



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.

- Individual Skills Competition (Level I & II)
- Team Skills Competition

3. INDIVIDUAL SKILLS RULES

There are two 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.

*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.

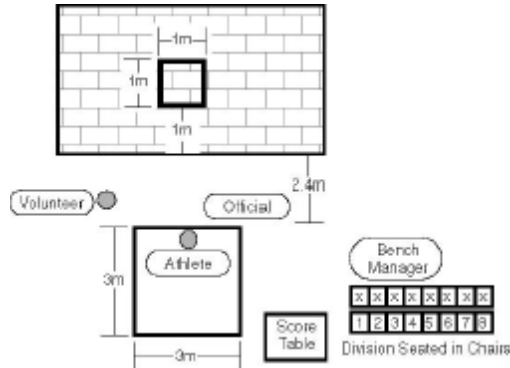


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3.1.1 Event #1: Target Pass



- 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 of 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.



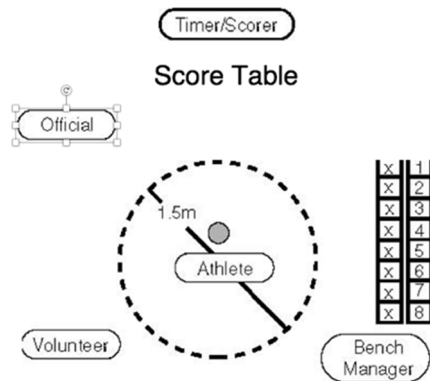
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3.1.2 Event #2a: Speed Dribble

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.



3.1.2.1 Equipment

- 3.1.2.1.1 Measuring tape Floor tape or chalk
- 3.1.2.1.2 One basketball (for women's and junior division competitions a smaller basketball which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz.] in weight may be used).
- 3.1.2.1.3 Stopwatch
- 3.1.2.1.4 Counter
- 3.1.2.1.5 Whistle

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

3.1.2.3 Rules

- 3.1.2.3.1 Athlete may use only one hand to dribble.
- 3.1.2.3.2 Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
- 3.1.2.3.3 Athlete starts and stops dribbling at the sound of the whistle.
- 3.1.2.3.4 There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- 3.1.2.3.5 Athlete must stay in the designated circle while dribbling.
- 3.1.2.3.6 If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.

3.1.2.4 Scoring

- 3.1.2.4.1 Athlete receives one point per legal dribble within the 60 seconds.
- 3.1.2.4.2 Counting stops and the event ends when the basketball rolls out of the circle for the third time.

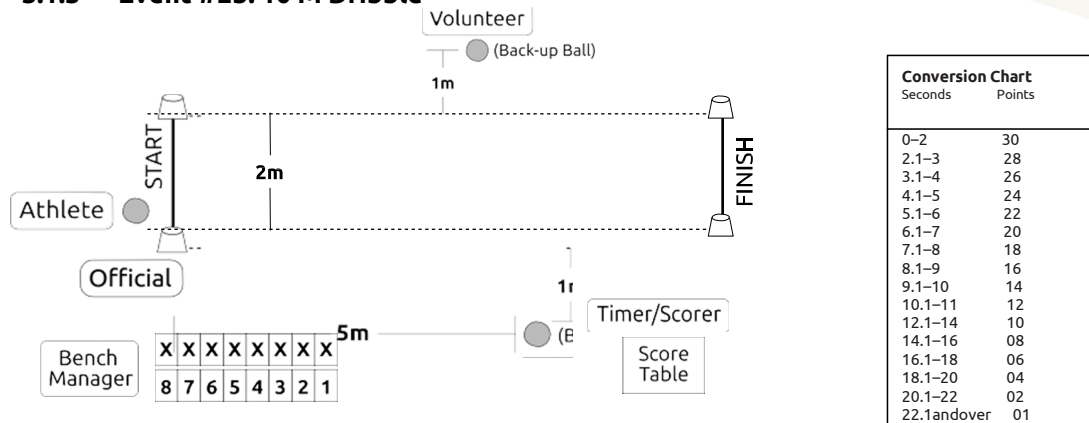


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3.1.3 Event #2b: 10 M Dribble



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

3.1.3.2 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 3/4 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.

3.1.3.3 Scoring:

- 3.1.3.3.1 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.
- 3.1.3.3.2 A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).
- 3.1.3.3.3 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.
- 3.1.3.3.4 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).

