



## **GOVERNING RULES**

The Official Special Olympics Sports Rules for Basketball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Basketball Federation (FIBA) rules for basketball found at <http://www.fiba.com>, and/or the National Federation of State High School Associations (NFHS). NFHS, FIBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Basketball Article I. In such cases, the Official Special Olympics Sports Rules for Basketball shall apply.

## **BASKETBALL EVENTS OFFERED**

- Team Competition (5-on-5)
- Unified Sports Team Competition (5-on-5)
- Individual Skills Competition

## **TEAM COMPETITION**

### **Divisioning Process**

1. The head coach must submit the scores from the Basketball Assessment Tests (BSAT), for example, dribbling & perimeter shooting, for each player on his/her roster with the registration forms.
  - a. These tests are for player/team assessment only and are not competition events for medals and ribbons.
  - b. The “team score” shall be determined by adding the top 7 players’ scores and then dividing that total by 7.
2. Teams are initially grouped in divisions according to their BSAT team score.
3. The Head Coach also must identify his/her 5 best players in terms of their on-court playing ability by placing a star next to their names on the roster/registration form.
4. A screening game will be held to finalize the divisioning process.
  - a. A panel of evaluators will place teams in divisions based upon their ability.
  - b. All players must attend the game and play in the screening game. Failure to have all players at the screening game may force your team into the top division.
  - c. Substitutions will be made at the midway point of the scrimmage.
  - d. Athletes are to give their best effort as the Honest Effort Rule is in effect.
  - e. Uniforms must be worn.
  - f. Teams photos must be turned in with registration. All players must be in photo.



## Teams & Players

1. A team must at least consist of 5 players to start the game.
2. **The max number of players, including substitutes, may not exceed 10.**
3. Uniform/Apparel:
  - a. All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.
  - b. Team uniform shirts and shorts must be all like-color and style.**
  - c. Undershirts must be a single matching solid color, or solid black for visiting teams with dark jerseys.**
4. Head Coverings:
  - a. Head coverings for religious reasons must be documented prior to tournament play and meet the same safety standards as for a medical head covering.
  - b. Head covering must be of a single, solid color unadorned.
5. Individuals who do not adhere to uniform regulations will not be allowed to enter a game.

## Rules & Competition

### Traditional Division

1. Teams will have a 5-minute warm-up prior to the start of the game
2. 4 quarters of 6 minutes each
3. Clock runs continuously for the first 5 minutes of each quarter, except for all time-outs
4. Clock stops for every whistle in the final minute of each quarter
5. Clock stops for all time-outs
6. Teams are allowed 2 – “30 second time-outs” per half
7. 1-minute break between quarters
8. Half-time is 5 minutes
9. 5 fouls per players
10. 2 free throws will be awarded at the 5<sup>th</sup> foul of each quarter
11. Team fouls will reset at the end of each quarter
12. 2 free throws will be awarded for common fouls.



**13. Teams will reach the bonus when their opponent commits 5 fouls in each quarter.**

**14. Team fouls will reset at the end of each quarter.**

15. Free throws – players may only go on the release

16. All players on the roster/bench must play in the game

17. A player may take 2 steps beyond what is permitted. However, if the player scores, is deemed to have “traveled” or escapes the defense as a result of these additional steps, an advantage has been gained and a walking violation is called immediately.

18. Same rule as in # 17 applies to double dribbling.

19. If medical device worn, it must be approved prior to competition. Includes any device worn that covers face, lower arm (from the elbow to the wrist), knee, or lower leg.

20. A substituting player must notify the scorekeeper and wait for the referee’s signal to enter the game. Substitutions will only be made during dead balls.

21. A tip-off will be used to determine possession at the beginning of a game.

## Unified Division

**1. Unified follows the above rules, plus the following:**

**a. Team 5 v 5: Five players are required to start a game. FIBA rules allow a team to continue to play with a lineup with as few as two players before a game is forfeited. After a game begins and during competition, only the following lineup ratios are allowed: 5 v 5 Basketball (Start of game 5 players on court / team can drop down to max 2 players):**

**i. 3A/2P (Start of game)**

**ii. 3A/1P (Exception: Play can continue with 3 athletes and 1 partner due to a partner personal foul.)**

**iii. 2A/2P**

**iv. 2A/1P**

**v. 1A/1P**



2. Only Athletes can be replaced by Athletes and Partners can only be replaced by Partners. If these substitutions can't be followed, teams can drop down following the Federation (FIBA) rules.

