Special Olympics Ohio

Basketball Rules Manual (rev. 9/2023)

All Special Olympics Ohio Basketball games are run according to the National Federation of State High School Associations (NFHS) Rules. Any modifications to those rules shall be found in this manual.

OFFICIAL EVENTS

The SOOH Basketball season runs October through February. The State Tournament is held during the first quarter of each year. Teams must qualify for the State Tournament by placing first in their division in an Approved Regional Qualifying Tournament for the given season. Individual Skills athletes must qualify for State Individual Skills competition by participating in an approved Regional qualifying skills competition during the given season.

Special Olympics Ohio provides a range of events to offer athletes of varying abilities the opportunity to compete. The following is a list of official events available in Special Olympics Ohio.

- Individual Skills Competition: Level 1 & 2 (*Please Note* - Level 2 Skills is not offered at Regional or State Competition at this time)
- Team Competition (5 on 5)
- Unified Sports Team Competition (5 on 5)

DIVISIONING

ABILITY is the primary divisioning factor in Special Olympics. An entry score from a prior competition or a preliminary event determines the ability of an athlete or team. The other two criteria used for divisioning are age and gender. Ideally, competition is enhanced when all divisions accommodate at least three (3) and no more than eight (8) competitors or teams of similar ability. In some cases, however, the number of athletes or teams within a competition will be insufficient to achieve this goal.

The range of choices for entry in Special Olympics Ohio's basketball competition provides a level of competition for athletes of all abilities. While no specific measures regulate placement of an athlete in an event, the following chart is a guide for determining the most appropriate selection. An athlete's skill, knowledge of rules, and physical ability are the primary considerations. Other considerations such as number of athletes in the program, interest/motivation of the athlete, previous experience, and opportunities, for local competition may influence selection of the most appropriate event of each individual. Women Athletes may compete in Male Divisions, however, Male Athletes may not compete in Women Divisions. Athletes who are ages 8-15 may compete in School Age Division 2, however, Athletes ages 16-21 may not compete in School Age Division 1. Once a team has won their designated division, they will automatically be moved to the next division up.

Male Division 1
- No adaptations for this division. All five starting players have advanced and high level of understanding of rules and team concept, high stamina, and demonstrate high level of skill.

Male Division 2
- No adaptations for this division
- Four of five starting players have a good understanding of rules and team concept
- Players display above average skills; shooting, passing, dribbling, rebounding & defending
- Most players have the ability to dribble with few violations
- Most players know where to go and where to be
- Players have a good understanding of fouls

Male Division 3
- No adaptations for this division
- Three of five starting players have moderate basic skills; shooting passing dribbling, rebounding, & defending
- Players have a moderate concept of rules and team play, are able to understand plays.
- Players have the ability to dribble, but there are still violations called (less frequently than Division 4).
- No verbal cues needed
- Players understand fouls
- Teams in this division have 2-3 dominant players.

Male Division 4
- No Adaptations for this division
- Two of five players have basic skills; shooting, passing, dribbling, rebounding & defending
- Players have a LIMITED concept of rules and team play
- Players have ability to dribble, but will see frequent shuffles, double dribbles, etc. (A violation will be called when an advantage is gained)
- Players rely on limited verbal cues
- Teams in this division do not have more than one (1) dominant player.
- Players have a limited understanding of fouls

Male Division 5
- Players do not have an understanding of rules or team play
- All players have very LIMITED and very low basic skills; shooting, passing, dribbling, rebounding & defending
- These players are just above an athlete skill level of those athletes who participates in Individual Skills competition.
- Players need verbal cues on all aspects of the game
- No understanding of fouls

- ***If you have one good player who dominates a game, you could possibly be a division 4 team

Women Division 1
- No adaptations for this division
- All Players have a high to moderate understanding of skills; shooting, passing, dribbling, rebounding, & defending.
- Players have high to moderate concept of rules and team play.
- Players do not need verbal cues.
- Players understand fouls.
- Teams in this division have at least 2-3 dominant players.

