



# Special Olympics Minnesota 2019 Basketball Handbook

**Special  
Olympics**  
Minnesota



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### New in 2019!

- Full Court Roster Change
- Metro Unified Basketball Competition

Practice ideas, skill development and basketball rules can be found in the SOI Basketball Quick Start Guide and SOI Basketball Rules at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)

# Special Olympics Minnesota Basketball Handbook

## **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 Federation Internationale des Quilleurs (FIQ) Rules. Special Olympics Minnesota adheres to Special Olympics Sports Rules for Basketball except in instances highlighted below.

### **Full Court**

#### **Game Play**

- Roster size- minimum 6, maximum 16
- Two 18-minute running time halves, stop time in the last two minutes of the 2<sup>nd</sup> half. Event management committee reserves the right to adjust game times before the start of a game.
- Timeouts- four- 30 second time outs per game. No carry over in overtime. One-30 second timeout for overtime.
- Official game ball- size 7 men's
- Athletes must enter the game. There is no minimum time requirement that an athlete is required to play.
- If point differential exceeds 20 points in the second half, the game will go to running time until the differential becomes 10 points or less
- Overtime– three minutes, stop time in the last minute. If tied after that, sudden death will be played and first team to score wins.
- Substitutions on dead balls only.
- Travel– an extra step is given, if it doesn't give an advantage (example – towards the basket or out of a double team)
- Stop time – the clock is stopped whenever the ball goes out of bounds, a foul is called, free throws are being shot, and during time outs. When the ball is inbound, the clock starts once a player touches the ball.

#### **Jump Ball**

- Starts the game
- Held ball results in possession awarded to alternating teams.

#### **Time-outs**

- Four time-outs per game (no carryover to overtime), one time-out per overtime

#### **Fouls**

- Shooting fouls results in fouled player attempting free throws
- Fifth personal foul player is out of the game, seventh team foul shoot bonus (one and one), and tenth team foul shoot double bonus (two shots)
- Technical foul results in two free throws and the possession of ball.

### **Violations**

- Inbound – five seconds, crossing half-court – 10 seconds, offensive lane – three seconds
- Travel – an extra step is given, as long as it doesn't give an advantage (example – towards the basket or out of a double team).
- Double dribble – is called.

### **Defense**

- All types of defenses are allowed at any time: zone, man-to-man, full and half court presses
- No full court press is allowed after 20-point difference

### **Additional Items**

- No foul language
- No jewelry, watches, or hats during play. Medical alerts allowed but must be taped down.
- Warm up your team off the court. Only if time allows can you do a warm up on the court.
- Recommended jersey numbers for full, half and Unified: 0-5, 10-15, 20-25, 30-35, 40-45, 50-55. Preferred on front and back of jersey.
- All coaches must coach from their team bench. Only one standing coach allowed. Only the appropriate number of coaches (based on athlete-coach ratio) will be allowed on the bench
- Only registered coaches can approach score table or referees. Spectators will be warned and at the discretion of referees and games committee will be ejected from competition.
- A team needs to start the game with the minimum number of required positions filled to avoid a forfeit. If an injury occurs during a game, they can drop to one short and continue that game.

## Half Court

### Game Play

- Roster size- minimum 4, maximum 7
- A team needs to start the game with the minimum number of required positions filled (three) to avoid a forfeit. If an injury occurs during a game, they can drop to one short and continue that game.
- Game begins with a coin flip to determine home and away team.
- Twenty minutes or 20 points whichever comes first. Stop time only in the last minute.
- Stop time – the clock is stopped whenever the ball goes out of bounds, a foul is called, and during time outs. When the ball is inbound, the clock starts once a player touches the ball.
- Athletes must enter the game at least once. There is no minimum time requirement that an athlete is required to play.
- Overtime – three-minute, stop time only in the last minute. If tied after OT, then first basket wins sudden death.
- Substitutions on dead balls only.
- Travel/Double Dribble – see Full Court rule.
- Time-outs – two per game, one in OT (no carryover). Game clock stops during time-outs.
- Field goals – Two-point field goals and three-point field goals are awarded.
- Technical fouls will be assessed for teams who excessively cross the free throw extended line at the referee's discretion. 2 points will be awarded, and possession of the ball retained.

