

# 2011 Special Olympics Oregon Winter Regional Games

## Basketball Rules and Guidelines

The Official Special Olympics Sports rules shall govern all Special Olympics basketball competitions. These rules are based upon the National Federation of State High School Associations (NFHS) rules for basketball ([www.nfhs.org](http://www.nfhs.org)). NFHS rules shall be employed except when they are in conflict with the official Special Olympics Sports Rules. In such cases, the official Special Olympics Sports Rules shall apply.

### SECTION A — OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

- 1) Traditional 5:5 Basketball Competition – maximum roster = 12
- 2) Unified 5:5 Basketball Competition – maximum roster = 12
  - a) Must have 3 athletes and 2 Partners on the court at all times.
- 3) Traditional 3:3 Basketball Competition – maximum roster = 6
- 4) Individual Skills Competition (ISC)
  - a) Spot shot, target pass, and 10-meter dribble (or speed dribble)

### SECTION B – REGISTRATION AND RULES REMINDERS

- 1) Each team entering competition must complete and submit a Team Evaluation Questionnaire (TEQ) with their registration (see page 5 of this packet).
- 2) Each individual entering ISC must have a qualifying score submitted with their registration (sum of 3 skill stations: spot shot, target pass, and 10-meter dribble (or speed dribble)); see pages 5-8 of this packet for how to score each skill station).
- 3) Note that it is not permitted to register athletes in wheelchairs in team basketball competition (5:5 or 3:3).

### SECTION C - DIVISIONS

- 1) Individuals and teams will compete by gender and ability in one of three distinct age groups:
  - a) Youth age group (for team competition, we may break this down further into elementary, middle school and high school divisions if enough teams are playing).
  - b) Adult age group (in team sports, this is 22 years and older).
  - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.

Note: The oldest member of a team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, female, and co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- 2) Teams are divisioned for competition based on the following information: Team Evaluation Questionnaire (TEQ) scores, past competition results and coach input.
- 3) Unified Sports teams will be divisioned with other Unified Sports teams except in the following cases:
  - a) When there are not enough teams to create a Unified Sports-only division.
  - b) When a Unified Sports or traditional team is deemed more appropriate to be combined for age, safety or competition-quality reasons.

### SECTION D – UNIFORMS, COURT AND EQUIPMENT

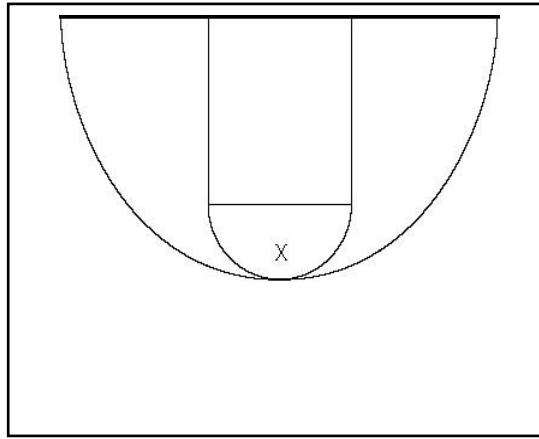
- 1) Uniforms
  - a) The uniform (which must be worn by all players) consists of a jersey/t-shirt, shorts, and appropriate sport shoes.
  - b) The uniform must be the same colors and design for all team members.
  - c) If two or more athletes wear an undershirt, they must all match and be of the same solid color front and back. It is recommended that the undershirt be of the same color as the dominant color of the jersey. If that's not possible, the undershirts should be white. In all cases, athletes on the same team wearing undershirts must wear undershirts of the same color.
  - d) All uniforms must be numbered, with the numbers appearing on the front and back. The minimum size is a 4" number on the front and a 6" number on the back. Only digits 0-5 may be used. Valid numbers are 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. The numbers 0 and 00 will not be allowed on the same team roster.