Women Division 2
- All Players have a limited to very limited understanding of rules or team play.
- All players have very LIMITED basic skills; shooting, passing, dribbling, rebounding & defending
- Players need verbal cues on all aspects of the game
- No or very limited understanding of fouls

School Age Division 1 (Ages 8-15)
- All players in this division fall in the age category of 8 – 15.

School Age Division 2 (Age 16-21)
- All players in this division fall in the age category of 16 – 21.

Unified Division 1
- All Players have a high to moderate understanding of skills; shooting, passing, dribbling, rebounding, & defending.
- All Players have high to moderate concept of rules and team play.
- All Players do not need verbal cues.
- All Players understand fouls.
- Teams in this division have at least 2-3 dominant players.

Unified Division 2
- All Players have a limited to very limited understanding of rules or team play.
- All players have very LIMITED basic skills; shooting, passing, dribbling, rebounding & defending
- Players need verbal cues on all aspects of the game
- No or very limited understanding of fouls

UNIFORM AND EQUIPMENT:
Uniforms

1. All players must wear numbered uniforms. Only digits 0-5 should be used with the highest possible combination number being 55. A team member list shall not have both numbers 0 and 00. Numerals 6, 7, 8 and 9 should never be used (NFHS).

2. All players should wear flat gym, court, or tennis shoes.
3. All members of a team must wear the same color uniform. If a T-shirt is worn under a basketball jersey, it should be a solid color.
4. No blue jean shorts or pants, or denim of any kind is allowed.
5. Headbands, wristbands, arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible. If worn, they shall be a solid color.
6. No jewelry is permitted by any athlete unless for medical reasons. In these cases, athletes should wear tape or a sweatband to cover it
7. Uniform Violation: A two-shot technical foul and loss of possession to begin the game if any player or players are in violation of the uniform standard. If both teams are in violation, the free throws will be shot, followed by a jump ball.

Equipment

1. Special Olympics Ohio basketball, calls for the use of NFHS standard basketball equipment including the regulation basketball, baskets and basket heights. The use of wheelchairs or walkers is not permitted for safety purposes.
2. A standard basketball (29 ½ inch) will be used for all Traditional Male Divisions. A smaller basketball (28 ½) will be used for all School Age and Women Divisions.

GAME ROSTER
1. All team members must be listed on the Official Team Roster submitted to the State Office. Each roster must consist of a minimum of 8 players and may not exceed 15 players.
2. Only players and coaches listed on the roster shall sit on the bench.
3. At least ten (10) minutes prior to the start of the game, the coach shall submit a line-up card to the scorer listing the uniform number, names, and starting line-up. Failure to do so will result in a technical foul.
4. Both teams should be prepared for play at game time. Should a team not be present, the games director will try to contact the team. At this point a ruling will be made on if that team will need to forfeit.

PLAYERS AND SUBSTITUTES
- A team must have five (5) players to start the game.
- Substitutions may be made any time the referee's whistle is blown to stop play and during time-outs, or prior to the beginning of a quarter if the substitute reports prior to the warning buzzer.
- A substitute who desires to enter shall report to the scorers, giving his/her number.
- During multiple free throws for all fouls, substitutions may be made before the Final attempt in the sequence and after the Final attempt has been converted.

