



# Basketball



## **SOMI-Specific Information**

**Sport season:**

December-March

**Culminating State Events:**

District Basketball

State Basketball Finals State

Unified Basketball Finals

**Events Offered:**

Team Competition

Unified Team Competition

Individual Skills Level 1 & 2

3 on 3 Competition – Contact the State Office for 3 on 3 rules

**National Governing Body:**

Federation Internationale de Basketball Amateur (FIBA) 19 Rugendasstrasse

8000 Munich

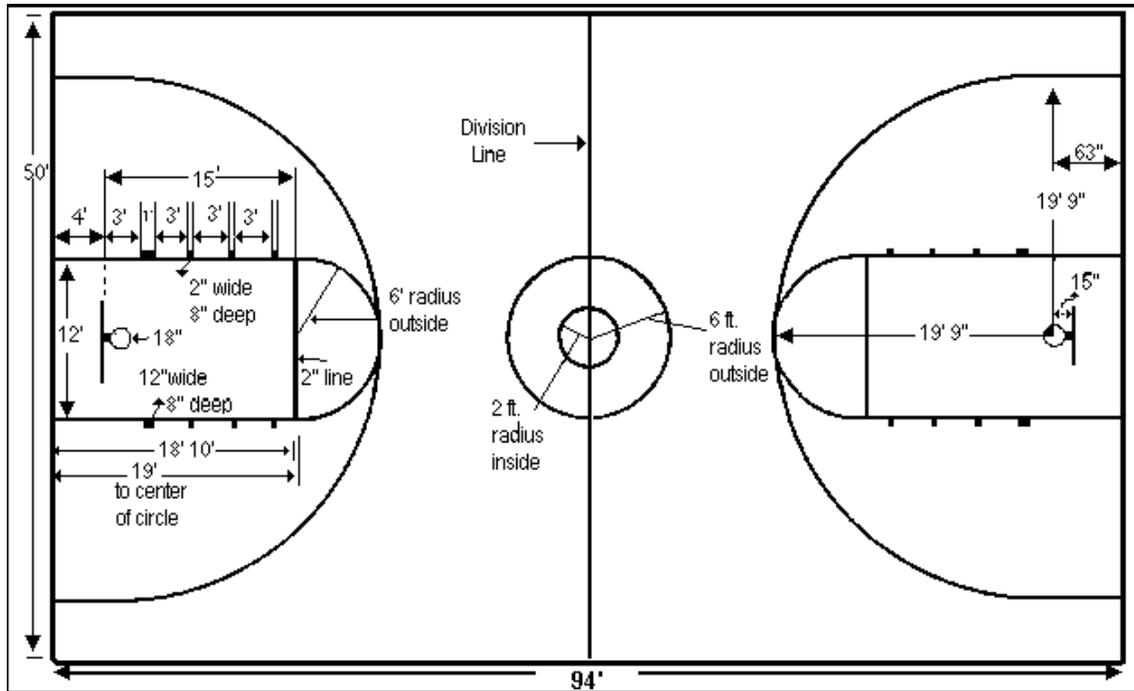
71 West Germany (33.74) 302331

## Uniform Guidelines

1. Uniforms consist of a jersey, shorts, and sport shoes.
2. All team members must have identical uniforms in color and design.
3. A player's jersey shall be tucked inside the shorts. The shorts shall be above the hips and worn properly.
4. A player not conforming to this uniform policy shall be directed to correct the problem or leave the game.
5. The Special Olympics Michigan logo must be on the jersey.
  - I. The area will be FINED the cost of putting the logos on the uniforms for each team sport without logoed uniforms. Area Directors will be notified.
6. It is recommended that each team have two sets of solid colored jerseys: a light colored set when designated as home team and a dark colored set when designated as visiting team.
7. Coaches should bring extra uniforms in the event of a body fluid accident or injury.
8. Team jerseys (and undershirts if worn) must be the same solid color front and back. Striped jerseys are not permitted.
9. Undershirts, if worn, must match the color of the body of the uniform (not the trim), or be white, and each athletes identical in color.
  - I. Undershirts may be worn by some of all of the players.
10. Compression shorts (lycra shorts) or leggings which are unadorned and of a single color similar to the predominate color of the uniform shorts, or black or white, may be worn.
11. Sweatpants, if worn, must be uniform in color and worn under uniform shorts.
12. Numbers must appear on the front and the back of each athlete's jersey.
13. The following numbers are legal: 00, 0-5, 10-15, 20-25, 30-35, 40-45, 50-55.
  - I. A team roster shall not have both numbers 0 and 00.
14. Teams will be assessed a technical foul for all illegal uniforms.
15. For Unified teams athletes should have even numbers on jerseys and partners should have odd numbers.
16. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be on documented with the state office prior to the event.
17. Traditional basketball shoes should be worn.

## Equipment

1. For male competition for athletes 12 years and over, a **size 7, 29.5 inch**, basketball should be used. A smaller **size 6, 28.5 inch**, basketball should be used for all female competition for athletes 12 years and over. A smaller **size 5, 27.5 inch**, basketball should be used for competition for all athletes (male and female) under 12 years of age.
2. Games will be played on a standard 90'x50' court with 10' baskets.
3. The 3-point line will be used if there is a permanent line on the court.



## **Team Size**

1. A team roster shall consist of at least a minimum of 6 players and no more than 12 players.
  - I. A team may not start a game with less than five players.
2. You may register 3 athletes as your team alternates.
