



Basketball Skills/Team Basketball

Special Olympics Iowa



Registration Entries

Entry forms are available online at www.soiowa.org

- ▶ Website: Competitions tab > click on Participation Forms

Area Competition Entries

- ▶ emailed or mailed to your local Area Director.
 - ▶ Website: Area Competitions tab > click on your area
- ▶ Each area has a different deadline for registration so pay attention to that.

State Competition Entries

- ▶ Entries can be emailed to: registrations@soiowa.org

~OR~

- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- ▶ After your entries have been put into GMS you will be sent a Delegation Report.
 - ▶ Review the report and return to the State Office with any corrections.



Basketball Skills Training

- ▶ 8-10 weeks of training for a total of at least 10 hours of training prior to each competition
- ▶ Challenge athletes
- ▶ Athletes can participate in b-ball skills OR team basketball, NOT both
- ▶ Regulation 29.5 in. Basketball is used
- ▶ 8-11 year old athletes can use an 8 foot goal and 28.5 in. basketball (girls HS)
- ▶ 3 individual events(passing, dribbling and shooting) or 1 Developmental Dribble event


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 cm (28.5 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 (3.5 in) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3.5 in) from the floor
 - ▶ A 3 meter (9.9 in) square will be marked on the floor 2.4 meters (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 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 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 while standing in the box
 - ▶ The athlete receives 0 points if the ball bounces before hitting the wall.
 - ▶ The athletes score will be the sum of the points from all five passes



10 Meter Dribble

- ▶ Purpose: to measure an athlete's speed and skill in dribbling a basketball
- ▶ Equipment:
 - ▶ 3 basketballs (for women's and junior division competitions, a smaller basketball (size 6) of 72.4 cm (28.5 in) in circumference and between 510-567 grams (18-20 oz.) in weight may be used as an alternative), four traffic cones, floor tape or chalk, measuring tape and a stopwatch.
- ▶ Description:
 - ▶ The athlete begins from behind the start line and between the cones (10 meters long x 2 meters wide)
 - ▶ 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 ³/₄ 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 ball or recover the errant ball to continue the event.
- ▶ Scoring:
 - ▶ 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
 - ▶ 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 athletes score for the event is his/her best of the two trials converted into points.



Spot Shot

- ▶ Purpose: To measure an athlete's skill in shooting a basketball
- ▶ Equipment:
 - ▶ 2 basketballs (for women's and junior divisions competitions, a smaller basketball of 72.4 cm (28.5 in) in circumference and between 510-567 grams (18-20 oz.) in weight may be used as an alternative), floor tape or chalk, measuring tape and 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)
- ▶ Description:
 - ▶ 6 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:
 - ▶ 1 and 2: 1.5 meter (4.11 in) to the left and right plus 1 meter (3 feet, 3.5 in) out
 - ▶ 3 and 4: 1.5 meter (4.11 in) to the left and right plus 1.5 meter (4.11 in) out
 - ▶ 5 and 6: 1.5 meter (4.11 in) to the left and right plus 2 meters (6 feet, 6 ¾ in) out
 - ▶ The athlete attempts two baskets from each of 6 spots. The attempts are taken at spots 2, 4, 6 and then at spots 1, 3, and 5.
- ▶ Scoring:
 - ▶ For every basket made at spots 1 and 2, two points are awarded
 - ▶ For every basket made at spots 3 and 4, three points are awarded
 - ▶ For every basket made at spots 5 and 6, four points are awarded
 - ▶ For any basket attempt that does not pass through the basket but does hit either the backboard and/or ring, 1 point is awarded

