

Spirit 3v3 Tournament

Court & Setup

- Half court with one hoop
- Ball: U12s: size 5, U14 – U18 girls and U14 boys: size 6, U16 – U18 Boys: size 7
- Teams: 3 players + 1 substitute

Game Format

- Scoring: Inside arc = 1pt, Outside arc = 2pts, Free throws = 1pt
- Length: 15 minutes running clock
- No shot clock

Starting & Restarting Play

- Game starts with a 'check ball' at the top of the arc, including after out of bounds or non-shooting fouls.
- After a score: Defense takes possession out of the hoop and live straight away, must clear beyond arc.
- After rebound/steal: Must clear beyond arc before scoring.

Fouls & Free Throws

- Team fouls count together
- 7th team foul = 2 free throws
- Option: 5 personal fouls = disqualification (social rule)

Substitutions

- Allowed when ball is dead and before a check-ball