



# 5v5 Basketball

## Sport Rules

*Special Olympics*





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## 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., dribbling and perimeter shooting, for each player on his/her roster prior to competition.
- 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 D).
- 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 A classification round (or rounds) of games shall then be conducted as a means of finalizing the divisioning process. The classification round can be conducted utilizing a process that best fits the size of the event. These may include use of assessment tests videos, Swiss ladder system or straight to competition format.
- 3.1.7 In the classification round, teams will play one or more games with each game lasting at least six minutes lasting no longer than eight minutes.
  - 3.1.7.1 Teams may be moved from any pool throughout the pool play process in order to maintain competitive balance. The Divisioning Committee reserves the right to adjust the divisioning prior to medal round.
  - 3.1.7.2 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.

3.1.8 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.

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 4<sup>th</sup> 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). All numbers are to be per NGB specifications.

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):

- 3A/2P (Start of game)
- 3A/1P (Exception: Play can continue with 3 athletes and 1 partner due to a partner personal foul.)
- 2A/2P
- 2A/1P
- 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

### 3.6 Basketballs

3.6.1 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]

3.6.2 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]

3.6.3 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])

### 3.7 Baskets

3.7.1 The baskets shall comprise the backboard, rings and nets.

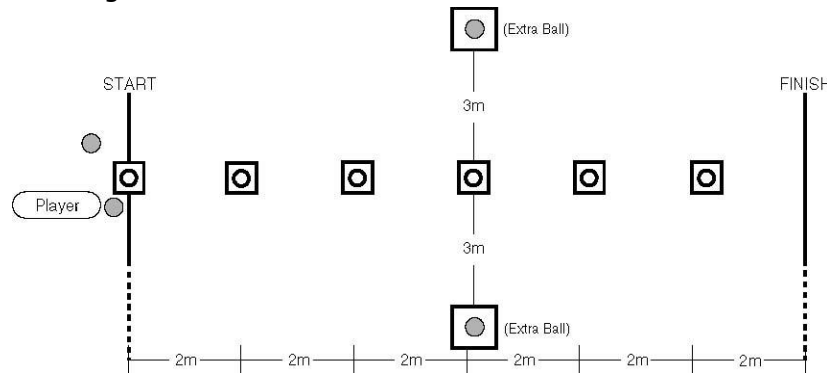
3.7.2 For competition, the basket ring is normally 3.05 meters (10 ft) above the floor.

3.7.3 A shorter basket which has its ring 2.44 meters (8 ft) above the floor may be used for junior division competition.



## 5. BASKETBALL SKILLS ASSESSMENT TESTS (BSAT)

### 3.8 Dribbling



- 3.8.1 **Set-up:** An area of the basketball court (preferably along a sideline or down the center line), six cones, floor tape and 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.
- 3.8.2 **Time:** 60 seconds for one trial.
- 3.8.3 **Test**
  - 3.8.3.1 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, 2 meters (6 ft 6 3/4 in) apart, on a 12 meter course.
  - 3.8.3.2 The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter. 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.)
  - 3.8.3.3 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.
  - 3.8.3.4 The player continues until 60 seconds have elapsed.
  - 3.8.3.5 If a player loses control of the ball, the clock continues to run.
  - 3.8.3.6 The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- 3.8.4 **Scoring**
  - 3.8.4.1 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).
  - 3.8.4.2 The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.
- 3.8.5 **Staging**
  - 3.8.5.1 Volunteers administer the test and are not to interfere with any player who is performing the test.



- 3.8.5.2 Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
  - 3.8.5.3 Volunteer A will give a basketball to the player who will take the test, signal by raising their arm that the test is about to begin, and blow a low whistle to indicate that the test has begun and will count how many field goals the player makes in one minute.
  - 3.8.5.4 Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play.
  - 3.8.5.5 Volunteer D will time and record the athlete's score.
  - 3.8.5.6 Each volunteer is to administer the test and manage the area only.
- 3.9 Perimeter Shooting
- 3.9.1 Set-up: 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.
  - 3.9.2 Time: one trial of one minute.
  - 3.9.3 Test
    - 3.9.3.1 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.
    - 3.9.3.2 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].
    - 3.9.3.3 The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
    - 3.9.3.4 The player shall make as many field goals as described above in one one-minute trial.
  - 3.9.4 Scoring
    - 3.9.4.1 Two points are awarded for each field goal made within the one-minute trial.
  - 3.9.5 Staging
    - 3.9.5.1 Volunteers administer the test and are not to interfere with any player who is performing the test.
    - 3.9.5.2 Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
    - 3.9.5.3 Volunteer A will give a basketball to the player who will take the test, signal by raising their arm that the test is about to begin and blow a low whistle to indicate that the test has begun, and will count how many field goals that player makes in one minute.
    - 3.9.5.4 Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play.
    - 3.9.5.5 Volunteer C will time and record the athlete's score.
    - 3.9.5.6 Each volunteer is to administer the test and manage the area only.





# 3x3 Basketball

## Sport Rules

*Special Olympics*







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## 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.