  - I. Alternates attend the event only when replacing a registered athlete who does not attend.
  - II. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added.
  - III. It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
3. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.)
4. Each coach must see to it that each athlete has frequent opportunities to participate.
5. All coaches are required to turn in 3 scores prior to the state event, in which their roster must be the same for all 3 scores.
6. Any team winning at District basketball must advance onto the state finals. Teams will be charged regardless of attendance. The team roster must be the same for District and State competition. If an alternate is activated at Districts they will be a part of the active roster at State Finals. The individual who was deactivated at districts will now become an alternate for State competition.
7. For Unified Sports the roster shall contain a proportionate number of traditional athletes and unified partners. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.
  - I. Unified teams may register 2 athletes and 2 partners as alternates.

## General Rules

1. Game Play
  - I. A game will consist of four 6-minute quarters.
  - II. Stop time will be used throughout the game. Clock stops at any dead ball situation but not on a field goal. The clock will continue to run when one team is 30 points ahead of their opponents. Stop time will continue if lead falls to 15 points or under.
  - III. Each team will receive 3 – 60 second time outs and 2 - 30 second time outs.
  - IV. Half time will be 5 minutes and overtime will be 3 minute periods.
2. Free throw line up starts on the second block. During a free throw players may enter the lane once the ball is released from the shooter's hands.
3. A player may take two steps beyond what is allowable. However, if the player scores or escapes the defense as a result of these extra steps, an advantage has been gained and a traveling violation should be called immediately. Frequency of violation depends on division.
4. It is a violation for a player to double dribble.
5. Fouls
  - I. 5 Individual Fouls will result in a disqualification from the game.
  - II. 7 Team Fouls will result in 1 and 1 bonus (1 Free Throw, if made 2)
  - III. 10 Team Fouls will result in double bonus (2 Free Throws).
  - IV. Referees shall assess a technical foul on any athlete whose play is deemed dangerous. A second technical foul shall result in disqualification from the game. This is to ensure that a play does not create a health and safety risk for other players.
6. Forfeits
  - I. During divisional play, forfeit times (defined as 15 minutes after the scheduled start time) will be strictly enforced. If a team is not ready to play, a forfeit will be called.
  - II. If a team forfeits a games at a SOMI Culminating Event the game will count as a loss and the team will still have the opportunity to compete for an award.
  - III. If extenuating circumstances arise, coaches must make every attempt to contact the Games Director to inform of a delay or cancellation, and if times allows consideration may be given by the Games Director.
7. Ball must be inbounded after each made basket.
8. Players have a total of 5 seconds to inbound the ball.
9. Players have a total of 10 seconds to cross half court.

