

**3v3 BASKETBALL LEAGUE**

**OUR ORGANIZATION**

Athletic Haven’s mission is to create opportunities for every child to play and complete in sports in an equitable, inclusive and supportive environment, regardless of financial or emotional needs. We are proud to be offering an exciting new league opportunity to our local youth! This league is designed to maximize basketball development in game settings. Both practices and games will be geared toward total player development.

**LEAGUE PHILOSOPHY**
Our league’s goal is total player development. Our league will work the fundamentals of dribbling, passing, shooting and defense, while also developing the total athlete with performance fitness work in agility, conditioning and reaction drills. Finally, we will work on things like spacing, moving without the ball, seeing the court and so much more. We will have professional coaches who teach the game the right way to build confidence, and set the kids up to be successful on and off the court. We will maintain a low stress environment for the players with a focus on development and of course FUN! We will demand that players and parents conduct themselves appropriately and exhibit good sportsmanship with a ZERO tolerance policy.

**LEAGUE DETAILS**

* Games and practices will be held on Tuesdays and Wednesdays from 5:30-8:30pm
* Games and practices will be held at St. John’s church at 146 1st St. Troy NY 12180
* 2 weeks of player assessment / practices
* 8 weeks of practice & game play
* Rosters will consist of 5-6 players
* Open to boys & girls ages 8-10

**LEAGUE RULES**

* Half court 3V3 Game play
* 24 minute running games with a water break at 12 minutes
* Coaches get 2 timeouts per game
* Players must pass and move or ball becomes a turnover
* Teams must rotate which player checks the ball in for a possession
* Ball must be checked after all game stoppages
* Ball must be cleared past 3 pt. line on a possession change
* 5 second lane violations will be called
* Substitutions can be made on all play stoppages or made baskets
* Jump balls will be alternate possession
* All shooting fouls will be 1 free throw
* There are no foul limits or bonus
* There will be one 5-minute overtime session
* Ties will be settled with a best of 5 free throw competition (if still tied, additional free throws will be shot alternately until one team makes the free throw and the other team misses.

**PARTICIPANT CONDUCT**

* No swearing, taunting or inappropriate behavior. Violations of this rule may result in removal from the program.
* All players and coaches are expected to perform with the utmost sportsmanship and integrity no matter win or lose.  They are now representing not only themselves and their families, but their coach, teammates and the Athletic Haven organization as well.  They will be expected to reflect mutual respect for their teammates, opponents and officials.
* All players are expected to be committed and attend all games, practices and team functions throughout the season.  Absences may be reflected in playing time
* Help to keep the facility clean. Please pick up garbage and water bottles at the end of your games.
* Any violations of this contract may result in removal from this team and the organization.
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