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## 2023-24 Winter 3on3 FastBreak Basketball (K-3rd Boys & Girls)

**WHAT:** 10 Week League (1 Game Each Week...10 Games Total)  
**HOSTED BY:** Hoops 4HIM  
**WHY:** Game Format Promotes Offensive Aggressiveness & Quick Decision Making  
**LOCATION:** Cedar Park Christian High School Gym (Bothell Campus)  
**COST:** \$225 per person. \$1299 per team of 6 athletes.  
**TO REGISTER:** Click [HERE](#)  
**CONTACT:** Contact Adam Lynch at 425-381-7747 or email [infoHoops4HIM@gmail.com](mailto:infoHoops4HIM@gmail.com)

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### HOW IT WORKS:

Players will continually be in live, full court, 3 on 3 play. Players DO NOT take the ball out of bounds on a made basket. [PROMO VIDEO](#)

### ADVANTAGES:

- **Generates 5X the number of basketball plays compared to a regular game!**
- Format promotes quick decision making and aggressiveness from all players on the floor.
- Even substitution which makes for lots of playing time.
- It's a great workout!

### AGES:

K-3rd Grades, Boys & Girls. Games will be played against the same gender whenever possible.

### ROSTER SIZE:

6 per team

### DATES:

10 Games Saturday Mornings – Nov 18; Dec 2, 9, 16; Jan 6, 13, 27; Feb 3, 10, 24

### # OF GAMES PER WEEK:

1 Game Per Week. Games last 1 hour.

### GAME TIMES:

Saturday Mornings

### GAME LENGTH:

2 Twenty Minute Running Clock Halves, Subs Every 5 Minutes

### PRACTICES:

Video content will be emailed weekly. It will include a practice drill(s) of the week that athletes can do at home.

### COURT SIZE (SHORTER THAN NORMAL COURT):

40 feet long x 50 feet wide (Normal HS Court Length is 84x50, Elementary 74x42)

### DIVISIONS:

- Divisions will be formed based on age and ability of athletes.

### ROSTER FORMATION:

Athletes sign up individually. Athletes can sign up as a team or individual. Individuals will be placed on a team by the league with players of similar age & ability. Teammate Requests Accepted. 6 Athletes on a Roster. Athletes wear ANY reversible jersey. OPTIONAL [Online Gear Store](#).

### GAME OFFICIALS:

Each Court will have an Official to referee the game. A Volunteer Bench Parent will be assigned to each team when available.

### OTHER GAME RULES:

- **Players do not take the ball out of bounds on a made basket. When a basket is made the other team will be able to immediately fast break toward the other basket.**
- **After an official's call the ball will be awarded to the appropriate team and live play will resume when the official signals. The ball does not need to be inbounded and can be dribbled when live play resumes.**
- **Kindergarten games will be played at 8 feet, 1st Grade games will be played at 9 feet, and 2nd/3rd Grade games will be played at 10 feet.**
- **Games will be played using a Junior Size 27.5 inch basketball.**
- **Score is NOT kept during the game.**
- **A volunteer bench parent will be assigned to each team when available. The role of the volunteer bench parent is to be stationed with the team on the bench and to provide assistance as needed (injuries, encouragement, etc.).**
- **Any fan acting inappropriately will be asked to leave the gym.**