10. Once a player crosses half court, they may not bring the ball back over the half court line in the same possession. This will result in an Over and Back call by the referee.
11. Players may not stay in the Free Throw Lane for more than 3 seconds on offense.
12. Overtime
  - I. If overtime is required due to a tie at the end of regulation play, it will begin with a jump ball for possession. A one-minute intermission will follow regulation play and each overtime period.
  - II. The amount of time for an overtime period is three minutes.
13. Pressing is allowed at any level of competition. This includes full-court & half-court traps as well as man to man pressing.

### **Unified Basketball**

1. Roster
  - I. The roster shall contain an equal number of traditional athletes and unified partners; equal means at least 4 traditional athletes and 3 unified partners.
  - II. Roster should consist of a minimum of 7 players and a maximum of 12 players.
  - III. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.
2. Each team shall have an adult non-playing Head Coach responsible for the line-up and conduct of the team during competition.
3. Unified Partners are athletes and should not be involved in coaching. Assistant Coaches may be on the team roster and play.
4. Coaches should monitor their players to ensure that all players are contributing to the team's success and that an individual player is not dominating the game.
5. If a unified partner is not allowing the entire team to be a part of the game, it is the coach's responsibility to remove that player.
6. If an opposing coach feels that a partner is dominating the game, he or she should notify the Games Rules Committee while the incident is occurring. The rules committee will observe the game immediately. If they agree that a partner is dominating the game, they will speak to the coach and request that the coach discuss the philosophy of the Unified Sports® program with the athlete. If the player continues to dominate after this discussion with the coach, the Games Rules Committee will remove the player from the game. If the coach puts the player back in the game, the team will forfeit.
7. The unified partner must complete the Application for Participation for unified partners.
8. Unified partners have athlete status and are required to follow all rules established by the area program. Some rules might include traveling and residing with the team.
9. Unified Partners can act as a chaperone if over the age of 18 with area director approval; however, they may not act as a coach.

10. Unified Partners will receive the same awards and accommodations as traditional athletes.

### **Competitive vs. Player Development**

1. Competitive Unified Sports: Comprises Athletes and Unified Partners of similar ability and age. There are no restrictions placed upon the Unified Partners in this model. Teams are eligible to advance to USA and World Games competitions.
2. Player Development Unified Sports: Comprises Athletes and Unified Partners of similar age, but not necessarily similar ability. Unified Partners serve as mentors to assist athletes during game play, players have defined roles on the court. Teams are not eligible to advance to USA or World Games.

### **Individual Skills Contest**

1. The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes.
2. Athletes may not be assisted by coaches.
3. Modifications will be made for athletes who have visual or hearing impairments.
4. The athlete's final score is determined by adding together the scores achieved in each of the events.
5. The modified individual skills contest consists of three tests: target pass, spot shot and 10-meter dribble. The modified competition is designed to accommodate athletes with limited mobility and/or low motor abilities.

#### **Level 1 Events**

Target pass

Spot shot

10 M Dribble

Speed dribble

#### **Level 2 Events**

12 M Dribble

Perimeter shooting

Catch and pass

### Event #1 – Target Pass

1. **Purpose:** To measure an athlete's skill in passing a basketball.
2. **Equipment:** Two basketballs (for women's and junior division competitions, an official women's size basketball may be used), flat wall, chalk or floor tape, and measuring tape. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given 5 passes. (See Figure C)
3. **Description:** A 1m (3' 3-1/2") square is marked on a wall using chalk or tape. The bottom line of the square shall be 1m (3' 3-1/2") from the floor. A 3m (9') square will be marked on the floor and 2.4m (7') from the wall pass over the line. The athlete is given 5 passes. (See Figure C)
4. **Scoring:** The athlete receives 3 points for hitting the wall inside the square. The athlete receives 2 points for hitting the lines of the square. The athlete receives 1 point for hitting the wall but not in or on any part of the square. The athlete receives 1 point for catching the ball in the air or after one or more bounces. The athlete receives 0 points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