GENERAL TEAM RULES

- Prior to any tournament competition, which includes Regional qualifiers, each team must play at least three (3) games against three (3) different opponents during the regular season that are from accredited local programs. These teams must also complete at least 3 coaches rating sheets and turn them into their regional director by the set deadline.
    - o Coaches rating sheets must include a copy of the scorebook that shows both the home and visiting team information.
        - • Exception: School Age and Women's Divisions need only complete at least (1) rating sheet by the set deadline.
    - o For games to count towards this requirement, games must be:
        - ▪ Against teams in same classification (Traditional or Unified).
        - ▪ Against teams in the same age group (School Age Specific),
        - ▪ Against teams in the same gender group (Male or Female - coed teams play in the Men's competition)
            - • Exception: Teams should be playing opponents either "up" one level or "down" one level for games with coaches rating sheets. For example, a Division 3 team should be playing against a Division 2 or 4 team, but not a Division 5 team.
- All players on your roster must play in each game. Local Coordinators need to enforce this Special Olympics rule. The rule is as follows from SOI Sports Rules Article One:
    - o 2.6 - Statement of Participation - 2.6.1 - Each team is recommended to play all eligible team members in every game unless a player is injured or has been removed due to disciplinary reasons. Coaches must notify the competition management prior to each game if players on the approved tournament roster will not be playing due to injury or disciplinary reasons. Failure to play all eligible team members in each game will result in penalties, up to and including forfeit and disqualification.

THE GAME

Timing

1. For all Divisions, games will consist of four (4) periods, each being 8 minutes long.
    a. The clock will stop for all dead ball situations.
2. There will be a 1-minute intermission between the 1st and 3rd quarters and a 10-minute intermission between halves of all divisions.
3. All games and extra periods (overtime) start with a jump ball in the middle circle.
4. After the 35-point differential has been met but the score drops below 30 points, the clock reverts to regular timing. Should game reach the 35-point differential in the second half, the clock shall only be stopped for an injured player on the court, team timeouts or when there is an unusual delay deemed necessary by the contest officials

Overtime

1. All Divisions - Overtime will be 4 minutes in duration. The clock will stop for all dead ball situations.

Time Outs

1. Each team is entitled to three 60-second and two 30-second timeouts during a regulation game. Unused time-outs accumulate and may be used at any time. Each team is entitled to one extra time-out during each over-time period. When calling a timeout, coaches will need to inform the official on the court as to what kind of time-out is being used. If no signal is made, they will automatically be charged with a full time out.

Pressing

1. Full court pressing is allowed.

Three Point Goal

1. Three (3) points shall be credited for any shot made from beyond the three-point line (19'9" from the basket).

Players fouled in the act of a three-point goal attempt shall be awarded three (3) free throws (unless the attempt is good, in which case one (1) free throw is awarded.

VIOLATIONS

Violations, such as over and back, 10 seconds, free throws, throw-in, and three second lane violations, will be called in accordance to NFHS standards.

1. During frontcourt throw-in, ball can be thrown directly into backcourt.
2. Five second closely guarded count only in the frontcourt.

FOULS

Fouls will be called in accordance to NFHS standards

1. Each player will be allowed five (5) fouls per game. The fifth foul will result in removal of that player from the game.
2. The one-and-one bonus free throw situation will be in effect on the seventh team foul of each half.
3. The double bonus (2 shots) will be in effect on the 10th foul of each half.

Free Throws:

1. 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.

Intentional Foul

1. If an intentional foul occurs, the penalty is two (2) free throws and the ball out of bounds at the spot nearest the foul.

Technical Fouls:

1. Technical fouls will be assessed for unsportsmanlike conduct by any coach, player, team attendant or follower. Technical fouls committed by a player shall result in two (2) free throws. If the technical foul is committed by bench personnel, the offended team is awarded (2) free throws. If the foul is flagrant (violent, vulgar or abusive), two (2) free throws shall be awarded and the offender shall be ejected from the game. Any third technical for above reasons is considered a flagrant foul and shall be treated as such.
   If at any time an athlete or player is ejected from a game for any reason, the following shall occur:
   - 1st offense: Sit out team's next game.
   - 2nd offense: Sit out team's next two games.
   - 3rd offense: Receive a year suspension from the sport

OFFICIALS AND THEIR DUTIES
1. Referees shall have the power to make all decisions on any point not specifically covered in the rules.

2. The referee shall toss the ball just above the heads of the two centers at the start of the game and any Overtime periods only. All other jump ball situations will be administered with the alternate possession rule, beginning with the team that failed to control the jump ball at the start of the game. The official scorer is responsible for keeping track of alternate possessions.