Developmental Speed Dribble

- ▶ Equipment:
 - ▶ Measuring tape
 - ▶ Floor tape or chalk
 - ▶ One basketball (for women's and junior division competitions a smaller basketball which is 72.4 cm (28.5 in) in circumference and between 510-567 grams (18-20 oz.) in weight may be used.
 - ▶ Stopwatch
 - ▶ Counter
 - ▶ Whistle
- ▶ Set-Up: Mark a circle with a 1.5 meter (4.11 in) diameter
- ▶ Rules:
 - ▶ Athlete may use only one hand to dribble
 - ▶ Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing
 - ▶ Athlete starts and stops dribbling at the sound of the whistle
 - ▶ There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period
 - ▶ Athlete must stay in the designated circle while dribbling
 - ▶ If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble the ball
- ▶ Scoring:
 - ▶ Athlete receives one point per legal dribble within the 60 seconds
 - ▶ Counting stops and the event ends if the basketball rolls out of the circle for the third time



Team Basketball 3 on 3 and 5 on 5

- ▶ Entries:
 - ▶ Head coaches are to use the Basketball Skills Assessment form to determine each athlete ability level
 - ▶ Basketball Team Skill Assessment for individuals is included with the entry forms
- ▶ Events:
 - ▶ The athletes may choose to participate in **one** of the following events in Conference Basketball:
 - ▶ 3 on 3 Development Half court (Junior or Senior and/or Unified)
 - ▶ 3 on 3 Competitive Half Court (Junior or Senior and/or Unified)
 - ▶ 5 on 5 Full Court (Male, Female, Coed and/or Unified)
 - ▶ Entries are submitted to the State Office
 - ▶ Entries must be submitted on the form provided on the Participation Forms page of our website
 - ▶ Teams will compete in a conference tournament and may qualify to advance onto State level competition



Team Basketball 3 on 3 and 5 on 5

- ▶ Rules:

- ▶ The Special Olympics Iowa Basketball Committee will make all final decisions

- ▶ Coed 5 on 5:

- ▶ 2 female athletes must be on the court at all times

- ▶ Unified Teams:

- ▶ 3 athletes and 2 partners on the court or 2 athletes and 1 partner for 3 on 3.

- ▶ Each team shall have an adult non-playing coach responsible for the lineup and conduct the team during competition



Team Basketball 3 on 3 and 5 on 5

- ▶ Equipment:

- ▶ Teams must use N.F.S.H.S.A. basketball equipment
- ▶ All players will wear normal basketball attire. Team shirts will be of the same solid color front and back. An identifying name may be placed horizontally on either (or on both) the front and back of the shirt.
- ▶ Each team shirt shall be numbered on the front and the back with Arabic numerals of at least 20 cm (6-8 in) high on the back and 10 cm (4 in) high on the front and not less than 2 cm (3/4 in) in width. All numbers are to be per NGB specifications.



Team Basketball 5 on 5

- ▶ Competition:

- ▶ General Basketball Guidelines for 5 on 5 – Officials and Their Duties:

- ▶ Officials shall conduct the game in accordance with the rules
 - ▶ Officials shall have the power to make decisions on any points not specifically covered in the rules
 - ▶ The ball is put into play by the referee, who tosses up the ball between the two centers just above their heads; from then on, the alternate possession rule will apply
 - ▶ The game shall be played in 4 quarters of 8 minutes with an 8 minute intermission between halves
 - ▶ A team will be entitled to 4 time-out periods of 60 seconds each during regulation play with 1 additional time-out being granted in the 3 minute overtime period.



Team Basketball 5 on 5

- ▶ In case of injury to any player, the referee will call an official time out not charged to either team
- ▶ In Division II and below, a player may take 2 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. A traveling violation is called immediately
- ▶ Point of emphasis – It is a violation for a player to double dribble



Team Basketball 5 on 5

- ▶ Players and Substitutions:

- ▶ Each team shall consist of 5 players. The composition of a team, including substitutes, may not exceed 10 players (Team roster is 5-10 players)
- ▶ An initial roster must be submitted to the State Office. Any changes made during the season must be sent to the State Office
- ▶ Substitutions may be made any time the ball is dead. Substitutions will report to the scorer who will use the horn to notify the referee of the substitution