- 3x3 Competition
- Unified Sports 3x3 Competition

## 3. 3x3 COMPETITION

### 3.1 Divisioning

- 3.1.1 The Head Coach is strongly recommended that a player and/or team skill assessment data be submitted to assist with Divisioning.
- 3.1.2 The Head Coach must also identify his/her three best players in terms of their on-court playing ability by placing a star next to their names on the roster.
- 3.1.3 The team score shall be determined by adding the top four players' scores and then dividing that total by four.
- 3.1.4 A classification round (or rounds) of games shall then be conducted as a means of finalizing the divisioning process. The classification round can be conducted utilizing a process that best fits the size of the event. These may include use of assessment tests videos, Swiss ladder system or straight to competition format. In the classification round, teams will play one or more games with each game lasting no longer than eight minutes. Teams may be moved from any pool throughout the pool play process in order to maintain competitive balance. The Divisioning Committee reserves the right to adjust the divisioning prior to the medal round.
- 3.1.5 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.
- 3.1.6 Each team will be required to play all team members.



## 3.2 The Goal

- 3.2.1 3x3 basketball may be used as a means of increasing the number of teams for Special Olympics basketball competition.
- 3.2.2 It is also a means of assisting athletes with lower ability levels to progress to full court play.

## 3.3 Playing Area and Equipment

- 3.3.1 Any half-court section of a basketball court may be used. The court will be bounded by the end line under the basket, two sidelines and the half-court line.
- 3.3.2 All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.
- 3.3.3 Team uniform shirts and shorts must be identical in trim color and style.
- 3.3.4 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. 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) All numbers are to be per NGB specifications.

## 3.4 Team and Players

- 3.4.1 A team may have up to five players, which includes three starters and two substitutes.
- 3.4.2 3x3 basketball is a game of three-on-three. Each team must start the game with three players. A team may drop below three after the start of the game due to player injury or illness but must have three to start the game. There must be a minimum of two players on the court. For Unified 3x3, the minimum ratio will be one athlete and one partner. If no the team cannot meet the minimum ratio due to disqualification or injury, the team will have to forfeit the game.

## 3.5 The Game

- 3.5.1 The game will be played for 10 minutes or until one-team scores 21 points. A made field goal counts one point unless attempted from behind the arc, then it counts 2 points. A made free throw counts one point.
- 3.5.2 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 with fouls, and timeouts). There will be a stop clock applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls and time-outs).
- 3.5.3 If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock shall start as soon as the ball is in the offensive players' hands (following the exchange with the defensive player or after a successful field goal underneath the basket).
- 3.5.4 Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.
- 3.5.5 The clock continues to run after a made field goal.
- 3.5.6 The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime. There is no jump ball. All jump balls situations, the ball shall be awarded to the defensive team. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.



- 3.5.7 If overtime is required due to a tie at the end of regulation play, the team that didn't start the game with ball possession, will start the overtime. First team to score two points, will win the game.

## 3.6 Competition

The referee will handle the ball on all out-of-bounds plays after a dead-ball-situation.

- 3.6.1 The ball is dead after a foul or violation is called, or any other time the referee blows his/her whistle. After a made field goal the ball is still alive.
- 3.6.2 If a player is fouled in the act of shooting and makes the basket, the field goal is credited and the offended against team also retains possession of the ball.
- 3.6.3 The in-bound spot in all cases (fouls, violations, out-of-bounds, timeouts) will be behind the arc/top of the key/check ball (defensive player gives the ball to offensive player).
- 3.6.4 Possession of the ball given to either team following any dead-balls-situation shall start with a check ball, i.e. an exchange of the ball (between defensive and the offensive player) behind the arc at the top of the court.
- 3.6.5 On any change of possession, the team which just gained possession of the ball must take the ball back behind the arc (2 point line) before shooting player is considered to be behind the arc when neither of his/her feet are inside nor on the arc line.
- 3.6.6 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. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to the offense as a dead ball and will need to be inbounded from behind the arc / top of the key.
- 3.6.7 Substitutions may be made on a dead ball prior to the check ball. The substitute can enter the game after his/her teammate steps off the court and establishes a physical contact (i.e. handshake) with him/her behind the end line opposite the basket. Substitutions require no action from the referees or table officials.
- 3.6.8 One 60-second time out is allowed per team. A player injury timeout may be called by the referee.
- 3.6.9 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.
- 3.6.10 Officials will grant a player or a coach's oral or hand signal request for a timeout.