UNIFIED TEAM RULES

1. Roster
   a. The roster shall contain a proportionate number of athletes and partners, which is three athletes and two partners to start each game.
2. Line-Up
   a. During competition, the line-up shall never exceed three (3) athletes and two (2) partners at any time. Penalty: Forfeit.
3. Coach
   a. Each team shall have an adult, non-playing coach responsible for the line-up and conduct of the team during competition.
   b. The game shall not start until the coach is present on the sideline.

INDIVIDUAL SKILLS COMPETITION

Level 1 Individual Skills

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.

Please see the appendices A, B, and C below for Level 1 Skills scoresheet, conversion chart, and scoresheet instructions.

Event #1: Target Pass
- **Purpose:** to measure an athlete's skill in passing a basketball.
- **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.
- **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.
- **Scoring:**
  - The athlete receives three points for hitting the wall inside the square.
 - The athlete receives two points for hitting the lines of the square.

- o The athlete receives one point for hitting the wall but not in or on any part of the square.
- o The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
- o 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.
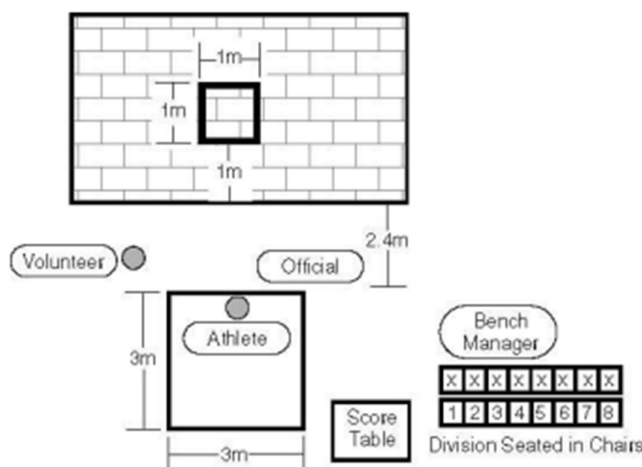
Event #2: 10 M Dribble

- **Purpose:** to measure an athlete's speed and skill in dribbling a basketball.
- **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 meters (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.
- **Scoring:**
  - o 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.
  - o A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).
  - o 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.
  - o 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).
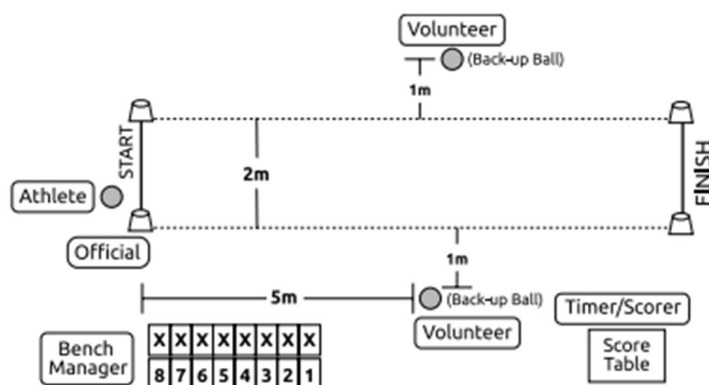
Event #3: Spot Shot

- **Purpose:** To measure an athlete's skill in shooting a basketball.
- **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).
- 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:
    - #1 & #2 =1.5 meter (4 ft., 11 in) to the left and right plus one meter (3 ft., 3 1/2 in) out.
    - #3 & #4 =1.5 meter (4 ft., 11 in) to the left and right plus 1.5 meter (4 ft., 11 in) out.

