



Special Olympics Minnesota Basketball Handbook

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COACH CERTIFICATION RATIO TABLE

The updated coach certification ratio tables can be found in the Special Olympics Minnesota Coaches Portal under policies and fact sheets, or here: [Coach Ratio Table](#)

MORE INFORMATION

Practice ideas, skill assessment/development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport can be found at www.specialolympics.org/sports.aspx

For more rule clarifications, please visit <http://www.fiba.basketball/>.

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 the governing body rules with International Basketball Federation. Special Olympics Minnesota adheres to Special Olympics Sports Rules for Basketball except in instances highlighted below.

FULL COURT RULES

Gameplay

- Roster size – minimum 6, maximum 16
 - A team needs to start the game with the minimum number of required players (five) to avoid a forfeit. If an injury occurs during a game, they can drop one player short and continue that game. If a team drops one player short during the game due to any other reason besides injury, the game results in a forfeit.
- Two 18-minute running time halves with stop time in the last two minutes of the second half. Event management reserves the right to adjust game times before the start of a game.
- Jump Ball starts the game. A held ball results in possession awarded to alternating teams.
- Official game ball – size 7 men's
- Substitutions on dead balls only.
- Athletes must enter the game. There is no minimum time requirement that an athlete is required to play.
- Timeouts – Four 30-second timeouts per game. No carryover in overtime. One 30-second timeout for overtime.
- If the point differential exceeds 20 points in the second half, the game will go to running time until the differential becomes 10 points or less.
- If a team has a lead of 30 or more points anytime past the 9-minute mark in the second half, they will be declared the winner of the game. Teams will still play out the rest of the game, but scoring will not be updated on the scoreboard or scoresheet. All other facets of gameplay (fouls, substitutions, etc.) will continue throughout the entirety of the game. Scoresheets will mark if this mercy rule was used.
- Overtime – Three minutes, stop time in the last minute. If tied after that, sudden death will be played and first team to score wins.
- Stop Time rules – The clock is stopped whenever the ball goes out of bounds, a foul is called, free throws are being shot, and during timeouts. When the ball is inbounded, the clock starts once a player touches the ball.
- All types of defenses are allowed: zone, man-to-man, full and half court presses
 - The only stipulation is there is no full court press allowed if a team is leading by 20 or more points.

Fouls

- Shooting fouls result in fouled player attempting free throws.
- When a player gets their fifth personal foul, they are out of the game.
- On the seventh team foul, the other team will shoot bonus (one and one).
- On the tenth team foul, the other team will shoot double bonus (two shots).
- Technical fouls result in two free throws and possession.

Violations

- Ball must be inbounded within 5 seconds.
- Ball must cross half court within 10 seconds.
- Offensive lane violations are called after 3 seconds.
- Travelling – An extra step is given, if it does not give an advantage (for example, towards the basket or out of a double team).
- Double dribbling is enforced.
- All violations will result in a change of possession.

Additional Items

- There will be no jewelry, watches, hats, bandanas, or other types of head gear allowed during play. Sweatbands are allowed. Medical alerts are allowed but must be taped down.
- No foul language.
- Teams will need to warm up off the court. Only if time allows can you do a warm-up on the court.
- Recommended jersey numbers, which should be on the front and back of the jersey: 0-5, 10-15, 20-25, 30-35, 40-45, 50-55.
- All coaches must coach from their team bench. Only one standing coach is allowed. Only the appropriate number of coaches (based on the [coach ratio](#)) will be allowed on the bench.
- Only registered coaches can approach the score table or referees. Spectators will be warned and at the discretion of referees and event management could be ejected from the competition.
- If a team forfeits a game during a competition, it will receive last place within the division. If a team forfeits 50% or more of their games at a competition, they will receive a participation award.

HALF COURT RULES

Gameplay

- Roster size – minimum 4, maximum 7
 - A team needs to start the game with the minimum number of required players (three) to avoid a forfeit. If an injury occurs during a game, they can drop one player short and continue that game. If a team drops one player short during the game due to any reason besides injury, the game results in a forfeit
- The game begins with a coin flip to determine which team starts on offense.
- The game ends after 20 minutes or 20 points, whichever comes first.
 - All games will go on for at least 15 minutes, to ensure that all players get enough time to play. If a team scores 20 points before 15 minutes have elapsed, the game will continue but scoring will not be recorded.
- Stop time only occurs in the last minute of the game.
- Stop Time rules – the clock is stopped whenever the ball goes out of bounds, a foul is called, and during timeouts. When the ball is started up top, the clock will start at the referee's call.
- Athletes must enter the game at least once. There is no minimum time requirement that an athlete is required to play, but they must enter the game.
- Overtime – Three-minute maximum or first team to reach 20 points, continuing from regulation. Stop time only in the last minute. If tied after OT, then first basket wins (sudden death).
- Timeouts – Two 30-second timeouts per game, one in overtime (no carryover).
- Field Goals – Two-point and three-point field goals are awarded.