## 3.7 Fouls and Penalties

- 3.7.1 A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
- 3.7.2 If a contact foul is committed on a player not in the act of shooting:
  - 3.7.2.1 The game shall be resumed with a check-ball by the non-offending team.
  - 3.7.2.2 If the offending team is in the team foul situation; 2 free throws shall be awarded as of the 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
- 3.7.3 If a contact foul is committed on a player in the act of shooting, that player shall be awarded with a number of free throws as follows:
  - 3.7.3.1 If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw. 2 free throws shall be awarded as of the



- 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
- 3.7.3.2 If the shot released from inside the arc is unsuccessful, 1 free throw. 2 free throws shall be awarded as of the 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
  - 3.7.3.3 If the shot is released from behind the arc is unsuccessful, 2 free throws. A technical foul shall count as a team foul.
  - 3.7.4 The opponents shall be awarded 1 free throw. the game shall be resumed as follows:
    - 3.7.4.1 The free throw shall be administered immediately. After the free throw, the check-ball shall be administered by the team which had control of the ball or was entitled to the ball when the technical foul was called.
    - 3.7.4.2 If a valid field goal, or a last free throw is scored, the game shall be resumed with a check-ball for the last defensive team.
    - 3.7.4.3 If neither team had control of the ball nor was entitled to the ball, a jump ball situation occurs. The game shall be resumed with a check-ball for the last defensive team.
  - 3.7.5 All unsportsmanlike fouls are counted as 2 fouls for team foul purposes
  - 3.7.6 The first unsportsmanlike foul of a player shall be penalized with 2 free throws, no ball possession. If the first unsportsmanlike foul of a player is committed on a player in the act of shooting and the goal is made, it shall count and in addition 2 free throws shall be awarded.
  - 3.7.7 The second unsportsmanlike foul of a player shall be penalized with 2 free throws and ball possession. If the second unsportsmanlike foul of a player is committed on a player in the act of shooting and the goal is made, it shall count an in addition 2 free throws and ball possession shall be awarded.
- 3.8 Points of Emphasis
- 3.8.1 It is a violation for player to “double dribble.”
- 3.9 Unified Sports® Events
- 3.9.1 Unified Sports Team Competition 3x3
    - 3.9.1.1 The roster shall contain a proportionate number of athletes and partners.
    - 3.9.1.2 Team 3x3: Basketball (Start of game 3 players on court / team can drop down to max 2 players):
      - 3.9.1.2.1 2A/1P (Start of the game)
      - 3.9.1.2.2 1A/1P
  - 3.9.2 Only Athletes can be replaced by Athletes and Partners can only be replaced by Partners.
    - 3.9.2.1 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 3x3 competition for all athletes (male and female) 12 years and over should play with the 3x3 ball (Circumference 720 - 740 mm / Weight 580 - 620 g)
- 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.



# Skills Competition Basketball

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

- Speed Dribble
- Individual Skills Competition
- Team Skills Competition

## **3. INDIVIDUAL SKILLS RULES**

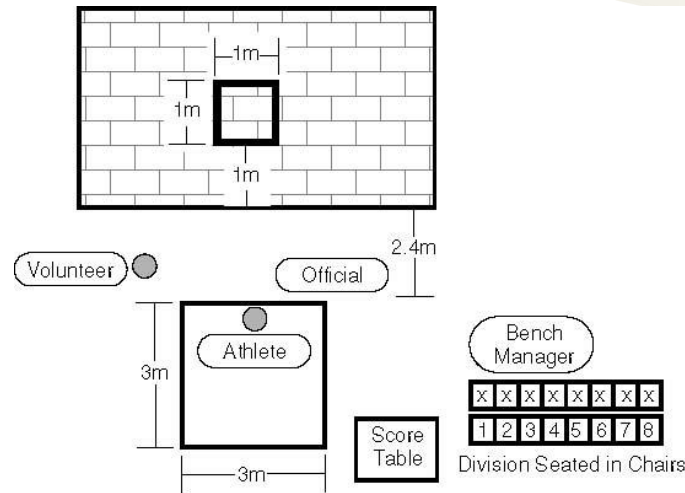
There are 2 levels of Individual Skills Competition

### **3.1 Level I:**

Three events make up Level 1 Individual Skills Competition: 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 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.



3.1.1 Event #1: Target Pass

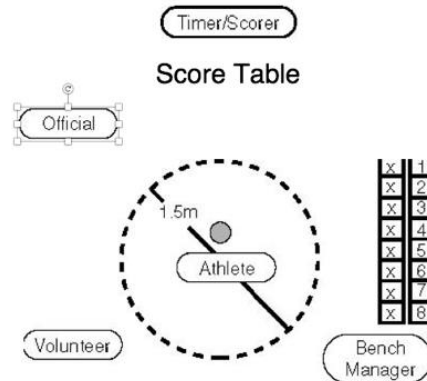


- 3.1.1.1 Purpose: to measure an athlete's skill in passing a basketball.
- 3.1.1.2 Equipment: Two basketballs (for women's and junior division competitions, a smaller basketball, Size 6, which is 72.4 centimeters [28 1/2 in] in circumference and between 510–567 grams [18–20 oz] in weight may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.
- 3.1.1.3 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 2.4 meter (7 ft) 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.
- 3.1.1.4 Scoring
  - 3.1.1.4.1 The athlete receives three points for hitting the wall inside the square.
  - 3.1.1.4.2 The athlete receives two points for hitting the lines of the square.
  - 3.1.1.4.3 The athlete receives one point for hitting the wall but not in or on any part of the square.
  - 3.1.1.4.4 The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
  - 3.1.1.4.5 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.
- 3.1.1.5 Speed Dribble will be an alternate option from the 10-meter dribble. By adding Speed dribble as an option, it allows those athletes with mobility issues, Wheelchair, walker, canes, etc. or athletes under the age of 15 the option to select. The athlete must designate on their registration form which option they choose so that they are division accordingly.