### Fouls

- Players cannot foul out
- No free throws in half court. If a player is fouled on a made shot, the basket counts, and the offensive team retains possession.

### Possession Changes

- The ball must be put in play after any dead ball by a pass only, the pass does not need to cross the free-throw line extended. A dead ball occurs when there's been a foul, out of bounds, a basket scored or there has been a violation (traveling, double dribbling, etc.) Any time the referee blows their whistle it is a dead ball. The offensive player will have five seconds to put the ball in play to a teammate and
- The throw-in location is always from the top of the half-circle above the free throw line. The defense cannot cross the free-throw line to defend the offensive player and must stay at the free throw line until the offensive player has passed the ball to a teammate. Once the ball has been passed the defense can guard anywhere on the court.
- On any live-ball change of possession (i.e. steal, rebound of missed shot, etc.), the team gaining possession of the ball must have one foot or the ball cross an imaginary or taped line that extends through the free-throw line to both side lines. In the course of bringing the ball back across the line, the opposing team may defend the player(s) handling the ball at any time during this transition.
- Therefore, teams are not allowed "free backs" on a live-ball change of possession.
- The defense is entitled to take any legal actions to try and regain possession of the ball, however, should they gain possession of the ball, they will be required to bring it back past the line to reestablish their possession and make a legal attempt to score.
- Points will not be scored by illegal put-backs during change of possession. Team making the illegal shot will result in a turn over- change of possession

### Coaching

- During Half court games, one coach from each team may coach from the baseline. The second coach will need to coach from the bench.

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- Only registered coaches can approach score table or referees. Spectators will be warned and at the discretion of referees and games committee will be ejected from competition.

## **Unified Basketball**

### **Roster & Lineup**

Maximum 16, Minimum six-person roster. Must have five players to start the game (three Athletes and two Unified Partners at all times, failure to adhere to this ratio will result in a forfeit). Teams must register at least three Unified Partners. Unified Partner numbers ideally should not exceed the number of athletes. All Athletes must at least enter the game, no minimum minutes of playing time required though.

### **Unified Basketball Color Model & Scoring Ratio**

*Unified color model is often not enforced at Area competition during the divisioning process due to the number participating teams. Unified Partners are still required to meet the 25% scoring ratio if color model is not enforced. Color model will be enforced at State competition.*

#### GREEN – no scoring ratio

Athletes and partners should be of similar skill level and ability. Does not matter how many points are scored by the athletes or partners. Athletes or partners may score a majority of a team's total points.

#### YELLOW – Unified Partners 50% max

In general, Unified Partners are at a higher skill level. Partners can score up to 50% of their team's total score. At the conclusion of the game, if partners score more than 50% of their team's total points then the scorer's table will subtract partners' points from the team's total until it is a 50-50 ratio with the athletes points scored.

#### RED – Unified Partners 25% max

Unified Partners are at a higher skill level. Partners can score up to 25% of their team's total score. At the conclusion of the game, if partners score more than 25% of their team's total points then the scorer's table will subtract partners' points from the team's total until it is a 25-75 ratio with the athletes points scored.

### **Contesting Scoring Ratio**

Coaches may contest the ratio of the score but this must take place within five minutes of the conclusion of the game. Tournament director must be present for any contest. A team will not automatically lose a game if a partner falls outside of the approved ratio (which has happened in previous years). Now if teams fall outside of their color level's scoring ratio their team's total points will be adjusted according to the color they are in.

- **EXAMPLE:** *Team A is in the YELLOW level and partners score 18 out of their teams 30 total points. At the conclusion of the game event staff would subtract points from the partners until they fall in the approved ratio. As a result, Team A's final score would be 24 points (6 pts subtracted from the partners original 18 scored means the updated approved scoring allows the partners to score 12 of the teams total 24 points).*

### **Coaches & Unified Partners Roles**

Any individual that is registered to coach at the Unified competition cannot participate as a Unified Partner. Coaches are only allowed to coach. There must be at least one non-playing Level 2 coach on the bench at all times.

### **Game Play Rules** (same as full court rules)

### **Registering for Color Model?**

HOD/Coaches register for their color level on the quota form. Once registration closes we may need to move a team to a different color level based on divisioning and the number of teams that registered; but our emphasis will be to make sure that a team's experience and skill level are similar to the teams they will compete against.

