

BASKETBALL

Three-on-Three Half Court

QUALIFYING RULES

1. All first-, second- and third-place teams at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Each 2024 NSGA qualifying games may qualify all basketball teams that compete in the 80+ and 85+ age divisions. Competition must take place in accordance with Rule H in order for teams to be qualified.

ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to ten persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Teams are no longer limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. At the National Senior Games, athletes may compete on up to two teams per sport, providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2025.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system, a maximum of three skill divisions based on number of teams in each division and pool play results, will be utilized. The following divisions will be used: Division I (highest level), Division II and Division III. The number of divisions will be determined by the number of teams within each age division. The final playoff format will be determined at the discretion of the NSGA.
 - a. In situations where a second championship game is needed to determine an overall winner (i.e. team from bottom bracket beats a team from an upper bracket in a championship game). The second championship game will only be one-half that will be played in accordance the standard "second half" game play. The length of this one-half of play will be 15 minutes for teams in all age groups.
2. First through eighth place awards will be presented in each skill age division.
3. Every effort will be made to provide teams a minimum of five games.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:

If a two-team tie situation:

- Head-to-Head competition
- Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
- Point differential against all opponents
- Least points allowed (total points allowed against all opponents)
- Coin Toss

If a three-team tie situation:

- e. Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
- f. Point differential against all opponents
- g. Least points allowed (total points allowed against all opponents)
- h. Coin Toss

6. Forfeits shall be scored 21-0.
7. Default during competition Rule Q will be strictly enforced.



8. Home and Visitor teams will be determined by the order teams are listed in the schedule. The first team listed will be the home team and the second team listed will be the visiting team. (Top team on bracket – Home, bottom team on bracket – Away.)

SPORT RULES

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222

1. Uniforms:

- a) Teams should attempt to have uniforms of like design and color.
- b) Teams should attempt to have both "home" and "away" uniforms with at least 1 permanently attached number. Numbers on front of uniform shall be approximately 4" and approximately 6" on back.
- c) Sponsors may be added to uniforms, but cannot interfere with number placement.
- d) Uniforms shall be free of inappropriate symbols or wording.
- e) Game officials will have the final determination when uniform issues arise in determining safety, compliance, legality, contrasting visibility and their ability to access fouls, penalties and violations.

2. The Game-Court-Equipment-Markings:

- a) The game shall be played by two teams of 3 players each on a half court containing dimensions, boundary lines, throw-in area, other line markings such as 3-point line, free throw lane lines, etc., and in accordance with NCAA rules unless further noted.
- b) A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet.
- c) Goals, baskets, standards, paddings all should be in accordance with NCAA rules.
- d) Scoreboard & clock are typically one unit located at the scorer's table, therefore NCAA rules do not apply here.
- e) The ball used during games is in accordance with NCAA rules for both men and women.
- f) Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
- g) The winner of the pre-game coin flip (called in the air by the away team) shall take first possession of the ball, thus beginning the AP (alternating possession) arrow process for the rest of regulation play.

9. Scoring & Timing Violations & Overtime Regulations:

- a) Playing time shall be two halves of 15-minutes for all age groups. The exception would be for the following age divisions: 75+ women's teams and 80+ men's teams. If both captains of teams in these divisions agree, prior to the game, to play 12-minute halves, it shall be permissible. There shall be a continuously running clock with an intermission of five minutes for half time. In the last two minutes of each half and all of overtime, the clock will stop in accordance with normal basketball rules (meaning live play is in effect with regard to free throw situations). The clock also stops after a made basket during the last minute of the second half.
- b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules, and after a made basket, during the last minute. If the game is still tied at the end of the first overtime period, a final overtime will be played with a sudden-death format; the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. The team who had AP (alternating possession) arrow at end of regulation shall call first OT coin flip, and team with AP arrow at end of first OT shall call sudden death coin flip). There will be a one-minute intermission

- before each overtime period. All individual and team fouls carryover into overtime.
- c) Two time-outs are permitted per team, per half. Timeouts do not carry over from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
 - d) 3-point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
 - e) A 5-second closely guarded violation occurs when an offensive player *holding the ball* does not pass, shoot, or dribble within a 5-second timeframe. To be considered “closely guarded”, a defender must be in a defensive position and located within six feet of the player.
 - f) 3-second in the lane violation: It is a violation for an offensive player to have any part of their body remain in the lane for more than three consecutive seconds. To establish a position outside the 3-second lane, an offensive player must place both feet on the playing court outside the lane.
 - g) Grace Rule will go into effect when a team is ahead by 30+ points, and only during the second half of play. During this time, the clock will continue to run until the team behind can reduce the point spread to less than 30 points.