3.1.2 Event #2B: 10 M Dribble



3.2 Equipment

- 3.2.1 Measuring tape
- 3.2.2 Floor tape or chalk
- 3.2.3 One basketball (for women's and junior division competitions a smaller basketball, size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz] in weight may be used).
- 3.2.4 Stopwatch
- 3.2.5 Counter
- 3.2.6 Whistle

3.3 Set-up: Mark a circle with a 1.5 meter (4 ft 11 in) diam.

3.4 Rules

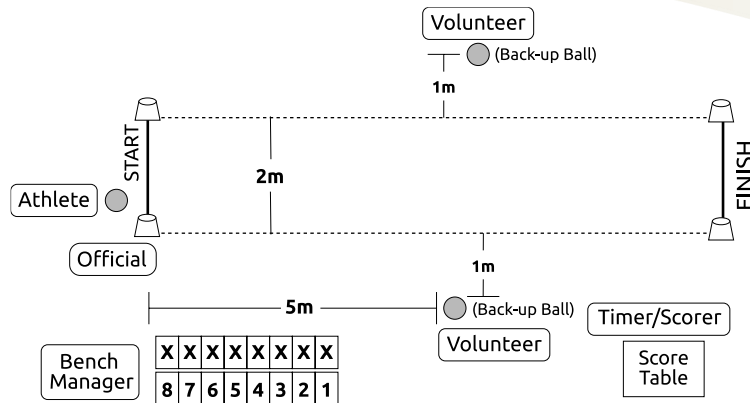
- 3.4.1 Athlete may use only one hand to dribble.
- 3.4.2 Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
- 3.4.3 Athlete starts and stops dribbling at the sound of the whistle.
- 3.4.4 There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- 3.4.5 Athlete must stay in the designated circle while dribbling.
- 3.4.6 If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.
- 3.4.7 Counting stops and the event ends when the basketball rolls out of the circle for the third time.

3.5 Scoring

- 3.5.1 Athlete receives one point per legal dribble within the 60 seconds.



**3.5.2 Event #2B: 10 M 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

3.5.2.1 Purpose: to measure an athlete’s speed and skill in dribbling a basketball.

3.5.2.2 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 meter (32 ft 9 ¾ in). A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling. 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.

3.5.2.3 Scoring:

3.5.2.3.1 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.

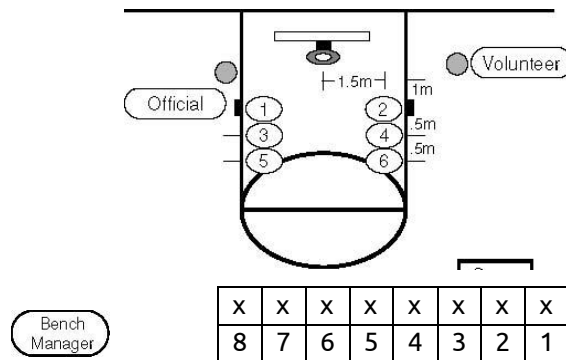
3.5.2.3.2 A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).

3.5.2.3.3 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.



3.5.2.3.4 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).

**3.5.3 Event #3: Spot Shot**



**Division Seated in Chairs**

- 3.5.3.1 Purpose: To measure an athlete's skill in shooting a basketball.
- 3.5.3.2 Equipment: Two basketballs (for women's and junior divisions competitions, a smaller basketball, Size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510-567 gram [18-20 oz] in weight may be used as an alternative), floor tape or chalk, measuring tape and a 3.05 meter (10 ft) regulation goal with backboard (for junior division competitions, a 2.44 meter [8 ft] goal may be used as an alternative).
- 3.5.3.3 Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. 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. The spots are marked as follows:
  - 3.5.3.3.1 #1 & #2 = 1.5 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out.
  - 3.5.3.3.2 #3 & #4 = 1.5 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out.
  - 3.5.3.3.3 #5 & #6 = 1.5 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.
- 3.5.3.4 Scoring
  - 3.5.3.4.1 For every field goal made at spots #1 and #2, two points are awarded.
  - 3.5.3.4.2 For every field goal made at spots # 3 and #4, three points are awarded.
  - 3.5.3.4.3 For every field goal made at spots # 5 and #6, four points are awarded.



3.5.3.4.4 For any field goal attempt that does not pass completely through the basket but does hit either the backboard and/or the ring, one point is awarded.

