



WEST SYDNEY WOLVES JUNIOR

3 ON 3 LEAGUE CURRICULUM

West Sydney Wolves Basketball Association is the first association in NSW to implement a 3x3 local competition & places a high priority around 3 on 3 competitions for youth players. Building basketball skills is an essential part of learning the game. The game of basketball provides everyone involved in the game the opportunity to learn valuable life lessons. The team culture and life lessons learned in the WSWBA curriculum will be with our players for a lifetime. Therefore, West Sydney Wolves makes it a priority to cultivate our 5 core values throughout all programming.

- **HUMILITY** - Respect for yourself and others: Inspire Others.
- **PASSION** - Commitment to excellence: Contagious Work Ethic
- **UNITY** - Team goals before individual goals: Team First Mindset
- **COURAGE** - To face adversity: Fearless Determination
- **GRATITUDE** - Thankfulness and appreciation: Practice Mindfulness

The West Sydney Wolves Basketball Association recognizes that skill development is a process that is especially important for youth players. 3x3 basketball or Small-Sided-Games is a fun, exciting and fast paced game that's used to aid the development of young players. Studies have shown the increased benefits to the overall development of kids when they participate in small-sided-games, compared to the full court 5 on 5 version. 3 on 3 provides a fun and competitive on-court experience for players, parents and coaches, while also creating additional opportunities for boys and girls to engage in play, cultivate friendships and develop character values.

WHAT ARE SMALL-SIDED-GAME'S

Small-Sided-games are just a simplified version of the game with fewer players on the court.

Below are reasons why small-sided-games should be used to develop young players.

The positives of why young kids should play more small-sided games is simple. Increased development and more fun. Players are happy, coaches can see their players improving, and parents can see their kids touching the ball more often and enjoying the game. It's a WIN/WIN situation for everyone involved.



1. Increased Touches
2. Develops Better Decision Making
3. Increased Scoring Opportunities
4. Increased Space
5. Players Learn All Positions
6. Encourages Teamwork & Skill Development
7. Gets Everyone Involved
8. It Simplifies the Game
9. Eliminates Presses and Zones
10. Allows Players to Develop

The following rules have been designed to ensure fair play for all participants and closely align with Basketball Australia and FIBA competition rules. The height of the basket and size of the ball are both in accordance with the FIBA Basketball Guidelines. All players and coaches are expected to understand these rules prior to participating in 3 on 3 competition.

The below playing standards and rules are to serve as guidelines and recommendations for players, parents and coaches.

Boys and Girls Ages

Under 8 – Mixed or Single Gender

Under 10 - Mixed or Single Gender

Under 12 - Mixed or Single Gender

Under 14 – Boys or Girls Only

Representative Player Points System – 6 Points Maximum Per Team

This System will apply to Under 12s and Under 14s Teams Only – Under 8 and Under 10 Are Exempt

Division 1 Player – 3 Points

Division 2 Player – 2 Points

Division 3 Player – 1 Points

Length of Season

10 Weeks

Length of Game

2 x 12 Minute Halves – Running Clock For Regular Season Games.



Playoffs

Last 2 minutes Will Be Fully Timed – Time Stops On All Whistles, Out Of Bounds & Fouls – Does Not Stop After A Made Basket.

Competition Points

Win - 3 Points. Draw – 2 Points. Loss – 1 Point

Forfeits

Forfeiting Team Will Be Liable for Both Teams Court Fees

Play-offs – Semi Finals & Finals

1st Vs 4th

2nd Vs 3rd

Winners From Each Semi-Final Progress To The Finals

GAME ADMINISTRATION RULES & SPECIFICATIONS:

Team Roster:

5 Player Limit (Must Have 3 Players To Start The Game)

Referees:

1 Required

Time/Score Keeper:

Each team is required to provide a bench person. Failure to provide a bench person will incur loss of competition points.

Size of ball:

Size 6 Under 14s and below – Size 7 for boys Under 16 and over.

