

MG3 League

WHY 3 on 3 Basketball?

- Get more touches in game play
- Work on all skills and positions (*you may not get to during the Winter Season*)
- It's a lot of fun and a growing form of basketball. See examples with links ([Big 3 League](#), [Olympics 3-on-3 in Tokyo](#), FIBA 3x3, etc.).

MG3 Philosophy

MG3 Basketball is committed to providing a fun, competitive, and development-focused environment for youth and high school athletes. We believe that enjoyment of the game is essential to long-term growth and improvement. When athletes love to play, they are more likely to stay engaged, work hard, and continue developing their skills.

Our 3v3 league is designed to encourage creativity, freedom, and healthy competition. Players are allowed to compete at an appropriate level with minimal sideline instruction, allowing them to think, adapt, and solve challenges on their own. While we intentionally create space for athletes to “just play,” our league remains structured and purposeful, emphasizing both basketball development and character growth.

We expect positive, respectful competition at all times. Athletes are encouraged to compete with intensity, demonstrate a strong work ethic, and adopt a play-to-win mentality. At the same time, sportsmanship is non-negotiable. Belittling or taunting opponents, arguing with officials, or displaying disrespectful behavior will not be tolerated.

We ask the same standard of conduct from parents and spectators. Please serve as positive and supportive role models. Refrain from coaching players during gameplay and allow them the space to make decisions and learn through experience. Supervisor coaches will be present, particularly with younger teams, to help clarify rules and basic concepts when needed.

MG3 Basketball is a space for athletes to grow — as competitors, teammates, and young people — through the game we all love.

Conduct of Players, Parents, and Spectators

This league is intentionally designed to be coach-free during gameplay. On-site coach supervisors may provide limited guidance to younger teams when necessary to help them understand rules or basic concepts. The purpose of the league is not to correct every mistake or provide constant instruction from the sidelines.

Players are encouraged to learn, develop, and improve through gameplay, problem-solving, and teamwork. Growth comes from experience, decision-making, and collaboration with teammates.

Parents and spectators are expected to support this environment by maintaining a positive and respectful presence. Cheering for effort, great plays, sportsmanship, and character is encouraged. Coaching from the sidelines, negative feedback, or disruptive behavior is not permitted.

This approach helps create a fun, competitive, and development-focused experience for all participants.



“Freedom to Play. Room to Grow.”
Interested joining the MG3 League? Register [HERE!](#)

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Specifics about the MG3 League:

- 2 Games per day
- Team rosters can be a max of 5 players.
- Games are 20 minutes long
- All spectators/adults may watch from the upper-level track or in the bleachers in the upper gym (free of charge).
- **No coaches** during game play (*let's let athletes explore the game without being told what to do*)
- 1 Ref per court
- Playing with many of the FIFA International 3 on 3 rules ([learn more here](#))
- We will be keeping score only to ensure good future match-ups. There will be no record or standings until the tournament on the final day of the league

Specific Rules of 3 on 3 Basketball

Court

- Half-court play with standard size court.
- Baseline, Sidelines, and half-court lines are out of bounds.

Equipment/Uniforms

- Grades 3rd-6th will play with a 28.5 size ball, and Grades 7-10 will play with an official men's size ball
- League shirts should be worn with athletic shorts and appropriate basketball shoes.
 - Players with improper footwear will not be allowed to participate.

Scoring

- 1 point= shots inside the arch (*3 pt line*)
- 2 points= shots outside the arch (*3 pt line*)

Free Throws

- All free throws are worth 1 point.
- Shooting fouls will result in 1 Free throw. A missed or made free throw is a dead ball.
- And-1 Freethrows: teams will receive made basket points plus 1 free throw attempt.
- Players have 6 seconds to shoot a free throw once the teams line up.

Game Start/Game Play

1. Game plays start with a coin flip or rock/paper/scissors for the ball
2. After every change of possession that wasn't scored (*steal, block, rebound*), the defensive team that got possession of the ball only needs to take the ball back to the 3-point line (*by dribbling or passing*), and then they can score immediately.
3. The only time play is not live is when the ball is out of bounds or after a foul/violation, where we will check the ball up from the top.

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- Both feet and the ball must go outside the 3-pt line at a change of possession. – A ball that goes out of bounds under the basket is checked in behind the arc.
- There will be a refs discretion 30-second shot clock. Failure to shoot in 30 seconds will result in loss of possession.
- Unlimited substitutions only after made baskets or when the ball is not in play (*deadballs*).
- Alternate possessions for jump balls will be awarded.
- Each team is allowed 1 team timeout. If you have possession of the ball, you are allowed to take it. **The clock will not stop**, so please make it brief so we are not wasting time on gameplay.
- Ties will be settled with a sudden-death free-throw shootout. Each team receives equal opportunities to shoot free throws until one team makes one and the other misses. New shooter each time.

Fouls/Violations

- All standard OSAA basketball rules and violations will be enforced (*traveling, double dribble, carrying, etc.*)
- 3 seconds in the lane
 - Refs will issue reminders. Excessive violations will result in turnover
- Delay of Game
 - Due to the running clock, any intentional actions to delay the opposing team's ability to score (*batting, throwing the ball away, holding the ball, arguing/complaining with the ref, etc*) will result in a technical foul (*see below*).
- Fouls are not kept, but excessive or unnecessary fouls will result in a technical foul= 1 point plus the ball.
 - Two technicals for any one individual, and they will be removed from the game.
 - Unsportsmanlike play can result in: 1) a warning; 2) a 2-minute sitting out (ref discretion) and/or 3) ejection from the game, the evening, or the entire league (*no refunds*) (site director discretion).
 - Refs & League Coordinators have the right to remove any player or spectator if they are demonstrating unsportsmanlike conduct.*

Game Waiting/Post Game

- Players and spectators should only be accessing the gym, activities lobby, and main entrance. Any spectators or players found in other areas of the school building will be asked to leave.
- At the end of the games, win or lose, it is good sportsmanship to shake hands with your opponents.
- Help to keep the facility clean. Please pick up your garbage and help put chairs away at the end of the event.

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