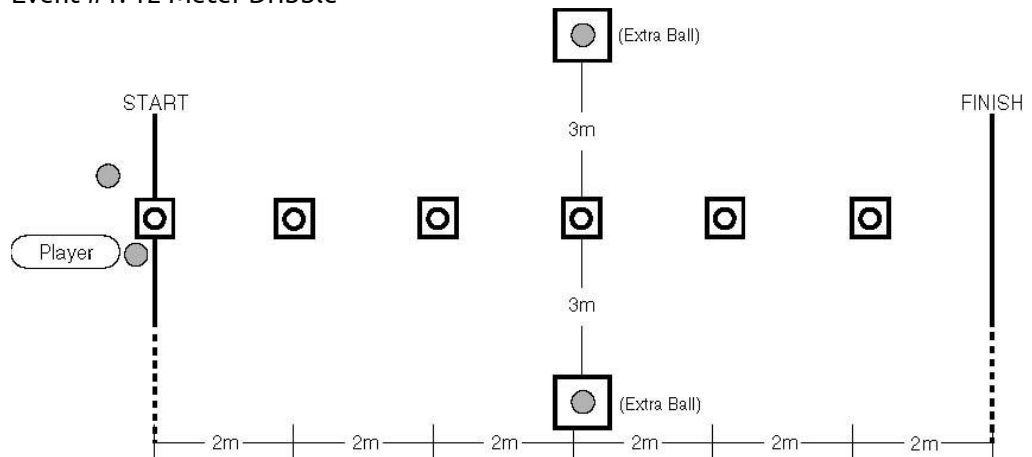
3.5.3.4.5 The athlete's score will be the sum of the points from all 12 shots.

The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

**3.6 Level II**

Three events make up the Level 2 Individual Skills Competition: 12 Meter Dribble, Catch & Pass and Perimeter Shooting. The athlete's final individual score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisoned 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.

**3.6.1 Event #1: 12 Meter Dribble**



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

3.6.1.2 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.

3.6.1.3 Description:

3.6.1.3.1 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.

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

3.6.1.3.3 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.



- 3.6.1.3.4 The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
- 3.6.1.3.5 The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
- 3.6.1.3.6 The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

3.6.1.4 Timing: 60 seconds for one trial.

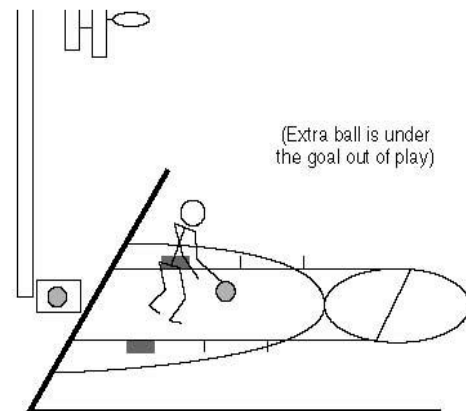
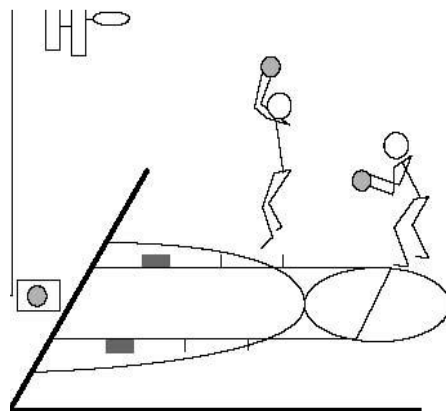
3.6.1.5 Scoring: One point is awarded for every midpoint that the athlete crosses. The player must use legal dribbles and must have control of the ball in order to get credit for the midpoint of the cones being successfully passed. The player's score is how many cone midpoints that he/she successfully passes in 60 seconds.

3.6.1.6 Staging

3.6.1.6.1 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.

3.6.1.6.2 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.

### 3.6.2 Event #2: Perimeter Shooting



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

3.6.2.2 Equipment: Floor tape, six cones, and four basketballs, one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away.





**3.6.2.3 Description**

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

3.6.2.3.2 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].

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

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

**3.6.2.4 Timing:** 60 seconds for one trial.

**3.6.2.5 Scoring:** Two points are awarded for each field goal made within the one-minute trial.

**3.6.2.6 Staging**

3.6.2.6.1 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.

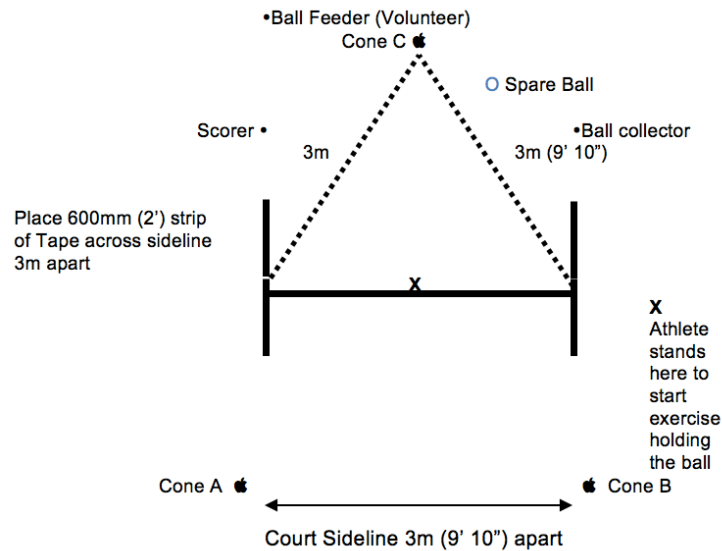
3.6.2.6.2 Volunteer A will give a basketball to the player who will take the test signal by raising their arm that the test is about to begin and blow a low whistle to indicate that the test has begun, and will count how many field goals the player makes in one minute.