Possession Changes

- 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.
- The ball must be put in play after any dead ball by a pass only, and the pass does not need to cross the free throw line extended.
- A dead ball occurs when there has been a foul, out of bounds, a basket scored, or a violation. 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.

- On any live-ball change of possession (steal, rebound, 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. While bringing the ball back across the line, the opposing team may defend the player handling the ball during this transition.
 - Teams are not allowed “free backs” on a live-ball change of possession.
- The defense is entitled to take any legal action 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 turnover or change of possession, but no points will be added to either team in this scenario.

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.

Fouls/Violations

- Players cannot foul out.
- No free throws in half court games. If a player is fouled on a made shot, the basket counts, and the offensive team retains possession.
- Technical fouls can be assessed for teams who excessively cross the free throw extended line. Two points will be awarded, and possession of the ball retained.
- Travelling and double dribbling will be called, like full court rules.

UNIFIED BASKETBALL RULES

All gameplay rules from traditional full court will be used in Unified except for those that follow in this section.

Roster and Lineup

- Roster size – minimum 6, maximum 16.
 - Must have five players to start the game (three athletes and two Unified partners). Failure to adhere to this ratio will result in a forfeit. If an injury occurs during a game, the team can drop one player short and continue that game. If a team drops one player short during the game due to any other reason besides injury, the game results in a forfeit.
- Teams must register at least three Unified partners. Ideally Unified partners should not exceed the number of athletes.
- All athletes must enter the game, no minimum minutes of playing time required.

Coach and Unified Partner Roles

Any individual that is registered to coach at the Unified competition cannot participate as a Unified partner. At the state competition, Unified partners are eligible to coach traditional full court or half court games.

Coaches are only allowed to coach. There must always be at least one non-playing Level 2 coach on the bench.

Unified Competition Models

At the state competition, Unified teams will be able to select to compete in one of two competition models: **Competitive** or **Classic**.

- Competitive
 - Athletes and partners should be of similar skill level and ability.
 - There are no scoring limits for athletes or Unified partners, however, meaningful involvement should remain a focus.
 - Unified partners should not dominate gameplay.
 - Event management has the right to intervene, if needed.
- Classic
 - Unified partners are typically at a higher skill level than athletes.
 - Teammates of a higher ability level serve as mentors to assist teammates still developing their skills.
 - Unified partners are not allowed to score more points than athletes.
 - At the conclusion of the game, if the points scored by Unified partners are higher than the points scored by athlete, the team's final score will be adjusted before declaring a winner.
 - For example, if at the end of a game, partners have scored 25 points and athletes have scored 20 points, the team's final score would be adjusted from 45 points to 40 points (20 from the athletes, 20 from the partners).
 - Teams may request updates from the score table at halftime, or during any timeout.
 - Coaches may contest the ratio of the score at the end of the game, but this must take place within 5 minutes of the conclusion of the game. Event staff must be present for any contest.

At all regional competitions, teams will compete in the Competitive model. As part of the errors and exceptions process for the state competition, teams will notify the state office if they would like to compete in the Classic model.

SOMN staff at the state office reserves the right to require a team to move up to the Competitive model if it is deemed that the team's gameplay would be a better fit in that model.

INDIVIDUAL SKILLS RULES

Registration Process

Special Olympics Minnesota offers two levels of Individual Skills competition. Athletes that compete in Individual Skills must submit a qualifying score, which is the average score the athlete earns in the skills event they are in.

Level 1 Skills consists of Target Pass, 10-Meter Dribble, and Spot Shot.

Level 1 Modified Skills consists of Target Pass, Speed Dribble, and Spot Shot.

Level 2 Skills consists of the 12-Meter Dribble, Perimeter Shooting, and Catch and Pass.

The setup and scoring information for each skills station can be found through the [SOI Basketball Rulebook](#) on pages 4-12. Scoresheets for Level 1 and Level 2 can be found at the end of this handbook.

For Unified Individual Skills, both the athlete and Unified partner will go through the skills event together. Teammates will not be allowed to physically assist the athlete during the drills. The athlete and partner will receive separate skills scores which will be combined for a final team score.

When registering for Unified Individual Skills, athletes and partners will be registered with two separate assessment scores. Pairs will be divisioned based upon total scores.

DIVISIONING

Coaches complete individual assessment scores for each athlete and add scores to determine team assessment score. Assessment scores are submitted during the online registration process. Coaches are asked to fill out the [Team Information](#) sheet for any new team, or team that has made changes to its roster from the previous year.

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 at competitions.

Divisioning Team Sports Disclaimer

The divisioning process for team sports is much different than individual sports. Unlike most individual sports, team sports do not have concrete distances or times that can be used. Once a game starts, the information contained in the assessments often takes a back seat to the dynamics at play on the court or field.

The challenge with divisioning team sports is that there are multiple factors that affect how a team performs on any given day. These include missing players, illnesses, penalties, behavior, coaching, individual matchups, and other factors.

