

THE GR3G LEAGUE

OFFICIAL GAME-DAY RULES • 5v5 • BEERCITYHOOPS.COM

RULE HIERARCHY: GR3G League rules supersede FIBA rules wherever they differ. FIBA rules and interpretations govern only situations not specifically modified here.

1. GAME FORMAT

- **Full court, 5v5.** If a team(s) cannot put 5 players on the floor, they may use subs from other league teams. Original players must play the entire game; sub(s) are only allowed for the empty spot(s).
- **Target:** First team to 71 points wins, or the team ahead when the 36-minute running clock expires wins.
- **Scoring:** 2 points inside the arc; 3 points outside the arc.
- **Make It, Take It:** A made shot from beyond half court and within the center circle activates Make It, Take It.
- **Overtime:** 3:33 or first team to 7 points, whichever comes first. Home team shoots for possession from the top of the key.

2. STARTS, RESTARTS & FIBA BASELINE RULES

- **Out of bounds:** The Gr3g court extends to the **outside edge of the grey sideline borders** and the **inside of the black baseline borders**. GR3G inbounds play within that court space.
- **Backcourt:** For GR3G purposes, the backcourt is considered **within your own defensive 3-point area**. Once the offense has established control beyond that area, it may not be the first to return the ball to its backcourt while maintaining team control.
- **Double dribble:** After ending a dribble, a player may not start another dribble unless the ball has been touched by another player or a shot/pass has occurred.
- **Carrying:** The hand may not get underneath the ball and pull it through the dribble. Players should recognize the physical actions that establish a gather.

The Specific Triggers for a Gather

- **The Under-Ball Pause:** Putting a hand completely underneath the ball and bringing it to a brief pause or rest.
- **Two Hands:** Placing both hands on the basketball simultaneously.
- **Cradling:** Securing and locking the ball tightly against the chest or side of the body.
- **Gaining Control:** Establishing enough fundamental control over the ball to realistically hold it, change hands, pass, or shoot.
- **Traveling:** A player may not illegally move one or both feet while holding a live ball. Once a gather is established, the player must use the legal footwork allowed by FIBA.
- **Goaltending:** Do not touch a shot on its downward flight toward the basket when it has a chance to score, or illegally interfere with the ball above/around the basket.
- **Basket interference:** Do not touch the ball or basket illegally while the ball is on or around the rim in a scoring situation.

3. FOULS — GR3G MODIFICATION

- **CALL YOUR OWN FOULS.** The player who was fouled makes the call. **Discuss disputes respectfully, if needed.** If unsettled after discussion, the player calling the violation **shoots for the ball** from the spot of the call or top of the key, **whichever is furthest**.
- **ALL OTHER FOULS:** All other fouls result in a dead ball and the appropriate GR3G possession/restart. **No free throws.**
- **NO ROUTINE FREE THROWS:** Free throws are not awarded simply because a player is fouled while shooting.
- **THE ONLY SHOOTING-FOUL PENALTY:** 3 free throws + possession is awarded **ONLY** when the shooter is **HUGGED, HELD DOWN, or subjected to an AGGRESSIVE/FLAGRANT FOUL** that prevents or severely disrupts the shot. No other foul qualifies for this penalty.

4. TIME, SUBSTITUTIONS & TIMEOUTS

- **36-minute running clock.** No quarters.
- **Clock stops:** for **injuries**, and after made shots during the **final minute**. The clock does **not** stop for disputes.
- Each team receives **one 60-second timeout**.
- **Substitutions:** only on a dead ball. Incoming players are asked to **raise a hand as they enter the court** to notify. No tagging.

5. COURT / PLAYING RULES

- **LOADING ZONE:** The lane should be treated as a loading zone. Offensive players and defensive players who are not guarding closely should generally spend only about **3–5 seconds at most** there before moving. Think **crossing guard**—keep traffic moving.
- **Stay out of the ball handler's phone booth.** Give the ball handler room to operate without crowding the immediate space around the dribble.
- **Full-court man-to-man** and **all half-court defensive strategies** are allowed. Teams may defend according to their preferred strategy.
- **Please move the ball.** Keep the offense flowing, involve teammates, and avoid intentionally stalling late in the game. Open shots deserve to be taken.

6. PLAYER CONDUCT & SAFETY

- **Respect** the game, players, opponents, league staff and gym.
- **Hustle, not harm.** Physical play is part of basketball; dangerous or retaliatory play is not.
- **Threatening behavior = immediate expulsion from the league.**
- Players are expected to control their own conduct and resolve normal game disagreements without escalation.
- Know your scheduled game time and arrive on time. Teams receive designated warm-up time.
- Stay off the court—including baselines—while another game is live.

7. THE FIBA BASELINE

- FIBA rules provide the default framework for situations not specifically addressed or modified by GR3G. The current FIBA Official Basketball Rules are effective October 1, 2026.

THE GR3G WAY

Continuity and free-flowing motion are the point. Keep the game moving, keep players involved, and create opportunities for everyone on the court to play a meaningful part. The goal is not simply to win a possession—it is to let every player enjoy the role they bring to the floor: handler, cutter, screener, rebounder, defender, passer or shooter. **Move the ball, move yourself, make the next play.**