3.6.2.6.3 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.

3.6.2.6.4 Each volunteer is to administer the test and manage the area only.



**3.6.3 Event #3: Catch and Pass**



3.6.3.1 Purpose: to measure an athlete's skill in passing and catching a basketball.

3.6.3.2 Equipment

3.6.3.2.1 3 Cones, 2 Basketballs, Floor Tape, Airhorn/Whistle, Score Bench and Clock.

Two strips of tape 600 millimeter (2 ft) long are laid across the court sideline three meters apart (9 ft 10 in) at Cones A & B. Cone C is laid out three meter from each end of the sideline forming a triangle.

3.6.3.2.2 A small cross made of tape is laid in the middle of Cones A and B where the athlete stands holding the basketball ready to begin the exercise.

3.6.3.2.3 The ball feeder stands behind Cone C.

3.6.3.2.4 A spare ball is placed near Cone C.

3.6.3.3 Description

3.6.3.3.1 On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.

3.6.3.3.2 As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch.

3.6.3.3.3 The player MUST have at least ONE foot over the end line at the point of catching the ball.

3.6.3.3.4 The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but both must be behind the line at the moment of passing the ball back to the feeder.

3.6.3.3.5 When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass.

3.6.3.3.6 The player continues passing, moving along the line and catching the ball for 60 seconds.



- 3.6.3.3.7 A bounce pass maybe used with lower ability/less able athletes.
- 3.6.3.4 Timing: 60 seconds for one trial.
- 3.6.3.5 Scoring
  - 3.6.3.5.1 One point is scored for each good pass made to the feeder (the pass must be catchable).
  - 3.6.3.5.2 One point is scored for each good catch made by the athlete (i.e. no fumbles).
  - 3.6.3.5.3 The athletes must have the ball under control or no point can be scored.

## **5. TEAM SKILLS BASKETBALL RULES**

### **4.1 Equipment**

- 4.1.1 Two basketballs (for women's and junior division competitions, a smaller basketball, size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz] in weight may be used as an alternative).
- 4.1.2 Metric tape measure
- 4.1.3 Floor tape or chalk
- 4.1.4 Regulation basketball goal (a shorter goal which has its ring 2.44 meter [8 ft] above the floor may be used for junior division competition).
- 4.1.5 Score sheets
- 4.1.6 Scoreboard

### **4.2 Set-up**

Mark five spots around the floor, similar to a 2–1–2 zone defense with players positioned 4 meters (13 ft 1 1/2 in) apart from each other.

- 4.2.1 Mark position #5 2 meters (6 ft 6 3/4 in) from a spot under the front of the goal's ring.
- 4.2.2 Teams should submit a roster prior to the start of the game.
- 4.2.3 Teams should wear numbered uniforms or shirts.

### **4.3 Rules**

- 4.3.1 The Event Director shall determine how many games should be played. Two five-member teams are positioned on opposite ends of the playing court. Only one team shall conduct a round at a time.
- 4.3.2 The game is made up of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- 4.3.3 Each player on the first five-member team attempts to catch the ball and then throw it accurately to the player stationed at the next position.
- 4.3.4 The official shall hand the ball to the player in position #1 to begin each round.
- 4.3.5 The player in position #1 throws the ball to the player at position #2. The player at position #2 throws the ball to the player at position #3. This sequential throwing rotation continues until the ball reaches the player at position #5.
- 4.3.6 Athletes may pass the ball in any manner, but each player must pass in numerical sequence. A bounce pass is allowed provided that there is only one bounce.
- 4.3.7 If the ball is thrown past an athlete, the athlete or official may retrieve the ball. However, the athlete must return to his/her position before throwing the ball to the



next player. A correct pass is defined as a ball that is thrown within reach of the receiving player.

- 4.3.8 When the ball reaches the player in position #5, he/she then attempts a field goal.
- 4.3.9 Slam dunks are not permitted. The athlete shall not receive any points if a slam dunk is taken.
- 4.3.10 Athletes stationed in position #5 shall only be given one attempt at scoring.
- 4.3.11 After the field goal attempt by the player in position #5, the round ends.
- 4.3.12 Following the completion of the round by the first team, the second team will conduct their initial round.
- 4.3.13 Players shall rotate in numerical sequence to the next position after each round.
- 4.3.14 Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends.
- 4.3.15 A five-minute halftime intermission follows.
- 4.3.16 Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal for the second half.
- 4.3.17 Substitutes are allowed into the game only after a round has been completed.
- 4.3.18 Coaches shall remain on the sideline which is at least 4 meters (13 ft 11/2 in) to the side of position #2 and #4. Coaches may give verbal or signed instructions to players. Deaf athletes may receive assistance in positioning.