10. Check Line/Throw-In Area & Ball In/Out of Play:

- a) The game shall be played using the three-point line as the “check line.” The ball shall be returned to a point behind the check line after each change of possession as follows.
- b) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line, only the player’s feet.
- c) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
- d) The player who returns the ball behind the three-point line may maintain possession and attempt to score.
- e) After a made basket and all dead ball situations, the ball shall be placed in play from the designated throw- in area which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the 3-point line.

11. Player Restrictions When Inbounding Ball:

- a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area regardless of whether the in-bounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
- b) The in-bounder must stay within the lines of the designated throw-in area,
- c) The defense may defend anywhere on the court; however, no player (offensive or defensive) may enter the throw-in area. This area is a restricted space for the thrower-in only.
- d) The in-bounder may not hand-off the ball to a teammate, it must be passed.
- e) The in-bounder’s teammates may only enter the three-second lane to receive a pass when their teammate has possession of the ball for the throw-in, is in the throw-in area and only after they have cleared the lane following a made goal or free throw. “Clearing the lane” is establishing a position outside the 3-second lane with both feet having been placed on the playing court outside the lane.
- f) Offensive screens should not be set until the inbounding teammate actually takes possession of the ball in the throw-in area.
- g) Violations of the throw-in area by the offense result in loss of possession.
- h) Violations of the throw-in area by the defense could result in warning, administrative or unsporting technical.

12. Substitutions:

- f) A substitute is a team member who has reported to the scorer's table and is waiting there to be beckoned onto the court by an official. Entering the court without being beckoned may result in a warning and/or technical foul. Substitution requests should be made prior to the in-bounder having the ball in the throw-in area.
- g) Substitutions by both offense and defense may occur during all normal stoppages in the game such as non-shooting common fouls, out of bounds, violations (traveling, 3-second in lane, double dribble, injured player, contact lens, timeouts, etc.).
- h) Free Throw Substitutions: During either half, and prior to 2 minutes remaining (when live play goes into effect) substitutions by both the offensive and defensive teams may only occur after the first free throw of any merited two-shot foul, and after the second free throw of any merited three-shot foul. ONLY the offensive team, who will retain possession of the ball following the last merited free throw, can request a substitution and the incoming substitute must have been at the scorer's table prior to the free throw shooter releasing the ball. Once the last free throw is made or missed and the official's recognize & beckon the player onto the court, the defensive team is allowed to counter sub.
- i) Normal substitution procedures will be followed by either team during free throws occurring in live play within the last 2 minutes of either half and overtime.
- j) Both offense and defense can be subject to delay of game warnings and penalties for blatant and repeated substitution process violations.

13. Fouls and Penalties:

- a) A player is disqualified for his/her fifth foul.
- b) A more complete descriptive Foul/Penalty chart is available 2023-24 NCAA Women's Rules Book in Appendix III.
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt).
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw.
- e) Any offensive foul (player in control of the ball or is an airborne shooter) shall result in disallowing a converted basket, recording the foul and a change in possession.
- f) Prior to the fifth team foul, any common foul shall result in loss of possession for the offending team.
- g) All personal, offensive and technical fouls shall count towards a team's total. Exceptions are: Indirect Technicals and Administrative Technicals.
- h) Beginning with the fifth team foul in the first half, the penalty is two free throws awarded to the offended team. This will reset at halftime. Beginning with the fifth team foul in the second half, the penalty, again, is two free throws awarded to the offended team. Following the last awarded free throw, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect).

When a shooting foul occurs:

- f) All players will line up and the clock will stop until the ball is put in play again from the throw-in area. The automatic awarding of team possession after free throws does not apply (live rebounding will be in effect).
- g) During live rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
- h) The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
- i) No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.
- j) If the shooter makes the last awarded free throw, the opposing team will inbound the ball.