Team Basketball 5 on 5

- ▶ Scoring and Timing:
 - ▶ Scoring will follow N.F.S.H.S.A. Rules
 - ▶ If the score is tied at the end of the second half, play shall continue without change of baskets for an extra period of 3 minute stop time until the score is no longer tied. Overtime shall start with a jump ball, and then alternate position. If the score is tied at the end of overtime, a 1 minute period will be played with a jump ball starting play
 - ▶ Fouls – Athletes will only shoot free throws in technical fouls or if fouled when in the act of shooting. In addition to technical and in the act of shooting fouls we will be using the bonus shots. One and One free throws are allowed after 6 team fouls After ten team fouls, 2 shots will be allowed
 - ▶ 3 point shot is legal and will count



Team Basketball 3 on 3

► **Officiating 3 on 3 Basketball Divisioning Guidelines:**

- Games are 20 minutes or 20 points, all baskets are 2 points. No foul shots will be taken. If a player is fouled and makes the shot, they retain possession.
- Start the game by flipping a coin. No jump ball.
- Throw-in spot is at top of the key, all play starts at this point. On every new possession the player needs to clear the ball or a foot behind the foul line, if not, a violation occurs and the ball goes to the other team.
- Each team is allowed two 1 minute time-outs.
- The clock will stop in the last minute of play for any dead ball situation.
- Overtime will consist of a 3 minute overtime, with a flip of a coin for possession.
- Out of bounds is the half court line, the sideline and end line.
- A player can't score a basket for the other team



Team Basketball 3 on 3

- ▶ **Half-court Basketball 3 on 3 Competition:**

- ▶ **The Goal:**

- ▶ Half-court basketball may be used as a means of increasing the number of teams for Special Olympics basketball competition
 - ▶ Half-court basketball is a means of assisting athletes with lower ability levels progress to full court play
 - ▶ Efforts must be made to play regulation team basketball whenever possible



Team Basketball 3 on 3

▶ **Half-court Basketball 3 on 3 Competition:**

▶ **Playing Area and Equipment:**

- ▶ Any half-court section of a basketball court may be used. The court will be bounded by the end line under the basket, two side lines, and the half-court line.
- ▶ Each team must wear a uniform shirt. Team shirts shall be the same solid color front and back. Each player shall be numbered on the front and back of the shirt with plain Arabic numbers.

▶ **Players:**

- ▶ Team roster will have between 3-5 athletes (fill your rosters)
- ▶ Half-court Basketball is a game of 3 on 3. Each team must start the game with three players or forfeit the game.



Team Basketball 3 on 3

► Scoring, Timing, Penalties:


- The game will be played for 20 minutes or until one team makes 10 baskets. Each basket is worth 2 points.
- There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations.
- The game will start with a flip of coin for possession. There is no jump ball. Jump balls will be administered by alternate possession starting with the team that wins the flip of the coin.
- The winning team is the first team to make 10 baskets (20 points) or the team with the highest score after the 20 minute game.
- If overtime is required due to a tie at the end of regulation play, it will begin with a flip of a coin for possession. A one-minute intermission will follow regulation play and each overtime period.
 - The amount of time for an overtime period is 3 minutes.



Team Basketball 3 on 3

➤ **Scoring, Timing, Penalties Continued:**

- A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
- On all fouls, the offended against team will get possession of the ball at the designated spot at the top of the key.
- There are no individual or team foul limits in the Developmental 3 on 3 competition. There is a 3 foul limit in Competitive 3 on 3 and the player will no longer participate in that game.
- An offensive player, including the shooter, may remain in the free throw lane for only 3 seconds. The penalty for his infraction is loss of possession.
- A player making a throw-in shall have 5 seconds to release the ball. The penalty for taking more than 5 seconds shall be loss of possession.



Quiz

➤ Click the link to take the quiz:

[Basketball \(Team & Skills\) Quiz](#)