### **Unified Individual Skills**

Individuals will practice as a unified pair. Both athlete and unified partner will go through the skills event together. Teammates will not be allowed to physically assist athletes during the skills drills. Both athlete and partner will go through skills together but receive separate skills scores which will be combined for a final team score.

### **Registering for Unified Individual Skills?**

Athletes and unified partners will be registered as a pair with two separate assessment scores. Unified pairs will be divisioned based upon combined team scores and age.

## INDIVIDUAL SKILLS INFORMATION AND SCORE SHEET

Athletes that compete in Individual Skills must participate in Individual Skills at practice and record their score on the registration form. Each athlete must complete the Target Pass, Spot Shot, and Dribble (Ten-meter dribble or Speed dribble, the speed station is for athletes that are not physically capable of doing the ten-meter dribble). The layout and scoring for each skill station are listed on the Individual Skills score sheet below as well as the [SOI Basketball Rulebook](#).

### Target Pass

- 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.
- e) 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.

Sum

1                      2                      3                      4                      5

### 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
11.1-12	11
12.1-14	10
14.1-16	8
16.1-18	6
18.1-20	4
20.1-22	2
Over 22	1

- a) The athlete begins from behind the start line and between the cones.
- b) The athlete starts dribbling and moving when the official signals.
- c) The athlete dribbles the ball with one hand for the entire 10 meters (32 feet 9 3/4 inches).
- d) A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
- e) The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- f) 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.

#### 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).

Please record Time and Score for both trials

1
2

Time                      Score
Time                      Score

Best

OR

### Speed Dribble

- a) Athlete may use only one hand to dribble.
- b) Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
- c) Athlete starts and stops dribbling at the sound of the whistle.
- d) There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- e) Athlete must stay in the designated circle while dribbling.

#### Scoring

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

Score



## EVENT INFORMATION

### Area Competitions

Area	Date	Location	City	Register By	Contact
Area 1/2	April 11	Bemidji State University: Gillette Rec Center	Bemidji	March 27	dani.druse@somn.org
Area 3	May 11	Lincoln Park Middle School	Duluth	April 26	dani.druse@somn.org
Area 4	April 25	Kennedy Secondary School	Fergus Falls	April 11	leah.wolkow@somn.org
Area 5	April 17	Staples Motley High School	Staples	April 3	leah.wolkow@somn.org
Area 5 Unified	March 6	Crosby Ironton High School	Crosby	Feb. 20	leah.wolkow@somn.org
Area 6/8	March 23	Litchfield High School	Litchfield	March 9	leah.wolkow@somn.org
Area 7	April 13	Rogers High School	Rogers	March 31	kelly.monicatti@somn.org
Area 9/10	April 28	Gustavus Adolphus	St. Peter	April 14	zak.armstrong@somn.org
Area 11	April 27	Breck School	Golden Valley	April 14	jake.krier@somn.org
Area 12	April 27	Hastings High School	Hastings	April 14	sarah.richardson@somn.org
Area 13	April 28	Stillwater High School	Stillwater	April 14	emily.garness@somn.org

### Metro Unified Basketball (qualifier for State)

Date	Location	City	Register By	Contact
April 28	Stillwater High School	Stillwater	April 14	emily.garness@somn.org

- Teams in Area 11, 12, & 13 must attend the Metro Unified basketball competition in order to attend state.

### Regional Basketball (not a qualifier for State)

Date	Location	City	Register By	Contact
April 6	St. Michael-Albertville HS	St. Michael	March 24	<a href="mailto:devin.kaasa@somn.org">devin.kaasa@somn.org</a>
May 11	Hastings High School	Hastings	April 28	<a href="mailto:devin.kaasa@somn.org">devin.kaasa@somn.org</a>
May 18	Foley High School	Foley	April 28	<a href="mailto:devin.kaasa@somn.org">devin.kaasa@somn.org</a>

- Regional competition includes: Full Court, Half Court, and Unified. If delegations have athletes participating in full court along with unified, scheduling conflicts may occur in which the athlete will need to choose which game to play in. Athletes participating in half court are only allowed to participate in half court due to schedule conflicts.