14. Technical Fouls:

- a) Direct Technical foul is one assessed to the head coaches for their own behaviors.
- b) Indirect Technical refers to a technical foul assessed to a head coach for the actions of bench personnel only. Penalty for a) and b) are 2 free throws and the ball is awarded to the offended team.
- c) Administrative Technicals are issued for not submitting to the scorer, names and numbers of team members and or, having to make roster changes once the game begins (Exception allowed for injury, illness, blood on uniform). Penalty is two shots and ball is awarded at point of interruption or AP (alternating possession) if at beginning of game. If before the game, only one technical foul will be issued, regardless of the number of infractions. Once the game begins, only one technical foul will be issued, regardless of the number of infractions and when they occurred. Administrative Technicals do not count towards the team foul total.
- d) Team Technical Fouls shall be assessed after a team warning has been issued for each of the following, and the penalty shall be two shots and awarded possession.

Delay of Game: A warning will be given the first time any of the following occur:
Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with ball and not allowing it to be readily available, huddling on the court or prior to free throws, and faking being fouled. Stalling, or not running an offense, is a delay of game, except during the last 2 minutes of second half play or any overtime.

- e) Unsporting behavior technicals will be issued for disrespectfully addressing officials, use of profanity or language that is abusive, vulgar or obscene, taunting or baiting an opponent, or inciting undesirable crowd reactions. The penalty shall be 2 free throws and awarded possession.
- f) Intentional Foul will be assessed when there is not a legitimate attempt to make a direct Play on the ball, excessive, hard or unnecessary contact with opponent. The penalty shall be two free throws and awarded possession.

BASKETBALL

Shooting Skills Competition - OPEN

QUALIFYING RULES

1. For 2025, Shooting Skills Competition will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Participants do not have to compete in three-on-three basketball to participate in the shooting skills competition.
3. Participants may compete in only one session and based solely on the athlete's age.
4. Age divisions for basketball shooting skills competition will be determined by the age of the athlete as of December 31, 2025.

FORMAT

1. All events will be finals, and competition for a particular age group shall be conducted during one session.
2. Participants will shoot (25) free throws for the free throw shooting competition.
3. Participants will shoot (15) 3-point shots, three from each of five locations for the 3-point shooting competition.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. The NSGA and Tournament Manager may impose time limits during competition if necessary. If a time limit is imposed, the player with the most made baskets at the end of the time limit shall be declared the winner.
6. Awards will be presented for 1st through 4th place for each event within each age division.

SPORT RULES

1. When applicable, the shooting skills competition will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org.

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222

FREE THROW COMPETITION:

1. Participants are allowed 2 practice shots.
2. Each participant will first shoot 25 (uninterrupted) free throws and will earn 1 point for each basket made. A total of 25 points is possible.
3. A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet. All eligible participants must declare the free throw line they intend to shoot from prior to the start of competition. No eligible participants shall be allowed to shoot from both free throw lines at any point during competition.
4. The ball will be rebounded for the shooter.
5. The participant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).
6. Tie breaker policy will be as follows:
 - a. Most consecutive free throws made
 - b. Sudden death shoot-off of up to ten additional free throws
 - c. If still tied, multiple medals or ribbons will be awarded

3-POINT COMPETITION:

1. Participants will have 5-10 minutes to warm up as a group. No additional practice shots will be given.
2. Each participant will shoot 3 shots (untimed) from each of five marked locations around the three-point arc. (right and left baselines, right and left wings, and top of key). Shooter will take all shots in succession. All participants will start in the left baseline area and work their way around the arc.
3. Participants will earn 1 point for each basket made. A total of 15 points is possible.
4. No 3-point line distance modifications will be given for any age group. All participants must shoot from the distance of (19' 9").
5. The balls will either be on a rack positioned at each location or handed to the shooter by a volunteer. All shots will be rebounded for the shooter.
6. The participant's feet must be completely behind the 3-point line at the time of the shot. The participant is allowed to jump from outside the line and land inside, so long as the ball is released mid-air.
7. Tie breaker policy will be as follows:
 - a. Sudden death shoot-off from top-of-key location