

## UP NORTH 3x3 RULES

### GENERAL SETUP

Court & Ball	28.5 ball for U14 & HS Girls division. Half-court.
Team Roster	3–5 players per team.
Start Time	5-minute grace period before forfeit.
Initial Possession	Coin flip or Rock, Paper, Scissors; winner chooses to start with the ball or save possession for potential OT.

### GAME DURATION & SCORING

Scoring	1 point inside the arc; 2 points behind the arc; 1 point per free throw.
Game Duration	10 minutes playing time or first to 21 points. <i>Note: Clock stops for all dead-ball situations, including free throws.</i>
Overtime	The first team to score 2 points in OT wins.
Shot Clock	No shot clock; FIBA 5 second count in effect (held ball or stalling).
Time-outs	One 60-second timeout per team; only on dead balls.

### POSSESSION RULES

Clearing the Ball	Must clear on every change of possession; both feet must be established outside the arc.
After Made Basket	Defense takes the ball under the hoop (no stepping out of bounds); must dribble/pass behind the arc to clear. New defensive team can play defense right away -- but cannot play for the ball inside the no-charge semi-circle.
Defensive Rebound/Steal	Must clear behind the arc regardless of whether the ball hit the rim.
Dead Ball / Check	Restart with a "check ball" exchange at the top of the arc.
Held Ball	Possession awarded to the defense.

### FOULS

Team Fouls	6 team foul limit; no personal fouls.
Shooting Fouls	1 free throw (foul committed inside arc); 2 free throws (foul committed behind arc). If basket is made, award 1 free throw.
Penalty (Fouls 7-9)	2 free throws awarded.
Penalty (Fouls 10+)	2 free throws + ball possession.
Technical Foul	1 free throw + ball possession <i>Note: 2 by same player results in disqualification</i>
Unsportsmanlike	2 free throws + ball possession <i>Note: 2 by same player results in disqualification</i>

### SUBSTITUTIONS

Substitutions	Allowed on any dead-ball situation prior to the check ball.
---------------	-------------------------------------------------------------