## Summer Games

Basketball	Date	Location
Unified	June 22-23	Anderson Athletic and Recreation Complex, University of St. Thomas
Ind. Skills	June 21	Anderson Athletic and Recreation Complex, University of St. Thomas
Full Court	June 21-23	Anderson Athletic and Recreation Complex, University of St. Thomas
Half Court	June 21-22	Anderson Athletic and Recreation Complex, University of St. Thomas

## Competition Details

- Quota due May 1
- Registration due May 28
- Celebration Ceremonies will be on Friday night
- Full Court Roster Size – 6 minimum, 16 maximum
- Half Court Roster Size – 4 minimum, 7 maximum
- Unified Roster Size – three unified partners minimum, 6 players minimum, 16 maximum
- Teams are guaranteed at least three games
- Awards are presented as divisions finish
- Athletes cannot compete in multiple sports
- Athletes can only participate in one basketball event due to conflicting schedules

## COACHES CERTIFICATION RATIO TABLES

### Individual Sports and Individual Skills

Athletes	Level II	Level I
1-4	1	0
5-8	1	1
9-12	1	2
13-16	1	3
17-20	2	3
21-24	2	4
25-28	2	5
29-32	2	6
33-36	3	6
37-40	3	7
41-44	3	8
45-48	3	9
49-52	4	9
53-56	4	10
57-60	4	11
61-64	4	12
65-68	5	12
69-72	5	13
73-76	5	14
77-80	5	15
81-84	6	15
85-88	6	16
89-92	6	17
93-96	6	18
97-100	7	18

### Team Sports\*\*

Coach ratios for team sports are per team, not the total number of athletes registered

Athletes	Level II	Level I
3-4	1	0
5-8	1	1
9-12	1	2
13-16	1	3

### Team Sport Roster Size

Sport	Team
Half-Court Basketball	4-7
Full-Court Basketball	6-16
Unified Basketball	6-16
Poly Hockey	6-16
Unified Flag Football	6-16
Traditional & Unified Softball	10-16
Traditional & Unified Volleyball	6-16

\* Unified Individual Sports Coach Ratio: Delegations are allowed to count Unified Partners who are certified coaches toward their ratios provided that any delegation bringing more than one athlete to a competition has at least one Level II coach on site who is not playing and still meets the appropriate coach ratio. Coach ratios for individual skills must still be met by non-playing coaches.

\*\* Unified Team Sports ratios are the same as traditional team sports, teams still need one non-playing Level II coach on the bench at all times. Unified Partners will be included in coach ratio if they are 16 years of age or older.

## BASKETBALL DIVISIONING

### Basketball Divisioning

- Coaches complete individual assessment scores for each athlete and add scores to determine team assessment score. Assessment scores are submitted during online registration
- Divisioning is based on assessment scores and the results from previous competitions. When divisioning for State much more emphasis is put on common opponents, coach notes, previous game results, and competitions.
- Divisioning is done by SOMN staff, coach feedback, and a divisioning committee consisting of coaches from all Areas.
- If you or someone from your delegation is interested in being a part of the State basketball divisioning committee, please contact Jasmine Jones [jasmine.jones@somn.org](mailto:jasmine.jones@somn.org)

### Divisioning Team Sports

The divisioning process for team sports is much different, and much harder, than individual sports. Unlike most individual sports, team sports do not have concrete distances or times that can be used, although we do have teams submit assessment scores for individual players. Once a game starts, however, the information contained in the assessments often takes a back seat to the dynamics at play minute-by-minute, play-by-play on the court or field.

The challenge with divisioning team sports is that there are many factors that affect how a team performs on any given day — missing players, illness, penalties, behavior, coaching, who's hot and who's not, individual match ups, etc. With divisioning in team sports, much more emphasis is put on game results, common opponents, coach rankings and coach notes. There is not a perfect science to ensure that all divisions will have close games, which is why we have developed a process for team sports that includes divisioning committees. The divisioning committees allow for more coach involvement, better team evaluation and improved divisioning. We recognize there may be some games during a competition that are not competitive, but we hope that the team sports divisioning process creates the most equal divisions possible.

## SPORTSMANSHIP

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive Effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a match/event: Never quit.

### **Fair Play at All Times**

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.