#### 4.4 Scoring

- 4.4.1 Team receives one point for each correct pass.
- 4.4.2 Team receives one point for each successful catch.
- 4.4.3 Team receives two points for each successful field goal.  
A bonus of one point is awarded for each complete successful round of passing, catching and made field goal.
- 4.4.4 The maximum number of points that can be accumulated by a single team during one half is 55.
- 4.4.5 The final team score is determined by adding the scores from each of the 10 rounds.
- 4.4.6 The team with the highest score is the winner.
- 4.4.7 If the teams are tied at the end of regulation play, additional rounds are conducted. The first team to score more points in a round than its opponent is the winner.

## 6. COURT AND EQUIPMENT

### 5.1 Basketballs

- 5.1.1 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]
- 5.1.2 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]
- 5.1.3 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]



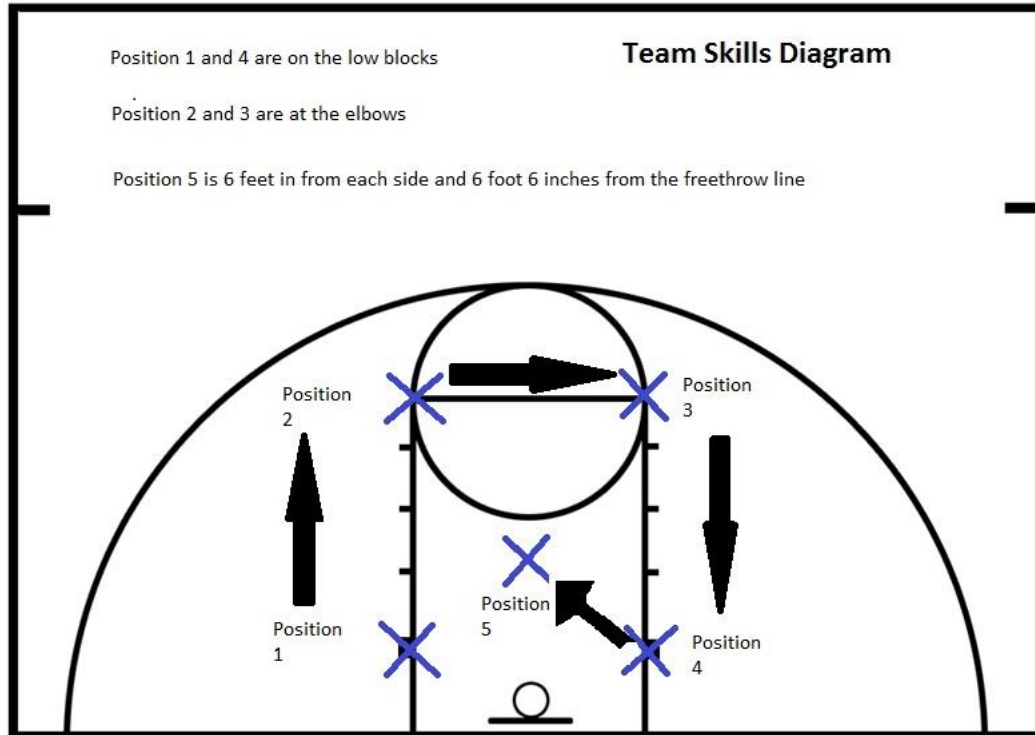
Weight: between 397 grams [14 oz] and 454 grams [16 oz])

**5.2 Baskets**

5.2.1 The baskets shall comprise the backboard, rings and nets.

5.2.2 For competition, the basket ring is normally 3.05 meters (10 ft) above the floor.

5.2.3 A shorter basket which has its ring 2.44 meters (8 ft) above the floor may be used for junior division competition.



**1 point for a good pass.** (Rule 5.3.4 Athletes may pass the ball in any manner. A bounce pass is allowed provided that there is only one bounce). And (Rule 5.3.7 the ball is thrown within reach of the receiving player)

**1 point for a good catch.** This means they do not drop the ball when attempting to catch it. (Rule 5.4.2 one point for a successful catch)

**2 points for a made basket.** (Rule 5.4.3 two point for each successful field goal)

11 points is the maximum points per round

There are 5 rounds, so a perfect score for a half would be 55 points. You can never score more than 55 points in a half.





# SKILLS COMPETITION BASKETBALL SPORT RULES

**Special Olympics**



Start the ball at position 1, pass to position 2, then they pass to position 3, they pass to position 4, they pass to position 5 who then shoots the ball. That would be the end of one round. Then everyone rotates to the next position. At this time substitutions can be made.

