



Basketball Rules & Regulations

Special Olympics
Maine



1. 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 (Fédération Internationale de Basketball) (FIBA) rules for basketball found at <http://www.fiba.com>. 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 or Article I. In such cases, the Official Special Olympics Sports Rules for Basketball shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Program may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics.

- Team Competition (5-on-5)
- Unified Sports® Team Competition (5-on-5)

3. 5v5 TEAM COMPETITION

3.1 Divisioning

- 3.1.1 The Head Coach must submit the scores from the two Basketball Skills Assessment Tests (BSAT), e.g., 12 meter dribbling and perimeter shooting, for each player on his/her roster prior to competition. (see section 5 Basketball Skills Assessment Tests (BSAT) for more information)
- 3.1.2 These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the BSAT follows in Section 5).
- 3.1.3 The Head Coach also must identify his/her five best players in terms of their on-court playing ability by placing a star next to their names on the roster.
- 3.1.4 The "team score" shall be determined by adding the top seven players' scores and then dividing that total by seven.
- 3.1.5 Teams are initially grouped in divisions according to their BSAT team score.
- 3.1.6 Every effort will be made to guarantee the integrity of the games and divisioning process. The ultimate goal of the Committee is to select divisions with teams of similar ability. The decision of the Committee is final and may not be appealed/protested.
- 3.1.7 Each team will be required to play all team members.

3.2 Competition Adaptations

Following are adaptations of FIBA rules which may be used when conducting Special Olympics basketball team competitions. These adaptations are optional, and it remains the responsibility of each individual Special Olympics Program to determine whether they will be employed.

- 3.2.1 Length of game may be adjusted at the discretion of the competition manager.
- 3.2.2 The 24-second or 30-second shot clock may be used at the discretion of the competition management team.



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- 3.2.3 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.
 - 3.2.4 During frontcourt throw-in, ball can be thrown directly into backcourt.
 - 3.2.5 Five second closely guarded count only in the front court.
 - 3.2.6 Two free throws awarded (non-shooting) foul after the 4th foul (includes player technical fouls)
 - 3.2.7 If medical device is worn, it must be approved prior to competition. Includes any device worn that covers the face, lower arm (from the elbow to the wrist), knee, or lower leg. A document from a Doctor indicating the purpose and composition of the device will assist in addressing any risk management issues.
- 3.3 Team and Players**
- 3.3.1 A team shall consist of five players.
 - 3.3.2 The composition of a team, including substitutes, may not exceed 10 players.
- 3.4 Uniform/Apparel**
- 3.4.1 All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.
 - 3.4.2 Team uniform shirts and shorts must be identical in trim color and style.
 - 3.4.3 Undershirts, if worn, must match the color of the body of the uniform (not the trim) and must be identical in color. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top (no cut or ragged edges are allowed).
 - 3.4.4 Head Coverings: Head coverings are permitted but should adhere to the FIBA rules
 - 3.4.4.1 It shall meet the same safety standards as for a medical head covering. Head covering must be of a single, solid color unadorned.
 - 3.4.5 Individuals who do not adhere to uniform regulations will not be allowed to enter a game.
- 3.5 Unified Sports® Events**
- 3.5.1 Unified Sports Team Competition 5 v 5
 - 3.5.1.1 The roster shall contain a proportionate number of athletes and partners
 - 3.5.1.2 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):
 - 3.5.1.2.1 3A/2P (Start of game)
 - 3.5.1.2.2 3A/1P (Exception: Play can continue with 3 athletes and 1 partner due to a partner personal foul.)
 - 3.5.1.2.3 2A/2P
 - 3.5.1.2.4 2A/1P
 - 3.5.1.2.5 1A/1P
 - 3.5.1.3 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. Principles of Meaningful Involvement must be followed at all times.
 - 3.5.2 Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

4. COURT AND EQUIPMENT

4.1 Basketballs

- 4.1.1 Male competition for athletes 12 years and over should use a size 7 basketball. Circumference: between 749 millimeters [29.5 in] and 780 millimeters [30.7 in] Weight: between 567 grams [20 oz.] and 650 grams [23 oz.]



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- 4.1.2 Female competition for athletes 12 years and over should use a smaller size 6 basketball.
Circumference: between 724 millimeters [28.5 in] and 737 millimeters [29 in]
Weight: between 510 grams [18 oz.] and 567 grams [20 oz.]
- 4.1.3 Competition for all athletes (male and female) under 12 years of age should use a smaller size 5 basketball.
Circumference: between 686 millimeters [27 in] and 724 millimeters [28.5 in]
Weight: between 397 grams [14 oz.] and 454 grams [16 oz.]
- 4.2 Baskets**
 - 4.2.1 The baskets shall comprise the backboard, rings and nets.
 - 4.2.2 For competition, the basket ring is normally 3.05 meters (10 ft.) above the floor.
 - 4.2.3 A shorter basket which has its ring 2.44 meters (8 ft.) above the floor may be used for junior division competition.



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5. BASKETBALL SKILLS ASSESSMENT TESTS (BSAT)

- 5.1 12 Meter Dribbling (see Individual Skills Events Level III for setup, rules & scoring)
- 5.2 Perimeter Shooting (see Individual Skills Events Level III for setup, rules & scoring)
- 5.3 BSAT Score Sheet (see Diagram A)

Diagram A - Basketball Skills Assessment Test (BSAT)

Score Sheet

Review the *SOME* Basketball Rules & Regulations on how to setup and score each of the skills below, which can be found at www.somaine.org/sports/our-sports/basketball/.

