# Healthy LifeStars®

## **Team Three-On-Three**

#### WHERE TO PLAY:

- Half regulation basketball court with 1 goal
- Basketball playing areas can be found in most playgrounds, gyms, and parks around the world.

#### • NUMBER OF PLAYERS:

o Three equal teams up to 5 players each

#### • GRADE LEVELS:

o 3rd-8th grades

#### EQUIPMENT:

- A basketball
- Goal

#### HOW TO PLAY:

- This game is played very much like Half-Court Basketball with the exception that a third team rotates into the game after each score.
  - Two teams start play on the court with a third team standing on a sideline.
- Once a team has been scored against
  - They switch places with the team that has been waiting on the sideline.
- A game is normally played in quarters or two halves
  - The length of which can be decided by the two teams
- o To start the game
  - The official tosses up the ball between two opponents at the free throw line
  - The two jumpers attempt to tap the ball to one of their teammates who are standing outside the circle
  - Each team will then try to score by dribbling/passing the ball toward the opponent's goal and shooting successfully at their basket
  - After each successful score
    - The ball is put back into play from out of bounds at the center line
  - If the defensive team gets possession of the ball
    - They must dribble or pass it past the free throw line before scoring
- Scoring



- A score from the field area is worth two points
- A successful free throw shot is worth one point
- Violations
  - All violations result in the opposing team
    - Throwing the ball in from the nearest out-of- bounds spot.
    - Violations are:
      - Traveling
        - Taking more than one step while in possession of the ball
      - Double Dribbling
        - Dribbling with two hands
        - Dribbling a second time after having stopped the first dribbling series
      - Kicking the ball
      - Three seconds in the key
        - Offensive player standing inside the key area for three seconds
      - Taking more than ten seconds for the offensive team to cross the midcourt line
      - Out-of-bounds ball
      - Stepping on the out-of-bounds line while in possession of the ball
      - Passing the ball out-of-bounds
      - Knocking the ball out-of-bounds

### o Fouls

- Personal foul
  - A personal foul occurs when a player
    - o Holds
    - Trips
    - o Pushes
    - Charges
    - o Blocks
    - Engages in rough play
  - If the foul occurs while a player is shooting
    - o The shooter is award two shots from the free throw line
    - If the shooter made the shot, but was still fouled



- They get one shot from the free throw line
- Five personal fouls disqualify a player from any further participation
- Technical foul
  - A technical foul occurs when a player
    - Acts in an unsportsmanlike manner.
  - The opposing team is awarded
    - o Two free shots
    - Possession of the ball afterward
- o The team with the highest score at the end of a predetermined time period wins.