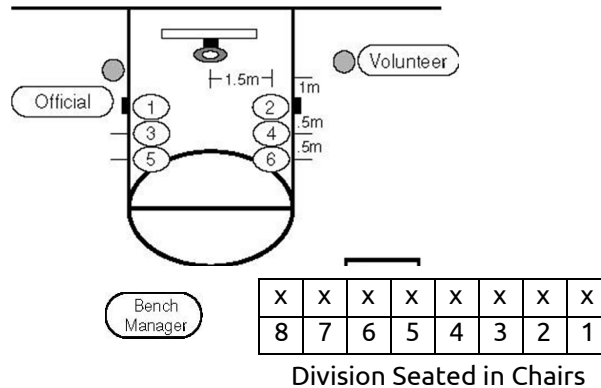


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3.1.4 Event #3: Spot Shot



3.1.4.1 Purpose: To measure an athlete's skill in shooting a basketball.

3.1.4.2 Equipment: Two basketballs (for women's and junior divisions competitions, a smaller basketball of 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).

3.1.4.3 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:

3.1.4.3.1 #1 & #2 = 1.5 meter (4 ft., 11 in) to the left and right plus 1 meter (3 ft., 3 1/2 in) out.

3.1.4.3.2 #3 & #4 = 1.5 meter (4 ft., 11 in) to the left and right plus 1.5 meter (4 ft., 11 in) out.

3.1.4.3.3 #5 & #6 = 1.5 meter (4 ft., 11 in) to the left and right plus 2 meter (6 ft., 6 3/4 in) out.

3.1.4.4 Scoring

3.1.4.4.1 For every field goal made at spots #1 and #2, two points are awarded.

3.1.4.4.2 For every field goal made at spots #3 and #4, three points are awarded.

3.1.4.4.3 For every field goal made at spots #5 and #6, four points are awarded.

3.1.4.4.4 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.

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

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



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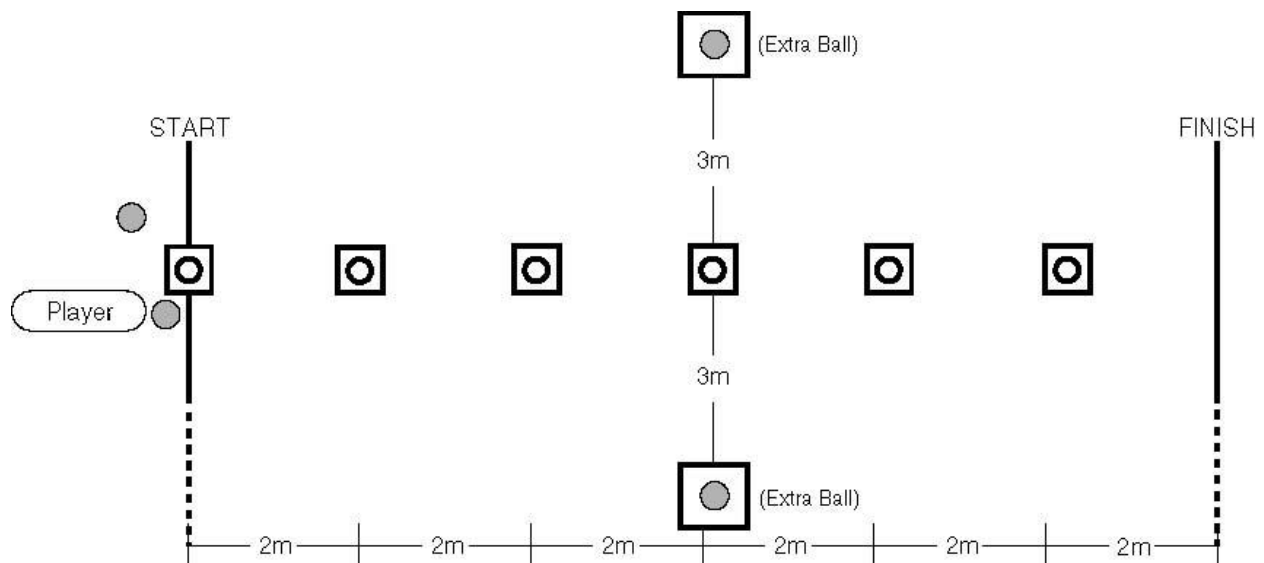
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3.2 Level II

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-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.

3.2.1 Event #1: 12 Meter Dribble



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

3.2.1.2 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.

3.2.1.3 Description:

3.2.1.3.1 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.

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

3.2.1.3.3 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.

