

## **Basketball Rules**

The Special **Olympics International (SOI)** Official Sports Rules and National Policies and Procedures shall govern all SOC Basketball competitions. As a national sport program, Special Olympics Canada has created these rules based upon the Federation International de Basketball (FIBA) and Special Olympics Incorporated rules for basketball competitions. FIBA rules shall be employed except when they are in conflict with the SOC Official Sports Rules and National Policies and Procedures. In such cases, the following sections outlining the SOC Official Basketball Rules shall apply.

### ***SECTION A:***

## **Official Events**

1. Team Competition (5 aside)

**NOTE:** Chapters may use Half Court Basketball: 3 on 3 competition as a development event to introduce athletes to the sport. Half Court Basketball: 3 on 3 is not an official SOC event. The rules for Half Court Basketball: 3 on 3 can be found on the SOI website.

### ***SECTION B:***

## **The Court and Equipment**

1. Equipment
  - a) A smaller basketball (72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight) may be used for competition.
  - b) The baskets shall comprise the rings and nets. For competition, the basket ring is normally 3.05 meters (10 feet) above the floor. A shorter basket which has its ring 2.44 meters (8 feet) above the floor may be used for junior division competition.

## **SECTION C:**

# **Rules of Competition**

### 1. Team Competition

#### a) Divisioning

- 1) The Head coach must submit the scores from the two Basketball Skills Assessment test (BSAT), e.g. dribbling and perimeter shooting for each player on his/her team roster prior to competition  
(These tests are for player team assessment only. Information regarding BSAT follows in Section D)
- 2) The Head Coach also must identify his/her five best players in terms of their on-court playing ability by placing a star next to their names on the roster.
- 3) The “team Score” shall be determined by adding the top seven players’ scores and then dividing that total by seven.
- 4) Teams are initially grouped in divisions according to their BSAT team score and additional passing , dribbling and shooting drills conducted prior to divisioning rounds.
- 5) A divisioning round (or rounds) of games shall then be conducted as a means of finalizing the divisioning process.
- 6) In the classification round, teams shall play one or more games with each games lasting at least six minutes.
- 7) Every player on the Team roster must play in each divisioning games, however equal playing time is not enforced.

Each team will be required to play all team members

#### b) Competition Adaptations

The following are adaptations of FIBA and NGB rules which shall be used when conducting Special Olympics basketball team competitions.

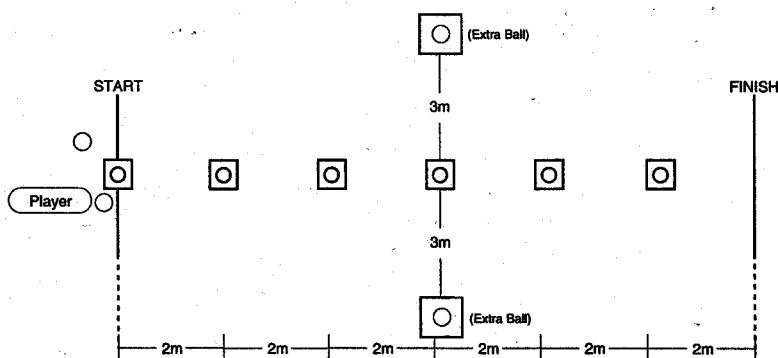
- 1) A game may consist of four periods, each six minutes long.
- 2) A team may be granted four timeouts per game, cumulative: two per half.
- 3) The three-second rule restriction is in force when team control exists in the opponent’s front court (Note: in FIBA rules, a team shoots at its opponent’s basket, thus the opponent’s front court).
- 4) 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.
- 5) Athletes can wear any jersey number from 0 to 99.

- c) Team and Players
  - 1) A team shall consist of five players
  - 2) The composition of a team, including substitutes, may not exceed 10 players.
  
- d) Points of emphasis: It is a violation for a player to double dribble.

## SECTION D:

# Basketball Skills Assessment Tests (BSAT)

## 1. BSAT – Dribbling



### SET-UP

An area of the basketball court (preferably along a sideline or down the centre line), six cones, floor tape and four basketballs one that the athlete is provided with initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.

### TEST

Time: 60 seconds for one trail.

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 metre (6 feet 6 ¾ inches) apart, on a 12 metre 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 and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom. 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.

### SCORING

One point is awarded each time the midpoint between two obstacles is crossed. (For example, if the player successfully dribbles the ball from the starting line, weaves in



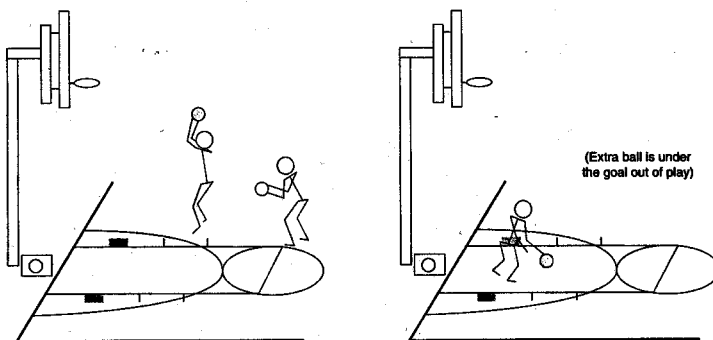
and out through the entire course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have

control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed). The player's score is how many cones (midpoints) 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 B demonstrates the actual test. Volunteer A will give the 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. Volunteer B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

## 2. BSAT –Perimeter Shooting



### SET-UP

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.

### TEST

Time: one trial of two minutes

A player stands at the juncture of the free-throw line and lane, either to the left or right.

The player dribbles towards the goal and attempts a field goal of his/her choice outside the 2.75 metre (9feet) arc. This attempt must be taken anywhere outside the

2.75 metre 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 two-minute trial.

## SCORING

Two points are awarded for each field goal made within the two-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 two minutes. Volunteer B, who is standing beside 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.