**Basket: 10-foot 8 foot**

**SCORECARD (8-15 Age Group)**

**Ball:**

**Men's**

**Women's**

SPOT SHOT	
1 Point	No basket but ball hits backboard and/or basket
2 Points	For spots 1 & 2
3 Points	For spots 3 & 4
4 Points	For spots 5 & 6

SUM OF 1 - 6

SIX TRIALS – TWO SHOTS PER SPOT

SPOT 2		SPOT 4		SPOT 6		SPOT 5		SPOT 3		SPOT 1	

TARGET PASS		
3 Points	Hits wall inside square	
2 Points	Hits lines of the square	
1 Point	Hits wall (not in or on square)	
0 Points	Ball bounces before hitting wall	
*Extra 1 Point	Controlled catch of rebounding ball	

SUM OF 1 - 5

FIVE TRIALS – Four Points Maximum Per Trial

1		2		3		4		5	
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<b>TEN – METER DRIBBLE</b>	<b>TWO TRIALS</b>		<b>BETTER OF 1 &amp; 2</b>
Minimum: 1 Point	1	2	
One second penalty for each illegal dribble			
See Time Conversion Table			

**CONVERSION TABLE**

<b>TEN – METER DRIBBLE</b>									
<b>SECONDS</b>	0 – 2	2.1 – 3	3.1 – 4	4.1 – 5	5.1 – 6	6.1 – 7	7.1 – 8	8.1 – 9	9.1 – 10
<b>POINTS</b>	30	28	26	24	22	20	18	16	14
<b>SECONDS</b>	10.1 – 12	12.1 – 14	14.1 – 16	16.1 – 18	18.1 – 20	20.1 – 22	22.1+	Incomplete	
<b>POINTS</b>	12	10	8	6	4	2	1	0	

<b>Speed Dribble</b>	<b>Point</b>	
Minimum: 1 Point per dribble	1	
60 second time trial		
One trial only		

<b>TOTAL POINTS</b> (Sum of 1 – 5 of all three events)



**SCORECARD (16+ age group)**

SPOT SHOT		SUM OF 1-6
1 Point	No basket but ball hits backboard and/or basket	
2 Points	For spots 1 & 2	
3 Points	For spots 3 & 4	
4 Points	For spots 5 & 6	

SIX TRIALS – TWO SHOTS PER SPOT

SPOT 2	SPOT 4	SPOT 6	SPOT 5	SPOT 3	SPOT 1

TARGET PASS			SUM OF 1 -- 5
3 Points	Hits wall inside square		
2 Points	Hits lines of the square		
1 Point	Hits wall (not in or on square)		
0 Points	Ball bounces before hitting wall		
*Extra 1 Point	Controlled catch of rebounding ball		

FIVE TRIALS – Four Points Maximum Per Trial

1	2	3	4	5

TEN – METER DRIBBLE	TWO TRIALS		BETTER OF 1 & 2
Minimum: 1 Point One second penalty for each illegal dribble See Time Conversion Table	1	2	

CONVERSION TABLE

TEN – METER DRIBBLE									
SECONDS	0-2	2.1-3	3.1-4	4.1-5	5.1-6	6.1-7	7.1-8	8.1-9	9.1-10
<b>POINTS</b>	30	28	26	24	22	20	18	16	14
SECONDS	10.1-12	12.1-14	14.1-16	16.1-18	18.1-20	20.1-22	22.1+	Incomplete	
<b>POINTS</b>	12	10	8	6	4	2	1	0	

TOTAL POINTS (Sum of 1-5 of all three events)



**SCORECARD: LEVEL 2**

CATCH AND PASS	ONE TRIAL		POINTS
	Passes	Catches	
One point for each good pass			
One point for each good catch			

DRIBBLING	TRIAL	POINTS
1 point each time athlete reaches midpoint between two cones.	1	
One-Minute Trial		

PEBASKETETER SHOOTING		TRIAL	POINTS
2 Points Per Basket	One Minute Trial	1	
<p>After a made or missed shot, the athlete must dribble anywhere outside the arc before attempting another shot.</p> <p>If the athlete does not dribble out before taking a shot, the basket does not count and the athlete must return to original rebound spot and dribble out before taking the next shot.</p>			

<b>TOTAL POINTS</b> (Sum of all three events)



**SKILLS COMPETITION  
BASKETBALL SPORT RULES**

**Special Olympics**



**Team Skills Basketball Score Card**

**Team Name** \_\_\_\_\_

**Opponent's Name** \_\_\_\_\_

**Head Coach** \_\_\_\_\_

**Date** \_\_\_\_\_

**First Half**

Rounds	Points	Bonus Points	Total Points		Rotation Order
1					#1
2					#2
3					#3
4					#4
5					#5
Tie Breaker					
<b>First Half Total</b>					

**Second Half**

Rounds	Points	Bonus Points	Total Points		Rotation Order
1					#1
2					#2
3					#3
4					#4
5					#5
Tie Breaker					
<b>Second Half Total</b>					
<b>First Half Total</b>					Opponent's
<b>FINAL TOTAL</b>					<b>FINAL TOTAL</b>

**Score Keepers Name** \_\_\_\_\_



### **TEAM SKILLS SCORING**

- Team receives **one point for each correct pass.**
- Team receives **one point for each successful catch.**
- Team receives **two points for each successful field goal.**
- A **bonus of one point** is awarded for **each complete successful round of passing and catching the ball.**
- The maximum number of points that can be accumulated by a single team during one half is 55.
- The final team score is determined by adding the score from each of the 10 rounds.
- The team with the highest score is the winner.
- If the teams are tied at the end of regulation play, additional rounds are conducted. The first team to score more points in a round than its opponent is the winner.