- e) All players must wear a flat gym, court, or tennis shoe. Turf shoes, street shoes or bare feet are not permitted. Tennis shoes with flashing lights are not allowed.
  - f) Head bands, rubber bands or ribbons are necessary for safety reason when the athlete needs to keep hair away from the face. According to the rules, metal clips or bobby pins are not acceptable.
  - g) Sports goggles are recommended for those athletes who are unable to wear contacts.
- 2) Court
- a) The baskets shall comprise the rings and nets. For competition, the basket ring is normally 10' above the floor. A shorter basket which has its ring 8' will be used for teams comprised completely of elementary-aged youth (ages 8-11) division competition. All non-elementary aged youth and adult 3:3 and 5:5 teams (ages 12 and older) will use a 10' hoop.
  - b) An 8' hoop will be made available for all individual skills athletes ages 8-15 and athletes over age 15 in a wheelchair. Athletes using an 8' hoop will be in their own division.
- 3) Sports equipment
- a) Youth divisions (age 8-15) and female divisions will use a size 6 basketball measuring 28.5".
  - b) Male basketball divisions will use a size 7 basketball measuring 29.5".

## SECTION E — RULES OF COMPETITION

- 1) Traditional 5:5 team competition
- a) Traditional 5:5 competition adaptations and reminders
    - (i) Games are 6 minutes per quarter/stopped clock/with two 60-second timeouts and one 30-second timeout per game.
    - (ii) Overtime periods are 3 minutes (or half of the time of a regulation quarter).
    - (iii) Tournament management may require alterations to game time, clock stoppage, etc. Details will be shared with coaches prior to game time.
    - (iv) A player may take two steps beyond what is permitted by NGB rules. 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. A violation is called immediately.
    - (v) The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter's disposal by one of the officials.
    - (vi) Full court press is allowable for ALL 5:5 teams.
    - (vii) Uniforms must have numbers on the front (4" or larger) and on the back (6" or larger) to conform with NFHS rules. See Section D – Uniforms, Court and Equipment section for details.
  - b) Team and players
    - i) A team shall consist of five players.
    - ii) The composition of a team, including substitutes, may not exceed 12 players.
    - iii) A team must begin with five players, but if it has no substitutes to replace disqualified or injured players, it may continue with fewer than five. When there is only one player participating for a team, the team shall forfeit the game, unless the referee believes that the team has an opportunity to win the game.
    - iv) 5:5 coaches must coach from the sideline bench, not from the court or baseline. There can be no exceptions.
  - c) Officials' points of emphasis
    - i) It is a violation for a player to double dribble.
    - ii) Tighter calls regarding 3-second lane violations.
    - iii) Tighter enforcement of traveling when athlete gains advantage.
    - iv) Tighter enforcement of physical reaching in and loose ball fouls.
- 2) Traditional 3:3 basketball competition
- a) 3:3 half-court basketball competition is considered developmental and is intended for athletes not capable of playing at a full-court competitive level.
  - b) Playing area and equipment
    - i) Any half-court section of a basketball court may be used. The court will be bounded by the endline under the basket, two sidelines and the half-court line. See diagram on page 9.
    - ii) Uniforms must have numbers on the front (4" or larger) and on the back (6" or larger) to conform with NFHS rules. See Section D – Uniforms, Court and Equipment section for details.
  - c) Team and players
    - i) A team may have up to six (6) players, which includes three (3) starters and three (3) substitutes.
    - ii) Half-court basketball is a game of three-on-three. Each team must start the game with three players or forfeit the game.