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 the team information page submissions. Those, along with divisioning committees, allow for more coach involvement, better team evaluation, and improved divisioning. We recognize there may be 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 focus points and ideas on how to teach and coach sportsmanship to your athletes by leading 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 game; Never quit

Fair Play Always

- Comply with the rules
- Demonstrate sportsmanship and fair play
- Respect the decision of the officials
- Allow coaches to coach
 - Spectators should not be involved in coaching during an event
 - Spectators should be present to add to a positive, supportive, and competitive environment

Individual Assessment for Team Play	
<p>A. Ball Handling</p> <p>Has difficulty dribbling and catching (1) Possesses some ball handling skills but they are very limited (2) Can handle ball with dominant hand only (3) Can handle ball with both hands (4) Has ability to go either direction on the dribble (5) Has ability to beat defender regularly with dominant hand (6) Has ability to beat defender regularly with either hand (7)</p>	(one choice – should be the most representative of the athlete's skill level)
<p>B. Passing</p> <p>Has difficulty completing a pass/short pass to a teammate (1) Can sometimes make a pass to an open teammate with token pressure (2) Can only complete a pass to a teammate after looking directly at him/her (3) Has ability to choose best type of pass (bounce, chest, skip, other) (4) Has ability to complete a no look or quick pass to an open teammate (5) Controls game with ability to complete an advanced pass (no look/snap pass) to open player when they are in good position (6)</p>	(one choice – should be the most representative of the athlete's skill level)
<p>C. Movement</p> <p>Maintains a stationary position; does not move to a loose ball (1) Moves only 1-2 steps toward ball or opponent (2) Moves toward ball; but reaction time is slow and only in a limited area of the floor (3) Movement permits adequate court coverage (4) Good court coverage; reasonably aggressive (5) Exceptional court coverage; aggressively anticipates (6)</p>	(one choice – should be the most representative of the athlete's skill level)
<p>D. Game Awareness</p> <p>Sometimes confused on offense and defense; may shoot at wrong basket (1) Can play in fixed position as instructed by coach; may go after an occasional loose ball (2) Limited understanding of game and can run some offensive and defensive sets – coach prompted (3) Moderate understanding of the game; some offensive and defensive sets and can occasionally fast break (4) Advanced understanding of the game and mastery of basketball fundamentals (5)</p>	(one choice – should be the most representative of the athlete's skill level)
<p>E. Shooting</p> <p>Periodically can make an uncontested lay-up (1) Can make shots inside of lane (2) Can make shots inside of lane and occasionally attempts a mid-range jump shot (3) Can make some mid-range jump shots (4) Can make some mid-range jump shots and will attempt shots beyond 15' (5) Has excellent shooting form and makes shots from all ranges on the court (6)</p>	(one choice – should be the most representative of the athlete's skill level)
<p>F. Rebounding</p> <p>No understanding of rebounding positions or principles, often beaten to a missed shot (1) Gets rebound only when they land directly to them (2) Goes after loose balls within 3 or 4 feet (3) Aggressively goes after rebounds and gets many (4) Exceptional ability to get to missed shots on both sides of the basket and either side of the court (5)</p>	(one choice – should be the most representative of the athlete's skill level)

INDIVIDUAL SKILLS SCORESHEETS

Individual Skills

Division

Target Pass

Athlete receives 3 points for hitting the wall inside the box.

Athlete receives 2 points for hitting the lines of the box.

Athlete receives 1 point for catching the ball in the air of after any numbers of bounces inside the box.

Athlete receives 1 point for hitting the wall but not in or on any part of the box.

Athlete receives 0 points if the ball bounces before hitting the wall.

The athlete's score will be the sum of points from all five passes.

#1	+	#2	+	#3	+	#4	+	#5	=	Final Score
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10-Meter Dribble

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

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.

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

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.

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.

Trial 1	Trial 2	Final Score
Time <input style="width: 40px;" type="text"/> = Score <input style="width: 40px;" type="text"/>	Time <input style="width: 40px;" type="text"/> = Score <input style="width: 40px;" type="text"/>	

Spot Shot

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.

#1	#2	#3	#4	#5	#6		Final Score			
	+		+		+		+		=	
	+		+		+		+		=	

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

Final Score Total

Individual Skills (Level 2)

Division

Catch and Pass

Athlete receives 1 point for each good pass made to the feeder (the pass must be catchable).

Athlete receives 1 point for each good catch made (no fumbles).

Athlete receives 0 points if their pass is uncatchable by the feeder, or if they fumble the catch from the feeder.

Attempt #1	Total	Attempt #2	Total	Final Score
Tally		Tally		

12-Meter Dribble

Athlete receives 1 point for every midpoint that the athlete crosses.

Attempt #1	Total	Attempt #2	Total	Final Score
Tally		Tally		

Perimeter Shooting

Athlete receives 2 points for each field goal made.

Attempt #1	Total	Attempt #2	Total	Final Score
Tally		Tally		

A player's final score is determined by adding together the scores achieved in each of the three events which comprise the Level 2 Individual Skills Competition.

Final Score
Total