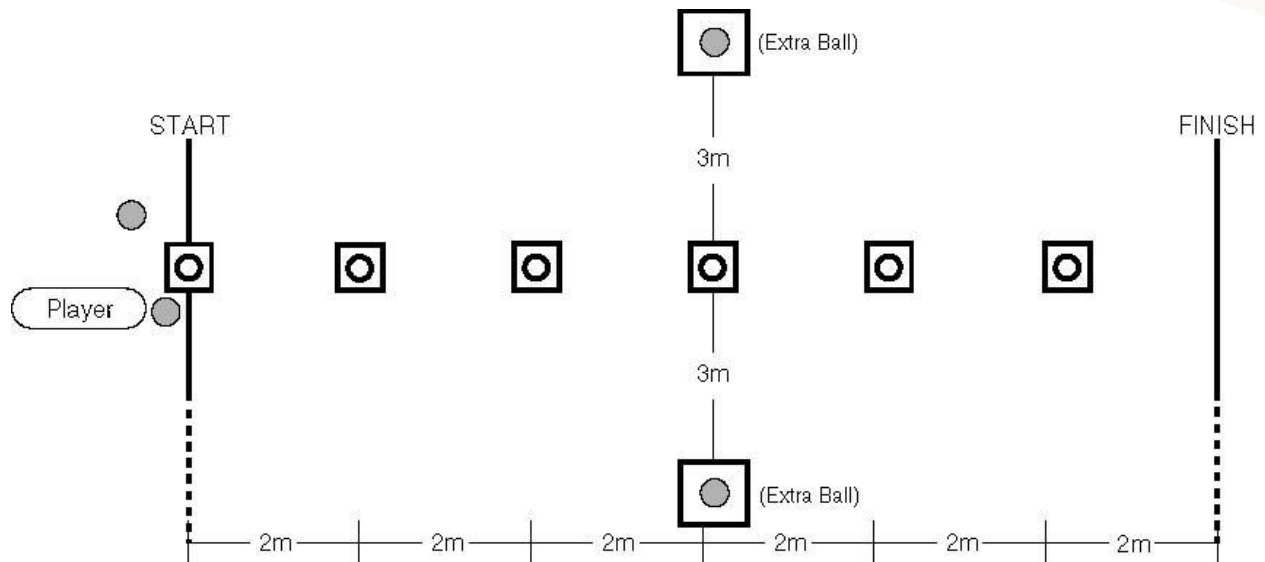
<u>Name</u>	<u>12 Meter Dribbling</u> (# of midpoints passed)	<u>Perimeter Shooting</u> (# of shots made x 2)	<u>Final Total</u>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Sum of top seven athletes total scores: _____ divided by seven = _____ (Team Assessment Score)

*NOTE: If a team consists of five or six players, divide the total score by the actual number of players, No team may consist of less five players



5.3.1 12 Meter Dribble



5.3.1.1 Purpose: to measure an athlete's speed and skill in dribbling a basketball.

5.3.1.2 Equipment: A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.

5.3.1.3 Description:

5.3.1.3.1 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, two meters apart, on a 12-meter course.

5.3.1.3.2 The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.

5.3.1.3.3 When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called. A point is received for every midpoint that the athlete crosses.

5.3.1.3.4 The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.

5.3.1.3.5 The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.

5.3.1.3.6 The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

5.3.1.4 Timing: 60 seconds for one trial.

5.3.1.5 Scoring:

5.3.1.5.1 One point is awarded for every midpoint that the athlete crosses. The player must use legal dribbles and must have control of the ball in order to get credit for the midpoint of the cones being



successfully passed. The player's score is how many cone midpoints that he/she successfully passes in 60 seconds.

5.3.1.6 Staging

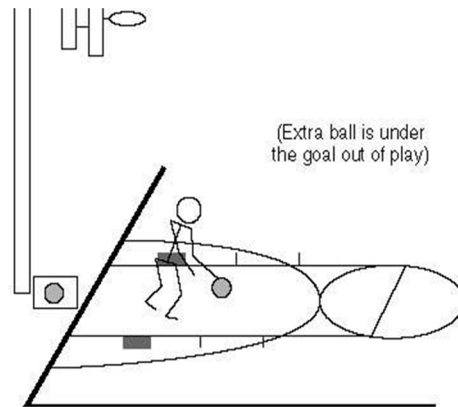
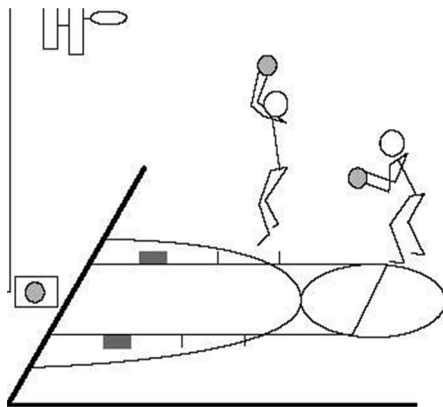
5.3.1.6.1

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. 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.

5.3.1.6.2

Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

5.3.2 Perimeter Shooting



5.3.2.1 Purpose: to measure an athlete's skill in shooting a basketball.

5.3.2.2 Equipment: A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.

5.3.2.3 Description

5.3.2.3.1 A player stands anywhere along the free-throw line within the free throw circle.

5.3.2.3.2 The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 ft.). 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].

5.3.2.3.3 The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.

5.3.2.3.4 The player shall make as many field goals as described above in one one-minute trial.

5.3.2.4 Timing: 60 seconds for one trial.



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- 5.3.2.5 Scoring: Two points are awarded for each field goal made within the one-minute trial.
- 5.3.2.6 Staging
 - 5.3.2.6.1 Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
 - 5.3.2.6.2 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 one minute.
 - 5.3.2.6.3 Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.
 - 5.3.2.6.4 Each volunteer is to administer the test and manage the area only.