### Modified Rules

1. Make a 1 m (3' 3-1/2") square on wall using chalk/tape Make a throwing line 2 m (6' 6-3/4") from wall. Axis of athlete's wheelchair may not pass over the line.
2. Scoring: Athlete receives 3 points for each time the ball hits inside the square. Athlete receives 2 points for hitting the lines of the square. Athletes receive 1 point for hitting the wall on the fly. The athlete's score will be the sum of the points from all five passes

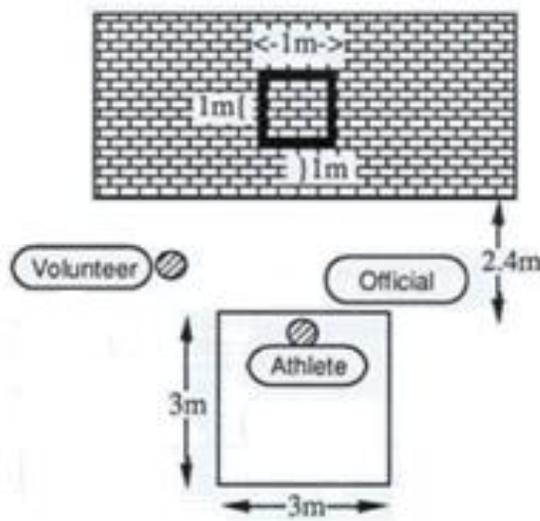


Figure C: Target Pass

**Event #2 – Ten-Meter Dribble**

1. **Purpose:** To measure an athlete's speed and skill in dribbling a basketball.
2. **Equipment:** Three basketballs (for women's and junior division competitions, an official women's size basketball may be used), four traffic cones, floor tape/chalk, measuring tape, and a stopwatch.
3. **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 10m (32'9 3/4"). 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 2m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event. (See Figure D)
4. **Scoring:** The athlete will be timed from the "go" signal to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble. A one-second penalty is added every time the athlete illegally dribbles (i.e., two-hand dribbles, carries the ball, etc.). The athlete receives two trials. Each trial is scored by adding penalty points to the time elapsed and converting the total of points based on the conversion chart. The athlete's score for the events is his/her best of the two trials converted into points. (In case of tie, the actual time will be used to determine place).