- iii) A team must begin with three players, but if it has no substitutes to replace disqualified or injured players, it may continue with fewer than three. When there is only one player participating for a team, the team shall forfeit the game, unless the referee believes that the team has an opportunity to win the game.
- iv) 3:3 coaches must coach from the sideline bench, NOT from the court or baseline. There can be no exceptions.
- d) The game
  - i) The game will be played for 20 minutes or until one team scores 20 points. A made field goal counts two points, unless attempted from the three-point field goal area, when it counts three points.
  - ii) There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals, and timeouts).
  - iii) The game will start with a flip of a coin for possession. There is no jump ball. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.
  - iv) The winning team is the first team to score 20 points or the team with the highest score after the 20-minute game.
  - v) If overtime is required due to a tie at the end of regulation play, it will begin with a flip of a coin for possession. A one-minute intermission will follow regulation play and each overtime period. The amount of time for an overtime period is three minutes. The clock will stop during the last minute of overtime for all dead ball situations.
- e) Competition
  - i) The referee will handle the ball on all out-of-bounds plays.
  - ii) The ball is dead after a foul or violation is called, a field goal is made or any other time the referee blows the whistle.
  - iii) Teams change possession of the ball after made field goals. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the offended against team retains possession of the ball.
  - iv) The throw-in spot in all cases (fouls, violations, out-of-bounds, made field goals, timeouts) will be behind the foul line extended at a designated spot within the restraining circle at the top of the key. This procedure is used for all fouls, violations, timeouts, out-of-bounds and made field goals. The in-bounder will be at the designated spot; all other players are within the half-court boundaries. After the ball is put into play by passing to a teammate, any offensive player can shoot.
  - v) On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.
  - vi) A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended.
  - vii) Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be beckoned into the game by the referee.
  - viii) Two 60-second timeouts are allowed per team. When a timeout is called, the clock will be stopped. A player injury timeout may be called by the referee. The referee may stop the clock at his/her discretion and is advised to do so at any time. For example, allowing the clock to run when the ball bounces well out of play gives one team an unfair advantage. Consequently, the clock should be stopped.
  - ix) A held ball is called when opposing players have one or both hands so firmly on the ball that possession can be gained only by force. The ball is awarded on the basis of alternate possession.
  - x) On those courts where the basket support is on the playing court, a player whose body touches the support is not considered out-of-bounds unless he/she has control of the ball. If the ball touches the support, it is considered out-of-bounds. No player may use the support to gain advantage or put an opposing player at a disadvantage.
  - xi) Officials will grant a player or a coach's oral or hand signal request for a timeout.
- f) Fouls and penalties
  - i) A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
  - ii) On all fouls (personal, common, technical), the offended against team will get possession of the ball at the designated spot behind the foul line extended and within the restraining circle at the top of the key (see diagram on next page). If a player is fouled in the act of shooting and makes the basket, the field goal is credited. The offended against team also retains possession of the ball. In all cases, no free throws will be awarded or attempted.



*3:3 half-court diagram*

- iii) There are no individual or team foul limits in 3:3 basketball competition. However, misconduct will result in a warning to the player and coach. Continual misconduct or flagrant and intentional fouling will result in player dismissal.
- iv) An offensive player, including the shooter, may remain in the free throw lane for only three seconds. The penalty for this infraction is loss of possession.
- v) A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.
- g) Points of emphasis
  - i) It is a violation for player to double dribble.
  - ii) A player may take two steps beyond what is allowable. However, if the player scores, travels, or escapes the defense as a result of these extra steps, an advantage has been gained. A violation is called immediately.
- 3) Unified 5:5 basketball competition
  - a) Unified Sports® competition adaptations and reminders
    - i) Games are 8 minutes per quarter/stopped clock/with three 60-second timeouts and two 30-second timeouts per game.
    - ii) Overtime periods are 4 minutes (or half of the time of a regulation quarter)
    - iii) Tournament management may require alterations to game time, clock stoppage, etc. Details will be shared with coaches prior to game time
    - iv) A player may take two steps beyond what is permitted by NGB rules. 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. A violation is called immediately.
    - v) The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter’s disposal by one of the officials.
    - vi) Full court press is allowable for ALL 5:5 teams.
    - vii) Uniforms must have numbers on the front (4” or larger) and on the back (6” or larger) to conform with NFHS rules. See Section D – Uniforms, Court and Equipment section for details.
  - b) Team and players
    - i) The roster shall contain a proportionate number of athletes and Partners.
    - ii) The composition of a team, including substitutes, may not exceed 12 players.
    - iii) A Unified Sports team must begin with five players, but if it has no substitutes to replace disqualified or injured players, it may continue with fewer than five as long as the number of athletes on the court is always equal to or one more than the number of Partners on the court. When there is only one athlete and one Partner participating for a team, the team shall forfeit the game, unless the referee believes that the team has an opportunity to win the game.
    - iv) During competition, the lineup shall never exceed three athletes and two Partners at any time.
    - v) Each Unified team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.
    - vi) Unified 5:5 coaches must coach from the sideline bench, not from the court or baseline. There can be no exceptions.
  - c) Officials’ points of emphasis
    - i) It is a violation for a player to double dribble.
    - ii) Tighter calls regarding 3-second lane violations.
    - iii) Tighter enforcement of traveling when athlete gains advantage.
    - iv) Tighter enforcement of physical reaching in and loose ball fouls.

