “live” once the ball is checked, so travel and double dribble rules apply, even if the ball has not crossed the takeback line.

OFFENSE PLAYING DEFENSE

If defensive player gains possession, the offense can steal the ball before it’s cleared and **NOT REQUIRED TO TAKE THE BALL BACK** and can immediately score; Defensive player who gains possession **IS NOT** considered to be on offense until the ball has been cleared.

VIOLATIONS, FOULS AND PENALTIES

Section 4

OFFENSE SHOOTS THE BALL BEFORE PASSING AT CHECK-IN

If a shot is attempted before the ball is passed, it will be a turnover and the ball will be awarded to the defense.

DEFENSE NOT TAKING BALL BACK BEFORE SHOOTING

If a defensive player scores before full possession change (foot outside three-point arc at top key line), no points are awarded. It’s a turnover, and offense



gets the ball at top of the key for check-in.

BALL GOES ACROSS MID COURT LINE

If the ball is knocked out of bounds or crosses the mid court line, possession goes to the opposing team, leading to a Check Ball at the top of the key.

No sideline or under the basket throw-ins apply.

ILLEGAL DEFENSE VIOLATIONS

After an illegal defense call, the ball is awarded to the offense for a check ball. After two illegal defense calls, the referee has discretion whether or not to assess a technical foul if it appears that a coach or team is utilizing an illegal defense for the purpose of delaying the game or otherwise gaining a competitive advantage.

If a technical is assessed, the offense shall be entitled to take one (1) free throw and then be awarded the ball.

THREE SECONDS or FIVE SECONDS

Three (3) second violations will be enforced for 5th grade and up.

Five (5) second violations will be enforced for 4th grade and below.

SHOOTING FOULS

Shooting fouls will be administered in the following way:

Teams do not line up for free throws. This is “dead ball” free throw, like a technical foul. Free throw shooters have ten (10) seconds to shoot, or it will be violation.

- **MADE BASKET:** Count the basket, which is one (1) point and award one (1) free throw. Defensive team gains possession, regardless of made or missed basket.
- **MISSED BASKET:** One (1) free throw awarded. Defensive team gains possession, regardless of made or missed basket.



TEAM FOULS

After all fouls, the ball will be taken out above the top of the key inbounds line as a Check Ball. Fouls are not player specific, but all count as team fouls. Players cannot foul out.

Bonus free throws occur when:

- 5th team fouls per quarter: One (1) point and the ball.

The fouled player takes all free throws. After all fouls, a Check Ball is taken out above the top of the key inbounds line.

TECHNICAL FOULS

The opposing team is awarded one (1) point and the ball.

A player/coach receiving two (2) technical fouls is immediately ejected from the current game and suspended from the next game, even if on the same day or next week.

Player/coach shall not practice the following week, regardless of serving the suspension. Additional suspensions are case-dependent, determined by the KYB 3 on 3 Committee.

FLAGRANT FOULS

The opposing team is awarded one (1) point and the ball plus ejection of the penalized player or coach.

STALLING

Stalling contradicts the 3-on-3 fun spirit. A shot attempt must occur within 30 seconds; Failure leads to loss of possession.

Stalling does not apply after checked balls or free throws since they have time restrictions, which are (5) seconds and ten (10) seconds respectively.

Stalling can be also called on the defense for delayed ball check-in. The guarding defender at the top of the key has three (3) seconds to pass to the offensive player.

Referees will monitor and enforce stalling violations, especially near the end of the game. Early in the game, a warning may be given, subsequent violations



will result in a technical (1 point + ball). Late violations can lead to immediate technical calls.

IMPROPER CHECK BALL

If a defensive player intentionally makes an improper pass during a check ball (e.g., deliberately bouncing the ball off an opponent's foot), the referee can issue a warning or technical foul based on their judgment of the situation (game timing, score, etc.).

EXTRA PERIOD

Section 5

SUDDEN DEATH

In case of a tie at the end of regulation, the winner will be determined through a Sudden Death Free Throw Contest.