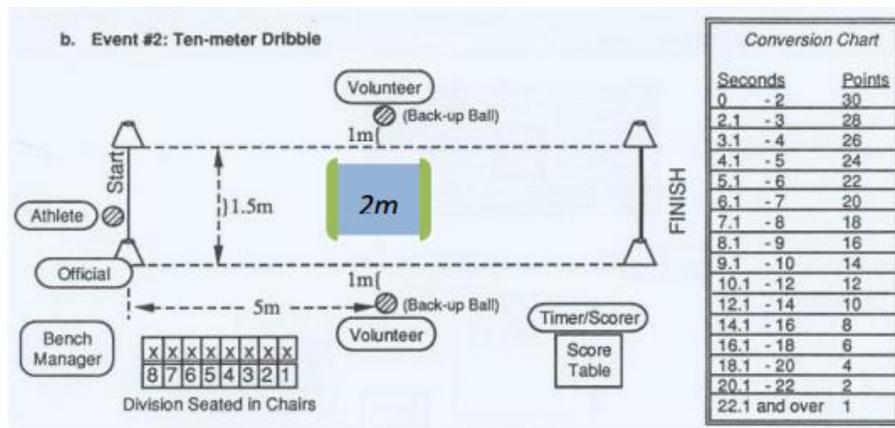


Figure D: Ten-Meter Dribble

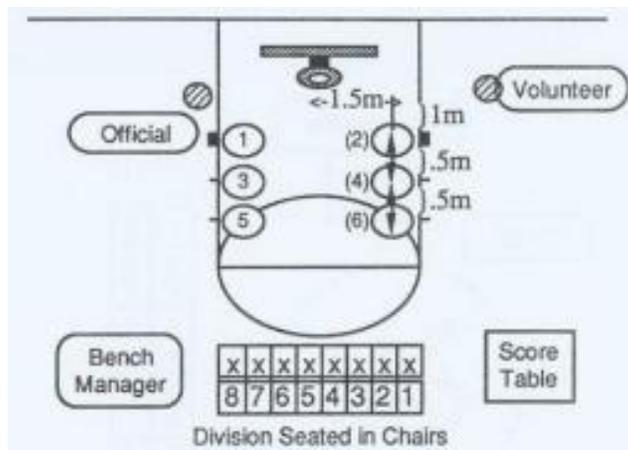
### Event #3 – Spot Shot

- Purpose:** To measure an athlete's skill in shooting a basketball.
- Equipment:** Two basketballs (for women's and junior, an official women's size basketball may be used), floor tape/chalk, measuring tape, and 3.05m [10 ft.] regulation goal with backboard (for junior competitions, a 2.44m (8') goal may be used).
- Description:** Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows: a.) #1 and #2 = 1.5 m (4' 11") to the left and right plus 1 m (3' 3-1/2") out. b.) #3 and #4 = 1.5 m to the left and right plus 1.5 m out. c.) #5 and #6 = 1.5 m to the left and right plus 2 m (6' 6-3/4") out. 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. (See Figure E)
- 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 backboard and/or ring, one point is awarded. The athlete's score will be the sum of the points from all 12 shots.

#### Modified Rules

- Equipment: Basket can be adjusted to 8 ft.:
- Set-up: Set six spots on the floor, each a different number, using colored tape. Start each measurement from a spot on the floor under the front of the rim, facing the court. Set the six spots in the following order:
  - 1m (3' 3 1/2") in front of and 1 m to the left of the rim
  - 1 m in front of and 1 m to the right of rim
  - 1.5 m (4' 11") in front of and 1 m to the left of the rim
  - 1.5 m in front of and 1 m to right of the rim
  - 2 m (6' 6 3/4") in front of and 1 m to the left of the rim
  - 2 m in front of and 1 m to the right of rim

Figure E: Spot Shot



## Event #4 – Speed Dribble

### 1. Equipment

- I. Measuring Tape
- II. Floor tape or chalk
- III. One basketball (for women's and junior division competitions a smaller basketball which us a 72.4 centimeter [28½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used). d.) Stopwatch e.) Counter
- IV. Whistle 2. Set-up: Mark a circle with a 1.5 meter (4 feet 11 inches) diameter. (See Figure F)