3. Principles of Meaningful Involvement must be followed at all times. The General Unified Sports Protocols includes but not limited to:

- a. Athletes and partners have many opportunities to contribute throughout the course of a game
  - b. Player dominance. e.g. players "stealing" the ball from teammates
  - c. Players ignoring teammates (poor sportsmanship)
  - d. Players pursuing the ball without consideration for the safety of teammates •
  - e. Coaches failing to use a substitution plan to eliminate player dominance •
  - f. Constant negative communication from coaches or players to each other •
  - g. Consistent lack of engagement of individual "weaker" players, particularly in medal matches
- Coaches must inform the scorekeeper prior to the game as to the jersey numbers of the Unified partners.
  - Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.
  - **Unified players must wear an identifying wrist band, arm band, or anything that can be easily seen by officials and scorekeeper.**

### Full Court Pressing

1. Divisions 1-4 are allowed to apply full court pressure, except for when a team is up by 15 or more.
2. Teams in the lowest two divisions (D: 5-6) will not be allowed to apply full court pressure until the final 2 minutes of the 4<sup>th</sup> quarter and/or final minute of overtime.
  - When a defensive rebound or dead ball occurs, the opposing team must retreat back to their defensive end and may not begin applying pressure until the ball passes over the half-court line.
  - If the team rebounding the ball chooses to begin a "fast break" and does not allow the defending team time to return to a defensive position beyond half-court and a turnover occurs, the play will be allowed to continue.



3. No pressing if team is up by 15 or more.

### Cherry Picking

- **Refers to play where one player (the cherry picker) does not play defense with the rest of the team but remains near the opponents' goal or when an athlete bolts or breaks toward the other goal the moment the opponent launches a shot, without waiting to see the outcome of the shot.**
  1. No cherry picking is allowed (allows for unfair advantage).
  2. Referees and score table will be keeping an eye on this matter. If it becomes an issue within a game, the referees will stop play, team will get a warning.
  3. As long as athletes are running towards the direction of the ball, this will not be considered cherry picking.
  4. All defensive players must attempt to rebound. Athlete cannot "bolt" or "break" toward the other goal the moment the opponent shoots a shot without waiting to see the outcome of the shot. If the shot fails and the defense gets the rebound, the cherry picker can be positioned to receive a long pass and take an unguarded shot.

### Over-time

1. Over-time will consist of a 2- minute extra period.
2. The clock will run continuously for the first minute and stops for all whistles in the final minute.
3. Only 1 time-out per team in the over-time period.
4. Over-time will begin with a jump ball.

### Tournament Format

1. Tournament format being used is a **"Round Robin format"**.
2. Four (4) team divisions will have a championship game. The winner of the championship game, no matter their record, will receive 1<sup>st</sup> place.

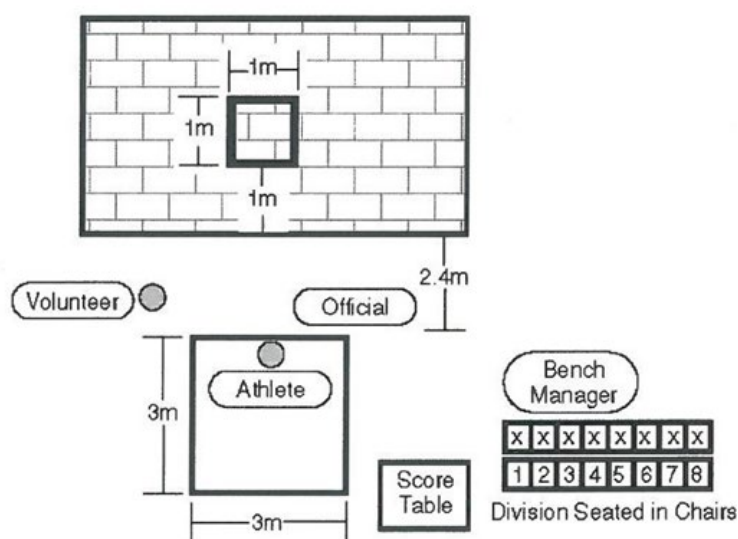


3. A champion for a three (3) and five (5) team division will be determined by the team with the best record. (Tie-breakers will be used – head to head)

## **INDIVIDUAL SKILLS COMPETITION RULES**

3 Events make up the Individual Skills Competition (ISC): Target Pass, 10-Meter Dribble, and Spot Shot. The athlete's final score is determined by adding together the scores achieved in each of these 3 events. Athletes will be pre-divided according to their total scores from these 3 events.