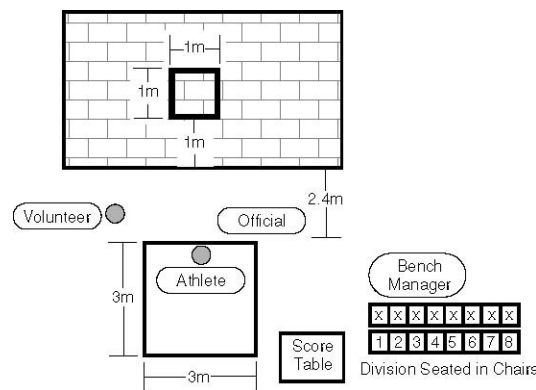
4) Individual Skills Competition (ISC)

- a) Three events make up the ISC
  - i) Spot shot (10' or 8' basket)
  - ii) Target pass
  - iii) 10-meter dribble (or speed dribble)
- b) Special Olympics Oregon athletes may be entered in one of the 4 types of ISC events.
  - i) 10' traditional skills – 10' spot shot, target pass, 10 meter dribble
  - ii) 10' with speed dribble – 10' spot shot, target pass, speed dribble\*
  - iii) 8' traditional skills – 8' spot shot\*\*, target pass, 10 meter dribble
  - iv) 8' with speed dribble – 8' spot shot\*, target pass, speed dribble\*

*\*Non-ambulatory athletes will compete in speed dribble rather than 10-meter dribble. Athletes in speed dribble will be divisioned together.*

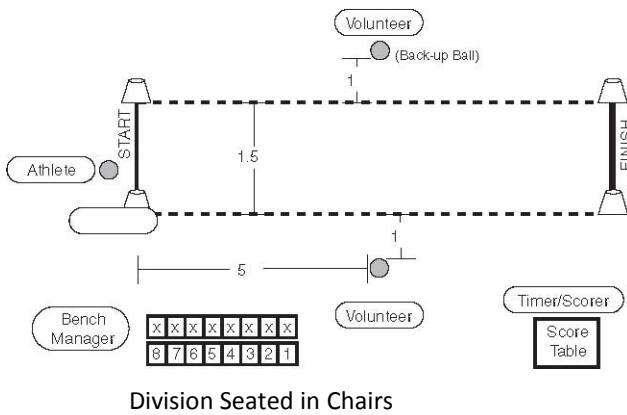
*\*\*An 8' hoop will be made available for athletes ages 8-15 and athletes over the age 15 in a wheelchair. Athletes using an 8' hoop will be divisioned together.*

- c) Entry score is determined by adding all 3 skill scores together.
  - i) The athlete's final score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisioned according to their total scores from these three events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.
- d) Athletes competing in the ISC must actively train in the events in order to compete.
- e) A qualifying score for each ISC entrant is **required** for registration.
- f) Uniforms are encouraged, but not required for ISC. However, proper basketball attire is required (t-shirt or sweatshirt, shorts or sweatpants and athletic shoes).
- g) Event #1: Target pass



- i) Purpose
  - (1) To measure an athlete's skill in passing a basketball.
- ii) Equipment
  - (1) Two basketballs (youth divisions (age 8-15) and female divisions may use a size 6 basketball measuring 28.5")
  - (2) Flat wall
  - (3) Chalk or floor tape
  - (4) Measuring tape.
- iii) Description
  - (1) A 1-meter (3' 3.5") square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3' 3.5") from the floor. A 3-meter (9' 9") square will be marked on the floor 2.4 meters (7') from the wall. The athlete must stand within the square. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.
  - (2) Scoring
    - (a) The athlete receives three points for hitting the wall inside the square.
    - (b) The athlete receives two points for hitting the lines of the square.
    - (c) The athlete receives one point for hitting the wall but not in or on any part of the square.
    - (d) The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
- iv) The athlete receives zero points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

h) Event #2: Ten-meter dribble



Conversion Chart	
Seconds	Points
0-2	30
2.1-3	28
3.1-4	26
4.1-5	24
5.1-6	22
6.1-7	20
7.1-8	18
8.1-9	16
9.1-10	14
10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1 and over	01

i) Purpose

(1) To measure an athlete's speed and skill in dribbling a basketball.