### 2. Rules

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

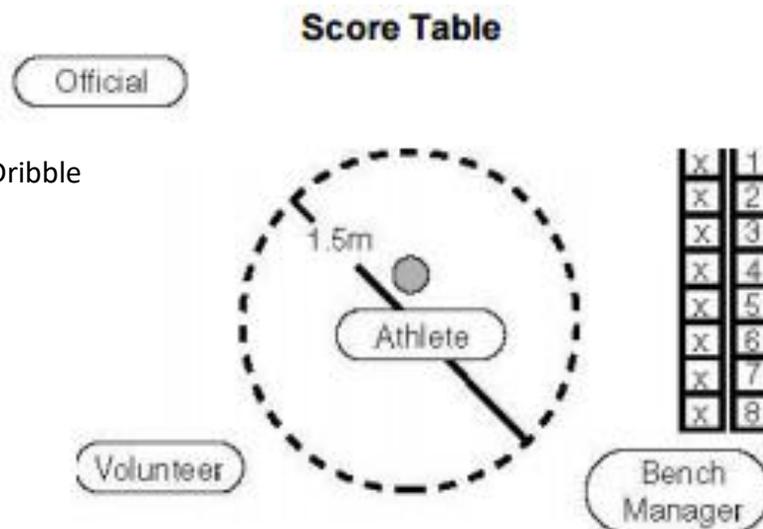


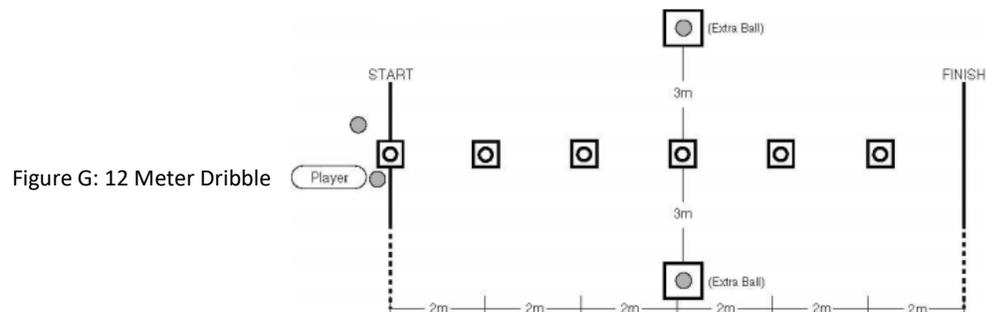
Figure F: Speed Dribble

## Individual Skills Contest - Level Two

1. Three events make up the Level 2 Individual Skills Competition: 12 Meter Dribble, Catch & Pass and Perimeter Shooting.
2. The athlete's final individual score is determined by adding together the scores achieved in each of these three events.
3. Athletes will be pre-divisioned according to their total scores from these three events.
4. 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

1. **Purpose:** to measure an athlete's speed and skill in dribbling a basketball.
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. **Description**
  - I. A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters apart, on a 12-meter course.
  - II. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
  - III. When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom.
  - IV. The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
  - V. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
  - VI. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
4. **Timing:** 60 seconds for one trial.
5. **Scoring:** One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed).



## Event #2: Perimeter Shooting

1. **Purpose:** to measure an athlete's skill in shooting a basketball.
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. **Description**
  - I. A player stands at the juncture of the free-throw line and lane, either to the left or right.
  - II. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 feet). 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].
  - III. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
  - IV. The player shall make as many field goals as described above in one one-minute trial.
4. **Timing:** 60 seconds for one trial.
5. **Scoring:** Two points are awarded for each field goal made within the one-minute trial.
6. **Staging**
  - I. 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.
  - II. 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.
  - III. 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.
  - IV. Each volunteer is to administer the test and manage the area only.

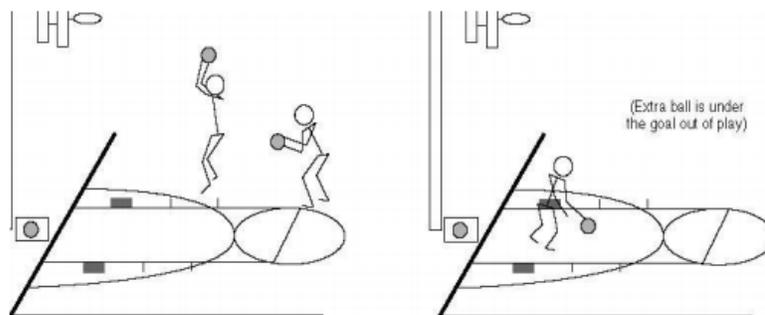
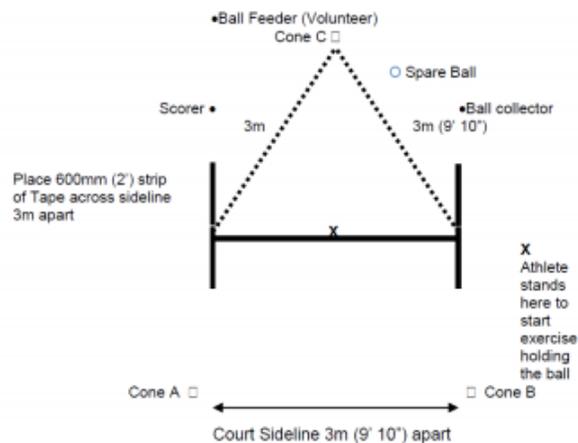