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



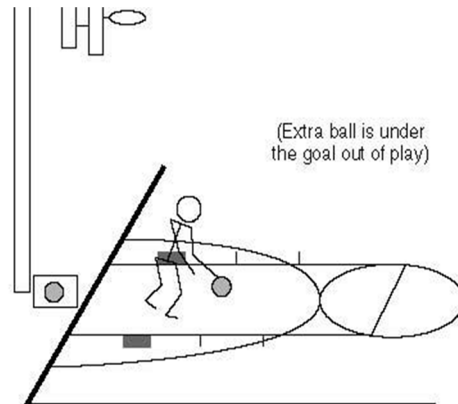
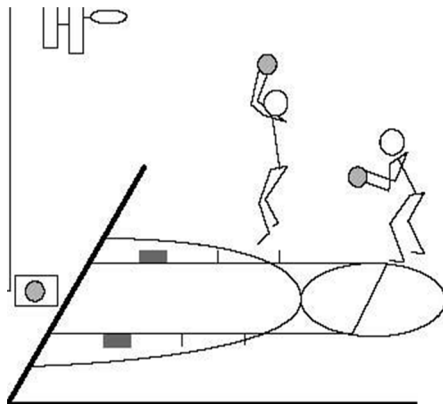
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- 3.2.1.3.5 The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
- 3.2.1.3.6 The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- 3.2.1.4 Timing: 60 seconds for one trial.
- 3.2.1.5 Scoring:
 - 3.2.1.5.1 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.
- 3.2.1.6 Staging
 - 3.2.1.6.1 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.
 - 3.2.1.6.2 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.

3.2.2 Event #2: Perimeter Shooting



- 3.2.2.1 Purpose: to measure an athlete's skill in shooting a basketball.
- 3.2.2.2 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.
- 3.2.2.3 Description
 - 3.2.2.3.1 A player stands anywhere along the free-throw line within the free throw circle.



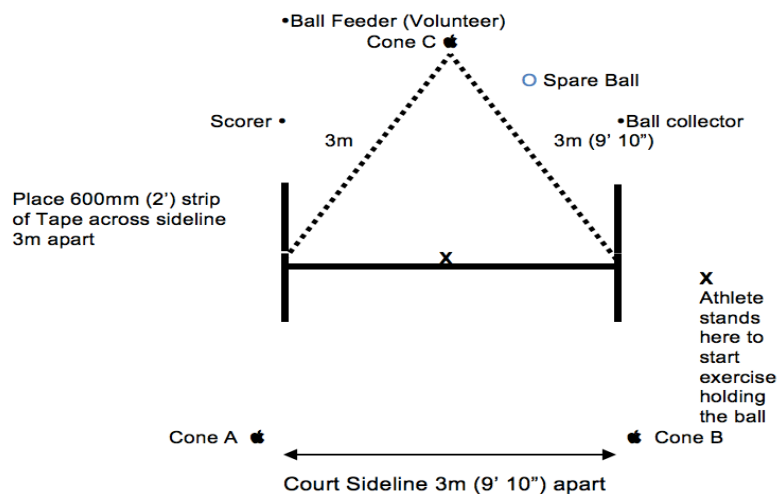
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- 3.2.2.3.2 The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 ft.). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
- 3.2.2.3.3 The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
- 3.2.2.3.4 The player shall make as many field goals as described above in one one-minute trial.
- 3.2.2.4 Timing: 60 seconds for one trial.
- 3.2.2.5 Scoring: Two points are awarded for each field goal made within the one-minute trial.
- 3.2.2.6 Staging
 - 3.2.2.6.1 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.
 - 3.2.2.6.2 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.
 - 3.2.2.6.3 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.
 - 3.2.2.6.4 Each volunteer is to administer the test and manage the area only.

3.2.3 Event #3: Catch and Pass





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- 3.2.3.1 Purpose: to measure an athlete's skill in passing and catching a basketball.
- 3.2.3.2 Equipment
 - 3.2.3.2.1 3 Cones, 2 Basketballs, Floor Tape, Air horn/Whistle, Score Bench and Clock.
 - 3.2.3.2.2 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.
 - 3.2.3.2.3 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.
 - 3.2.3.2.4 The ball feeder stands behind Cone C.
 - 3.2.3.2.5 A spare ball is placed near Cone C.
- 3.2.3.3 Description
 - 3.2.3.3.1 On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
 - 3.2.3.3.2 As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch.
 - 3.2.3.3.3 The player **MUST** have at least ONE foot over the end line at the point of catching the ball.
 - 3.2.3.3.4 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.
 - 3.2.3.3.5 When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass.
 - 3.2.3.3.6 The player continues passing, moving along the line and catching the ball for 60 seconds.
 - 3.2.3.3.7 A bounce pass maybe used with lower ability/less able athletes.
- 3.2.3.4 Timing: 60 seconds for one trial.
- 3.2.3.5 Scoring
 - 3.2.3.5.1 One point is scored for each good pass made to the feeder (the pass must be catchable).
 - 3.2.3.5.2 One point is scored for each good catch made by the athlete (i.e. no fumbles).
 - 3.2.3.5.3 The athletes must have the ball under control or no point can be scored.