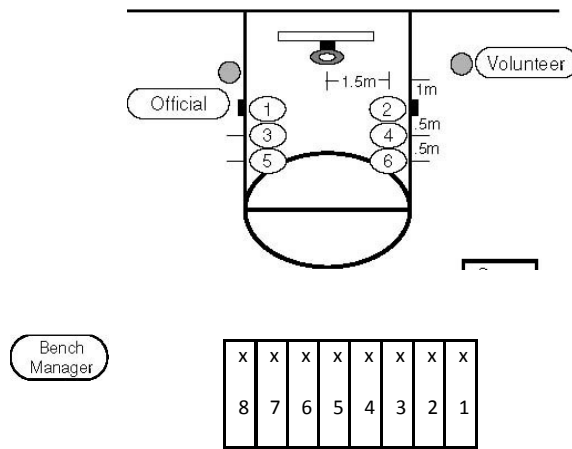
ii) Equipment

- (1) Three basketballs (youth divisions (age 8-15) and female divisions may use a size 6 basketball measuring 28.5")
- (2) Four traffic cones
- (3) Floor tape or chalk
- (4) Measuring tape
- (5) Stopwatch

iii) Description

- (1) The athlete begins from behind the start line and between the cones.
- (2) The athlete starts dribbling and moving when the official signals.
- (3) The athlete dribbles the ball with one hand for the entire 10 meters (32' 9.75").
- (4) A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
- (5) The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- (6) 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 1.5-meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.
- (7) 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 two 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 two trials converted into points. (In case of a tie, the actual time will be used to differentiate place).

i) Event #3: Spot shot



Division Seated in Chairs

i) Purpose

- (1) To measure an athlete's skill in shooting a basketball.

ii) Equipment

- (1) Two basketballs (youth divisions (age 8-15) and female divisions may use a size 6 basketball measuring 28.5")
- (2) Floor tape or chalk
- (3) Measuring tape
- (4) 3.05-meter (10') regulation basket with backboard (for youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative)

iii) Description

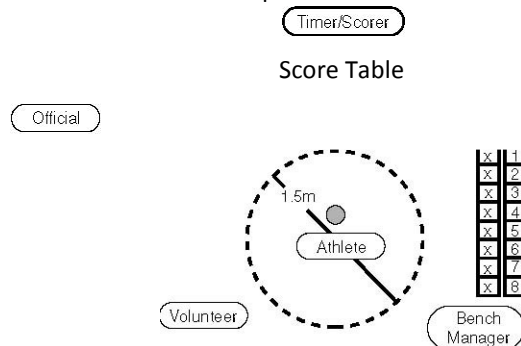
- (1) Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
  - (a) #1 & #2 = 1.5 meter (4' 11") to the left and right plus 1 meter (3' 3.5") out.
  - (b) #3 & #4 = 1.5 meter (4' 11") to the left and right plus 1.5 meter (4' 11") out.
  - (c) #5 & #6 = 1.5 meter (4' 11") to the left and right plus 2 meters (6' 6.75") out.
- (2) The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4 and #6, and then at spots #1, #3 and #5.

iv) Scoring

- (1) For every field goal made at spots #1 and #2, two points are awarded.
- (2) For every field goal made at spots #3 and #4, three points are awarded.
- (3) For every field goal made at spots #5 and #6, four points are awarded.
- (4) For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the ring, one point is awarded.
- (5) The athlete's score will be the sum of the points from all 12 shots.

j) The athlete's final score for the ISC is determined by adding together the scores achieved in each of the three events.