- #5 & #6 = 1.5 meter (4 ft., 11 in) to the left and right plus two meter (6 ft., 6 3/4 in) out.
- **Scoring**
  - For every field goal made at spots #1 and #2, two points are awarded.
  - For every field goal made at spots # 3 and #4, three points are awarded.
  - For every field goal made at spots # 5 and #6, four points are awarded.
  - 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.
  - 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.
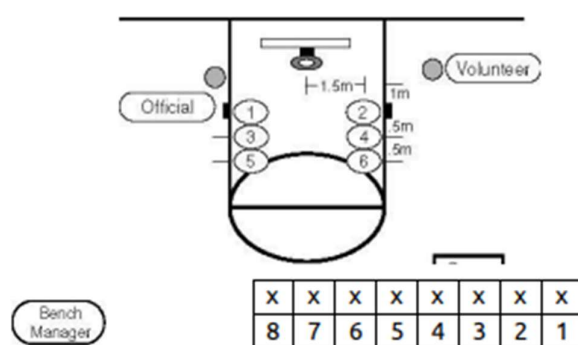
Level 2 Individual Skills

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.

Event #1 12 Meter Dribble
- **Purpose:** to measure an athlete's speed and skill in dribbling a basketball.
- **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.
- **Description:**
  - 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.
  - The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
  - 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.
  - The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
  - The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
  - The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- **Timing:** 60 seconds for one trial.

- **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.
- **Staging**
    - 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 8 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.
    - 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 athletes score. Each volunteer is to administer the test and manage the area only.
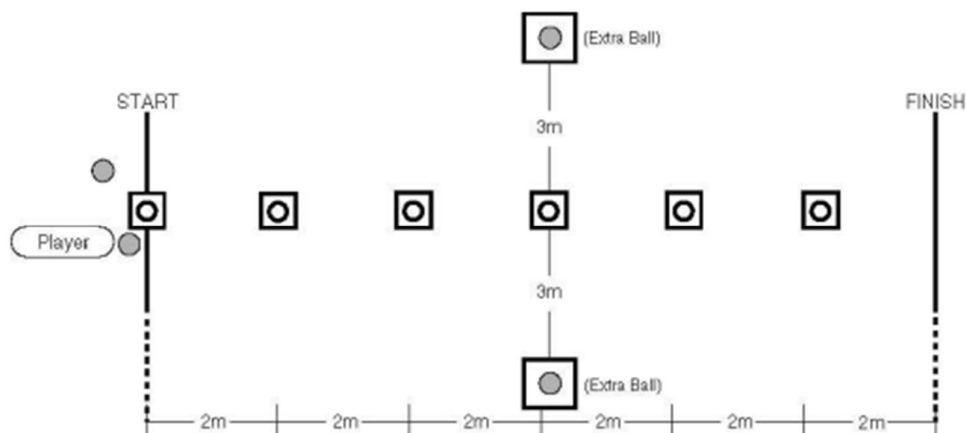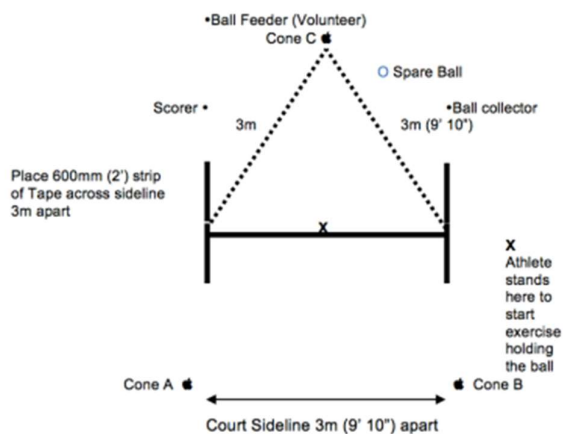
Event #2: Perimeter Shooting

- **Purpose:** to measure an athlete's skill in shooting a basketball.
- **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.
- **Description**
  - A player stands anywhere along the free-throw line within the free throw circle.
  - 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.
  - The player shall make as many field goals as described above in one-minute trial.
- **Timing:** 60 seconds for one trial.
- **Scoring:** Two points are awarded for each field goal made within the one-minute trial.
- **Staging**
  - 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 field goals the player makes in one minute.
  - 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.
  - Each volunteer is to administer the test and manage the area only.