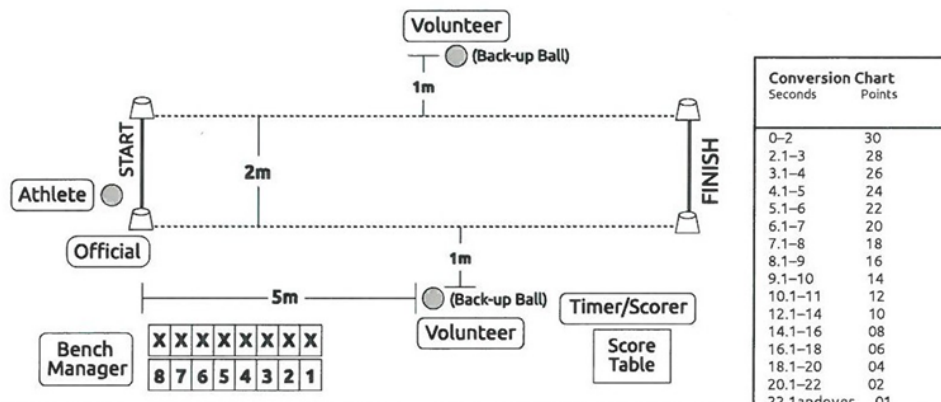
### **Event #1: Target Pass**



1. Purpose: to measure an athlete's skill in passing a basketball
2. Equipment: 2 basketballs (for women's/junior's, a smaller basketball of 72.4 centimeters [28 1/2] in circumference may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.
3. Description: A 1-meter (3 ft. 3 1/2 in.) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 ft., 3 1/2 in.) from the floor. A 3-meter (9 ft., 9 in.) square will be marked on the floor. 2.3 meter (7 ft.) from the wall. The athlete must stand within the square. The athlete is given 5 passes.
  - a. Wheelchair athlete: The leading wheel axle of an athlete's wheelchair may not pass of the line.
4. Scoring:
  - a. The athlete receives 3 points for hitting the wall inside the square.
  - b. The athlete receives 2 points for hitting the lines of the square.
  - c. The athlete receives 1 point for hitting the wall, but not in or on any part of the square.
  - d. The athlete receives 1 point for catching the ball in the air or after one or more bounces while standing in the box.
  - e. The athlete receives 0 points if the ball bounces before hitting the wall.
  - f. The athlete's score will be the sum of the points from all 5 passes.



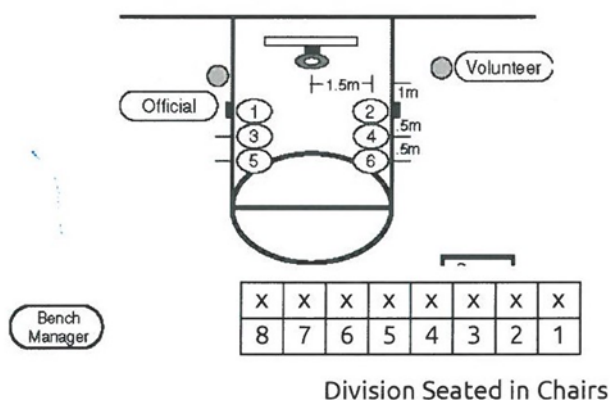
## Event #2: 10 M Dribble



1. Purpose: to measure an athlete's speed and skill in dribbling a basketball.
2. Description: The athlete begins from behind the start line and between the cones. The athlete starts dribbling and moving when the official signals. The athlete dribbles the ball with one hand for the entire 10 meters (32 ft. 9 ¾ in). The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 2-meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.
  - a. Wheelchair athlete: Must alternate, taking 2 pushes followed by 2 dribbles for legal dribbling.
3. Scoring:
  - a. The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
  - b. A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.)
  - c. The athlete will receive 2 trials. Each trial is scored by adding penalty points to the time elapsed and converting the total to points based on the Conversion Chart.
  - d. The athlete's score for the event is his/her best of the 2 trials converted into points. (In case of a tie, the actual time will be used to differentiate place).