Height Of Basket:

Under 10s & Under 8s – Lowered to 8ft (2.43 Meters)

Under 12 & Under 14s- Full Height – 10ft (3.048 Meters)

Court Size:

Half Court



Scoring Regime:

Field Goals: 1 Point will Be Awarded

3 Pointers: 2 Points will Be Awarded

Free Throws:

1 Free Throw If Fouled Shooting – 2 Free Throws If Fouled Behind The 3 Point Arc.

1 Free Throw If Fouled While Shooting and The Shooter Makes The Shot.

Free Throws Count As 1 Point.

UNDER 12s & OVER

Following a made free throw the ball is live as soon as the ball goes through the basket and the opposing team can gain possession and clear. If the free throw is missed, the ball is live and the offensive team can rebound and play, or the defensive team can rebound and clear.

UNDER 10s & UNDER

Following a made free throw, the opposing team will check the ball at the top. If the free throw is missed, the ball is live and the offensive team can rebound and play, or the defensive team can rebound and clear.

GAME STRUCTURE:

Game Length:

2 x 12 Minute Periods or Halves

Half Time:

1 Minute

Overtime or Extra Periods:

First Team To Score 2 Points Wins.

Time Outs:

1 x 60-Second Timeout Per Half – Clock Does Not Stop – NO Timeouts Are Permitted In The Last 3 Minutes Of The Game.

Start of game:



First Team Listed on The Score Sheet Will Start With The Ball inside The Centre Circle. Alternating possession rules will then ensue throughout the game.

Substitutions:

Either Team May Substitute on A Dead Ball or Foul. Players Must Enter From The Top Of The Court.

GAME PLAY & TACTICS:

Playing Time:

WSWBA Recommends Equal Playing Time in Both Periods. At The Coaches Discretion With 3 Minutes Remaining in The Last Period.

Set Defence:

Only Man-To-Man Defence is Permitted At All Times – No Zoning Defences

Pressing Defence:

Man-To-Man Defence Only Permitted.

Double Teaming:

Double Teaming or Trapping is Not Permitted Throughout The Competition – Help Defence is Permitted – Players May Help & Recover or Switch.

Individual Fouls:

Players will not incur any individual fouls instead all fouls are accumulated into Team Fouls.

Team Fouls:

6 Team Fouls

Bonus Shots For Team Fouls 7 >:

2 Free Throws Will Be Awarded on fouls 7 and above.

Players Permitted On a Free Throw:

Offense May Have 2 – Defence may Have 3.

Shot Clock:

Under 12 & Above



The offensive team has 12 seconds to shoot. The shot clock is to be monitored by the ref and at their discretion will begin counting aloud for the final 5 seconds. **No stalling is allowed.** The referee or court supervisor may institute a 12 second clock at any time. After a team has been warned about stalling, failure to hit the rim on the offensive possession within 12 seconds will result in loss of possession.

Under 10 & Below

The offensive team has 30 seconds to shoot. The shot clock is to be monitored by the ref and at their discretion will begin counting aloud for the final 5 seconds. **No stalling is allowed.** The referee or court supervisor may institute a 30 second clock at any time. After a team has been warned about stalling, failure to hit the rim on the offensive possession within 30 seconds will result in loss of possession.

Possession Following A Made Basket

UNDER 12s & OVER

Defence gains possession. The possession begins right underneath the hoop when the defensive team takes possession of the ball. Ball to be dribbled or passed to a player behind the arc both feet must be outside the arc. Defensive team is not allowed to make a play for the ball inside the “no-charge semicircle”.

UNDER 10s & UNDER

Check ball exchange behind the arc (at the top).

Possession Following A Dead Ball:

Check ball exchange behind the arc (at the top).

Possession Following A Defensive Rebound or Steal:

Ball to be dribbled/passed behind the arc.

Playoffs:

Players must play in at least 4 league games to be eligible for the playoffs.



RULE DEFINITIONS

Man-To-Man Defence

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the split or rim line. Players are permitted to have a foot in the key (help defence) when their player is positioned on the weakside of the ball.
- If an offensive player with the ball advances past their defensive player, another defender may rotate over to guard that offensive player or players may switch.

Pressing Defence

Defensive guarding, either on or off the ball, within the backcourt.

Double-Team/Trapping

Two or more defensive players guarding a single offensive player.