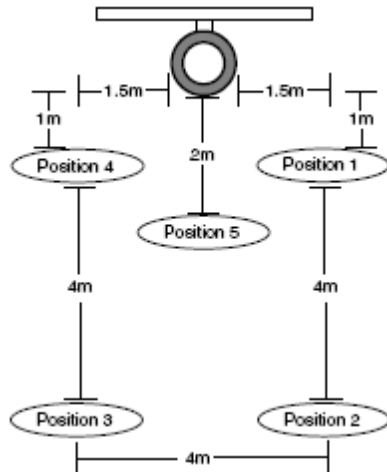


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4. TEAM SKILLS BASKETBALL RULES



4.1 Equipment

- 4.1.1 Two basketballs (for women's and junior division competitions, a smaller basketball 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

- 4.2.1 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 (see diagram).
- 4.2.2 Mark position #5 2 meters (6 ft. 6 3/4 in) from a spot under the front of the goal's ring.
- 4.2.3 Teams should submit a roster prior to the start of the game.
- 4.2.4 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.



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- 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.

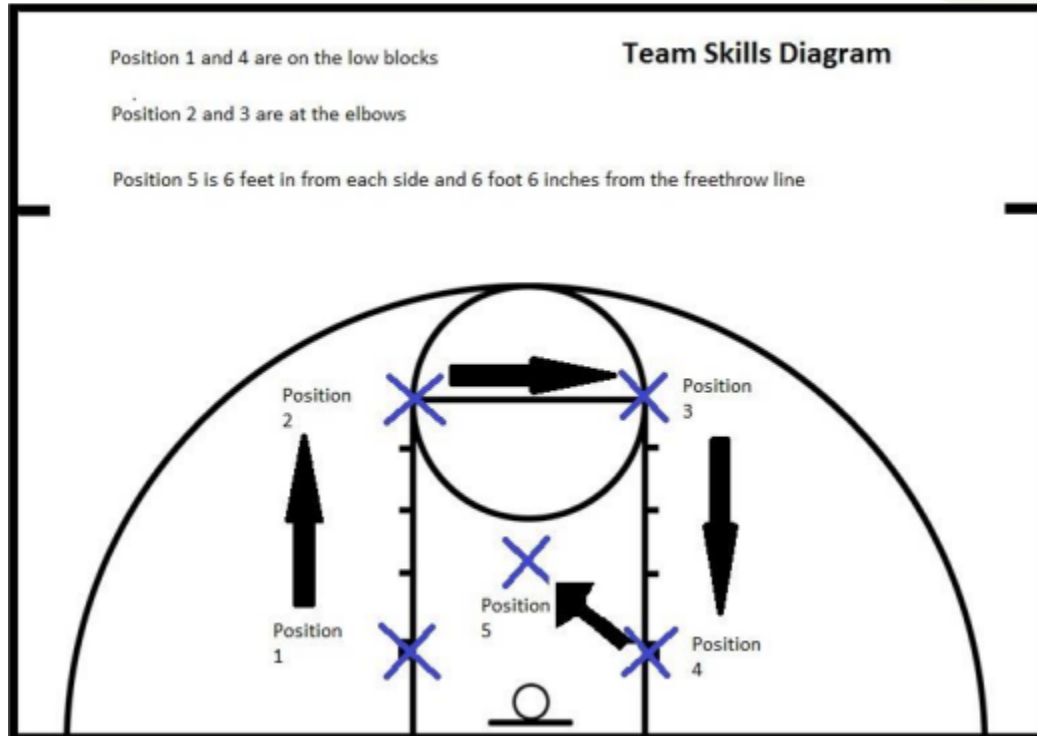
4.4 Scoring

- 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.
- 4.4.4 A bonus of one point is awarded for each complete successful round of passing, catching and made field goal.
- 4.4.5 The maximum number of points that can be accumulated by a single team during one half is 55.
- 4.4.6 The final team score is determined by adding the scores from each of the 10 rounds.
- 4.4.7 The team with the highest score is the winner.
- 4.4.8 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.



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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.

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.



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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					
First Half Total					

Second Half

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

Score Keepers Name _____



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Basketball Individual Skills Event Score Cards

Level I— Target Pass, Spot Shot, 10M Dribble or Speed Dribble

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	
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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	



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

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
POINTS	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	
POINTS	12	10	8	6	4	2	1	0	

Speed Dribble	Point	
Minimum: 1 Point per dribble	1	
60 second time trial		
One trial only		

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



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Level II – 12M Dribble, Catch and Pass, Perimeter Shooting

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

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

PERIMETER SHOOTING		TRIAL	POINTS
2 Points Per Basket	One Minute Trial	1	
After a made or missed shot, the athlete must dribble anywhere outside the arc before attempting another shot.			
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.			