- Each team designates a player to take a free throw.
- A successful shot equals one point in overtime.
- The contest concludes when one team makes their shot and the other misses.
- If the tie persists, both teams choose a different player for a second round of shooting.
- The visiting team shoots first, followed by the home team, with alternating shooting order in subsequent rounds.
- Once an established shooting order is in place, it remains constant until a team secures the lead and wins.

REFEREES AND TABLE VOLUNTEERS

Section 6

REFEREE'S DUTIES

There will be one (1) referee per game. The referee shall assist in “teaching” the game by pointing out infractions and explaining why a call was made – especially in the younger age groups.

Referees shall conduct the game in accordance with National Federation of State High School Associations, with modifications per KYB playing rules.



SCOREBOOK KEEPER DUTIES

The scorebook keeper shall keep record of the players/substitutes who enter the game. Keep a running summary of the points scored. Record warnings for coaches / bench personnel misconduct, personal/technical fouls.

Confirm recorded score with scoreboard keeper throughout the game. Table volunteer must be at least 14 years of age.

SCOREBOARD KEEPER DUTIES

The scoreboard keeper shall keep track of the score using a manual flip scoreboard.

Confirm visual score with the official scorebook keeper throughout the game. Table volunteer must be at least 14 years of age.

TIMER'S DUTIES

The timer shall begin the clock, at the beginning of each quarter and will continue to run until the quarter ends. Both games being played will use the same running clock.

The clock will not stop for player injuries. If a minor injury occurs, the player should exit the court. The coach can substitute in any player for the injured player. When the injured player is ready, they can re-enter during the next dead ball. Severe injuries require caution.

CONDUCT

Section 7

GENERAL EXPECTATIONS

Coaches, players, spectators, and referees are expected to conduct themselves in a respectful manner toward all participants and abide by all policies and directives from KISD and KYB.

Public bickering and quarreling only serve to undermine the purpose of the league and will not be tolerated.

Any conduct detrimental to the "General Expectations" will be subject to



removal from KYB.

No food or beverages allowed gyms during games or practices.

KYB BOARD AUTHORITY

Members of the KYB Board of Directors who are not involved in a current game have the same authority as the referees regarding the conduct of any participant.

The KYB Board of Directors reserves the right to increase the penalty for an ejection or any other infraction of a coach, player, spectator, or referee and may include termination of any future relationship with KYB.

REFEREE AUTHORITY

Referees have the full authority to remove any person from the premises, at their sole discretion, who they deem to be disruptive, abusive, or disrespectful.

Ejection from a game constitutes removal from the building. Failure to leave may result in the referee declaring a forfeit and the KISD police being contacted.

COACHES, PLAYERS EJECTIONS

Upon ejection, whether it's a head coach, assistant coach, or player, participation and attendance in team practices and games are prohibited for at least the following week. If a coach is overseeing multiple teams, this suspension applies to all teams under their guidance.

A head or assistant coach facing a second ejection during the season may be disqualified from coaching any KYB team. Players ejected twice may face removal from the league.

If a team has a double header game the same day, the ejected coach or player shall not participate in the next game.

SPECTATOR EJECTIONS

Ejected spectators face a minimum one-week suspension. KYB Board may extend suspension as decided. To attend future KYB games post-suspension, ejected spectators must join Parents Associate for Youth Sports (PAYS) and complete online training at their own expense.



DIVISION SPECIFICATIONS

Section 8

Specifications / Divisions	Ball Size	Basket Height	Free Throw Line	Lane Violation
1 st / 2 nd Boys / Girls	Size 5 27.5"	8'6"	12'0"	5 sec
3 rd Boys / Girls	Size 5 27.5"	8'6"	13'6"	5 sec
4 th Girls	Size 5 27.5"			
4 th Boys	Size 6 28.5"	10'0"	13'6"	5 sec
5 th / 6 th Boys / Girls	Size 6 28.5"	10'0"	15'0"	3 sec
7 th - HS Girls	Size 6 28.5"			
Boys	Size 7 29.5"	10'0"	15'0"	3 sec