## Event #3: Spot Shot





1. Purpose: To measure an athlete's skill in shooting a basketball.
2. Equipment: Two basketball (for women's and junior divisions competitions, a smaller basketball of 72.4 centimeter [28 ½ in.] in circumference may be used as an alternative), floor tape or chalk, measuring tape, and a 3.05-meter (10 ft.) regulation goal with backboard.
3. 6 spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The athlete attempts 2 field goals from each of 6 spots. The attempts are taken at spots #2, #4, and #6, and then at spots #1, #3, and #5. The spots are marked as follows:
  - a. #1 & #2= 1.5 meters (4 ft. 11 in.) to the left & right, plus **1-meter** (3 ft., 3 ½ in.) **out**. (first black line to left and right of basket)
  - b. #3 & #4= 1.5 meters (4 ft. 11 in.) to the left and right, plus **1.5 meters** (4 ft., 11 in.) **out**. (second black line to left and right of basket)
  - c. #5 & #6= 1.5 meters (4 ft. 11 in.) to the left and right, plus **2-meters** (6 ft., 6 ¾ in.) **out**. (third black line to left and right of basket)
4. Scoring:
  - a. For every field goal made at spots #1 and #2, two points are awarded.
  - b. For every field goal made at spots #3 and #4, three points are awarded.
  - c. For every field goal made at spots #5 and #6, four points are awarded.
  - d. For any field goal attempt that does not pass through the basket, but does hit either the backboard and/or the ring, 1 point is awarded.

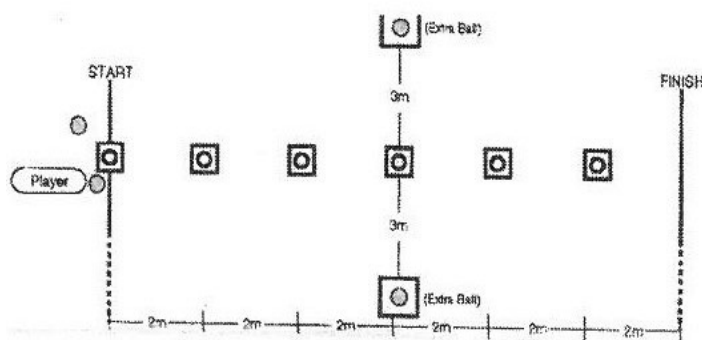


e. The athlete's score will be the sum of the points from all 12 shots.

\*\*The athlete's final score for the Individual Skills Competition is determined by adding together the scores achieved in each of the 3 events. \*\*

## **Basketball Skills Assessment Tests (BSAT)**

### **A. Dribbling:**



- Set-up: An area of the basketball court (preferably along a sideline or down the center line), 6 cones, floor tape and 4 basketballs, one that the athlete is provided initially, 2 others that are for back-up in case the basketball bounces away, and one more to continue the test.
- Time: 60 seconds for one trial.
- Test:
  - A player is instructed to dribble the ball while passing alternately to the right and to the left of 6 obstacles placed in a line, 2 meters (6 ft. 6 3/4 in.) apart, on a 12-meter course.
  - The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
  - When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom.
  - The player continues until 60 seconds has elapsed.
  - If a player loses control of the ball, the clock continues to run.
  - The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- Scoring:
  - 1 point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the



entire obstacle course one time, and places the ball down at the finish line, a score of 5 has been achieved).

- The player must use legal dribbles and must have control of the ball during midpoint-to-next-midpoint space in order to get credit for that cone successfully passed.
- The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.

### **B. Perimeter Shooting:**

- Set-up: A goal, the official NGB free throw lane, floor tape and 2 basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
- Time: one trial of 1 minute
- Test:
  - A player stands at the juncture of the free-throw line and lane, either to the left or right. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75-meter (9 ft.) arc.
  - This attempt must be taken anywhere outside the 2.75-meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
  - The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
  - The player shall make as many field goals as described above in one 1-minute trial.
- Scoring:
  - 2 points are awarded for each field goal made within the one-minute trial.