

ACTIVITY: 3 v 3 basketball

INCLUSION 2024

Commonwealth Games in the Inclusive Sports Programme

BACKGROUND

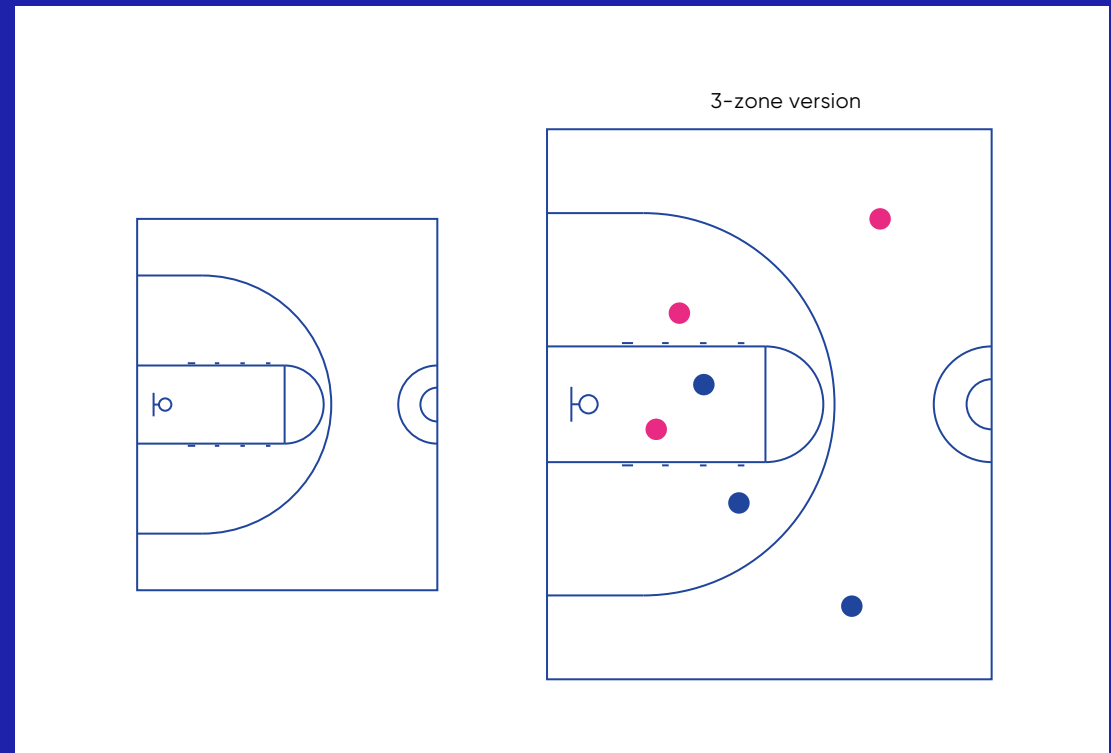
- 3 v 3 basketball emerged from grassroots 'street' versions and is now an Olympic & Commonwealth Games sport.
- It is a fast, accessible version of basketball with teams of 3 and short games.

WHAT YOU NEED

- Half a basketball court for competitive 3 v 3; however, at grassroots level, any suitable indoor or outdoor space can be used and alternative targets (hoops) substituted.
- Size 6 basketballs; but any ball can be used at school or recreational level (see STEP for suggestions).

HOW TO PLAY

- A game lasts 10 minutes non-stop but this can be shortened for different abilities and breaks can be built in (perhaps after every 2 scores).
- 1 point is awarded for a basket scored inside the arc (semi-circle) and 2 points for a basket scored from outside the arc.
- The first team to reach 21 points wins; or agree a different score, for example, 5 or 11.
- If one team scores or loses possession, their opponents begin the next play from outside the arc.
- In competition play, 2 minutes overtime is played if the teams are tied at the end of the 10-minute game. The first team to score 2 points in overtime wins.
- There is usually a 12-second shot clock but of course this rule can be waived completely.



FOULS

- If a player holds, blocks or pushes an opponent inside the arc then a free throw (from the regular free throw line) is awarded to that team.
- Regular basketball rules apply with regard to travelling with the ball. See STEP for variations/alternatives.

Use the **STEP** adaptation tool to ensure that players of all abilities can participate

SPACE	<ul style="list-style-type: none">• Any available space can be used; for example, a simplified court might be an inner area (near the basket) and an outer area (where all the plays start).• A zone version of the game can be devised to reflect differing player mobility.<ul style="list-style-type: none">– For example, a mobility impaired player can remain in the 'key' area under the basket while their more mobile team-mates remain outside of this area.– 3-zone version: one player in the 'key', one moving anywhere inside the arc (except the key) and one staying outside the arc.• The height of the basket (hoop) can be lowered (if possible) or a substitute target used (see Equipment).
TASK	<ul style="list-style-type: none">• The ball can be moved around the court in different ways according to the abilities of the players; for example, players use the rules that apply to their version of the sport:<ul style="list-style-type: none">– standing, mobile players bounce the ball whilst moving;– wheelchair users use the 'two pushes, one bounce' rule;– pass and move (as in netball).• Players can bounce the ball with one or two hands.
EQUIPMENT	<ul style="list-style-type: none">• Any suitable ball can be used; for example, mini-basketball.• A box, bin or hoop can be placed on the floor as a substitute target, or in addition to the basket/hoop.
PEOPLE	<ul style="list-style-type: none">• Increase or reduce the number of players in each team. Note that teams do not have to be of the same number; for example, 4 players with mixed ability can play against 2 more mobile, skilful players.• Some players (for example, vision impaired) can play unmarked in the 'key' area. When they receive the ball a team-mate or assistant can give sound cues to assist with targeting.

CROSS-CURRICULAR LINKS

GEOMETRY

- Players can take shots at the target from different positions around the court; for example, directly opposite, or at right-angles on either side of the hoop or somewhere between these points. These positions can be related to specific angles.

HISTORY / GEOGRAPHY

- Students can investigate how the game of basketball came to be invented (James Naismith, 1891).
- Or look at other similar versions of basketball currently played around the world or in the past (for example, 'tlatchli', played by the Aztecs and Mayans).

LINKS

- See: [FIBA-3x3-Basketball-Rules-Full-2019.pdf](#) (fiba3x3.com)

SAFETY

- Close marking can be eliminated; players can pass and move without obstruction. A zonal system can assist with this; for example, some players in 'safe' areas where they cannot be marked.
- Players should be aware of each other's movement capabilities.
- Players should never throw the ball to a team-mate who is not expecting it.