k) Event #2 alternative for athletes in a wheelchair: Speed dribble



Score Table

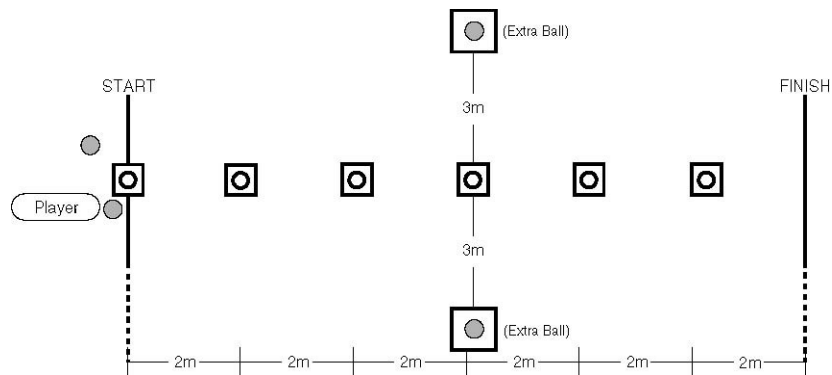
i) Equipment

- (1) Measuring tape
- (2) Floor tape or chalk

- (3) One basketball (youth divisions (age 8-15) and female divisions may use a size 6 basketball measuring 28.5")
- (4) Stopwatch
- (5) Counter
- (6) Whistle
- ii) Set-up
  - (1) Mark a circle with a 1.5 meter (4' 11") diameter.
- iii) Rules
  - (1) Athlete may use only one hand to dribble.
  - (2) Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
  - (3) Athlete starts and stops dribbling at the sound of the whistle.
  - (4) There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
  - (5) Athlete must stay in the designated circle while dribbling.
  - (6) If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.
- iv) Scoring
  - v) Athlete receives one point per legal dribble within the 60 seconds.
  - vi) Count stops and the event ends when the basketball rolls out of the circle for the third time.

## SECTION F — BASKETBALL SKILLS ASSESSMENT TESTS (BSAT) – TO BE USED for PRE-SEASON SKILLS DAYS OR IN-SEASON PLAYER ASSESSMENT

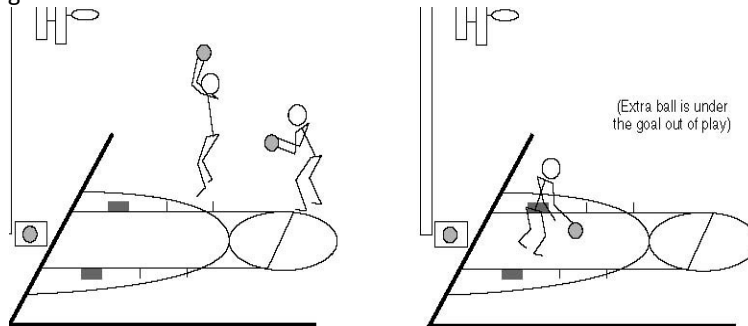
### 1) BSAT #1: Dribbling



- a) Set-up
  - i) An area of the basketball court (preferably along a sideline or down the center line)
  - ii) Six cones
  - iii) Floor tape
  - iv) Four basketballs: one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.
- b) Test
  - i) Time: 60 seconds for one trial.
  - ii) A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters (6' 6.75") apart, on a 12-meter course.
  - iii) The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
  - iv) 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.
  - v) The player continues until 60 seconds have elapsed.
  - vi) 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.
- c) Scoring
  - i) One 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 five has been achieved.

- ii) The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed.
  - iii) The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.
- d) Staging
- i) Volunteers administer the test and are not to interfere with any player who is performing the test.
  - ii) Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
  - iii) Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds.
  - iv) Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play.
  - v) Volunteer D will time and record the athlete's score.
  - vi) Each volunteer is to administer the test and manage the area only.

2) BSAT #2: Perimeter shooting



- a) Set-up
- i) A basket
  - ii) Official NGB free throw lane
  - iii) Floor tape
  - iv) Two basketballs: one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
- b) Test
- i) Time: one trial of two minutes.
  - ii) A player stands at the juncture of the free-throw line and lane, either to the left or right.
  - iii) The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75-meter (9') arc. This attempt must be taken anywhere outside the 2.75-meter arc marked off by a dotted line.
  - iv) The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
  - v) The player shall make as many field goals as described above in one two-minute trial.
- c) Scoring
- i) Two points are awarded for each field goal made within the two-minute trial.
- d) Staging
- i) Volunteers administer the test and are not to interfere with any player who is performing the test.
  - ii) Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
  - iii) Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many field goals the player makes in two minutes.
  - iv) Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play.
  - v) Volunteer C will time and record the athlete's score.
  - vi) Each volunteer is to administer the test and manage the area only.