(Extra ball is under the goal out of play)
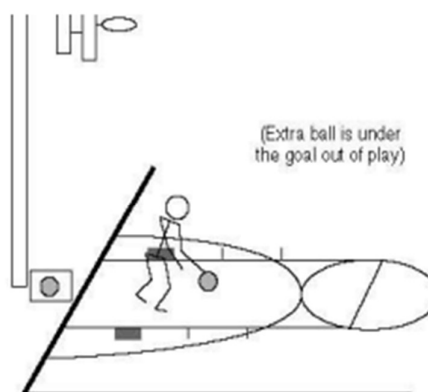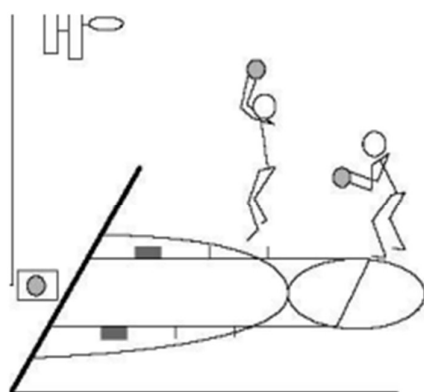
Event #3: Catch and Pass

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

Appendix A

A complex scoring sheet with repeated athlete score columns. The form contains the following section headers and fields:

ATHLETE: LAST NAME, FIRST NAME, AGE, LEVEL, DIVISION

RESULT: DRIBBLE, PASS, SHOT, TOTAL, PLACE

DRIBBLE: # , TIME (SEC), PENALTY +1 SEC, TOTAL (SEC), BEST — "Best time / sec = X points, from conversion table"

TARGET PASS: # , CTR, BOX LINE, OUT SIDE, CATCH, TOTAL (ADD ALL COLUMN TOTALS)

SPOT SHOT: ROUND 1 (# , GOAL, HIT, MISS), ROUND 2 (# , GOAL, HIT, MISS), TOTAL (ADD ALL COLUMN TOTALS)

Appendix B

Conversion Chart			
Seconds	**Points**	**Seconds**	**Points**
0-2	30	10.1-12	12
2.1-3	28	12.1-14	10
3.1-4	26	14.1-16	8
4.1-5	24	16.1-18	6
5.1-6	22	18.1-20	4
6.1-7	20	20.1-22	2
7.1-8	28	22.1 & Over	1
8.1-9	16	If not completed or fail to dribble	0
9.1-10	14		

Appendix C

LEVEL 1 BASKETBALL SKILLS SCORING SHEET INSTRUCTIONS (Single sheet per division)

Sheet Set-Up
1. **Athlete information**
   - Pre-fill the athlete information

Field recording of attempt results
2. **Dribble**
   - Enter the times as announced for each of the 2 attempts.
   - Enter the penalty seconds as announced for each of the two attempts.
3. **Target pass**
   - During each of the 5 attempts, record the score types (i.e. center, box line, outside, catch) as announced by circling the number shown.
4. **Spot shot**
   - During each round of 6 attempts, record the score type (goal, hit, miss) as announced by circling the appropriate score beside each attempt number.

Convert attempt results to points
5. **Dribble**
   - Total the points for each of the 2 rounds

   (yellow box)
   - Identify the lowest time

   (check mark)
   - Use the conversion chart to convert the seconds to points and enter

   (green box)
6. **Target pass**
   - Total the points in each column (center, box line outside box, catch)
   (yellow box)
   - Add the yellow column totals to obtain the station total
   (green box)
7. **Spot shot**
   - For each round, total the points in each column (goal, hit, miss)
   (yellow box)
   - Add the yellow column totals of both rounds to obtain the station total (green box)

Complete the RESULT column
8. **Dribble (green box)**
9. **Pass (green box)**
10. **Shot (green box)**
11. **Total the 3 stations for RESULT TOTAL (green box)**

Placement
12. **Determine placement**