Figure H:  
Perimeter  
shooting

### Event #3: Catch and Pass

1. **Purpose:** to measure an athlete's skill in passing and catching a basketball.
2. **Equipment**
  - I. 3 Cones, 2 Basketballs, Floor Tape, Air horn/whistle, Score bench and Clock
  - II. Two strips of tape 600mm (2') long are laid across the court sideline 3 meters apart (9' 10") at Cones A & B. Cone C is laid out 3 meters from each end of the sideline forming a triangle
  - III. 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
  - IV. The ball feeder stands behind Cone C.
  - V. A spare ball is placed near Cone C 3.
3. **Description**
  - I. On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
  - II. As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch
  - III. The player MUST have at least ONE foot over the end line at the point of catching the ball
  - IV. 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.
  - V. When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass
  - VI. The player continues passing, moving along the line and catching the ball for 60 seconds
  - VII. A bounce pass maybe used with lower ability/less able athletes
4. **Timing:** 60 seconds for one trial.
5. **Scoring**
  - I. 1 point is scored for each good pass made to the feeder (the pass must be catchable)
  - II. 1 point is scored for each good catch made by the athlete (i.e. no fumbles)
  - III. The athletes must have the ball under control or no point can be scored

Figure I: Catch and Pass



## **Team Skills-5 Person Teams**

### **1. Equipment**

- I. Two basketballs (for women's and junior division competitions, a smaller basketball which is 72.4 centimeters [28½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used as an alternative).
- II. Metric tape measure
- III. Floor tape or chalk
- IV. Regulation basketball goal (a shorter goal which has its ring 2.44 meters [8 feet] above the floor may be used for junior division competition).
- V. Score sheets
- VI. Scoreboard

### **2. Set-up:**

- I. Mark five spots around the floor, similar to a 2-1-2 zone defense with players positioned 4 meters (13 feet 1½ inches) apart from each other.
- II. Mark positions #5 2 meters (6 feet 6¾ inches) from a spot under the front of the goal's ring.
- III. Teams should submit a roster prior to the start of the game.
- IV. Teams should wear numbered uniforms or shirts.
- V. See Figure J.

### **3. Rules**

- I. 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.
- II. 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.
- III. 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.
- IV. The official shall hand the ball to the player in position #1 to begin each round.
- V. 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.
- VI. 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.
- VII. 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.
- VIII. When the ball reaches the player in position #5, he/she then attempts a field goal.
- IX. Slam dunks are not permitted. The athlete shall not receive any points if a slam

dunk is taken.

- X. Athletes stationed in position #5 shall only be given one attempt at scoring.
- XI. After the field goal attempt by the player in position #5, the round ends.
- XII. Following the completion of the round by the first team, the second team will conduct their initial round.
- XIII. Players shall rotate in numerical sequence to the next position after each round.
- XIV. Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends.
- XV. A five-minute halftime intermission follows.
- XVI. Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal of the second half.
- XVII. Substitutes are allowed into the game only after a round has been completed.
- XVIII. Coaches shall remain on the sideline which is at least 4 meters (13 feet 1½ inches) 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. Scoring

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

