

# Basketball (Team & Skills)

Revised 2023

***Special Olympics***  
*Iowa*



# Registration Entries



Entry forms are available online at [www.soiowa.org](http://www.soiowa.org)

- ▶ Website: Competitions tab > click on Participation Forms > scroll to Basketball
- ▶ Entry score for the athlete should be their **best** effort time/score

## Area Competition Entries

- ▶ Go to your Area Competitions tab > click on your area to see where to send entries
  - ▶ Deadline for the area will be listed at bottom of page

## State Competition Entries

- ▶ Entries can be emailed to: [registrations@soiowa.org](mailto:registrations@soiowa.org)
- ▶ 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 Practices/Training



- Athletes should practice 8 weeks or 10 hours prior to competition
- Challenge athletes
- Regulation 29.5 in. Basketball is used (boys HS)
- 8-11 year old athletes may use a 28.5 in. basketball (girls HS)
- A 8 ft. hoop will be used by athletes ages 8-11 and any athlete ages 11+ that can't make a 10 ft. basket but can make a 8 ft. basket
- Athlete may register for Basketball Skills Level 1, which consists of the three combined individual events of passing, dribbling and shooting (entry score is sum of the totals) or one Developmental Dribble event (assisted or unassisted)

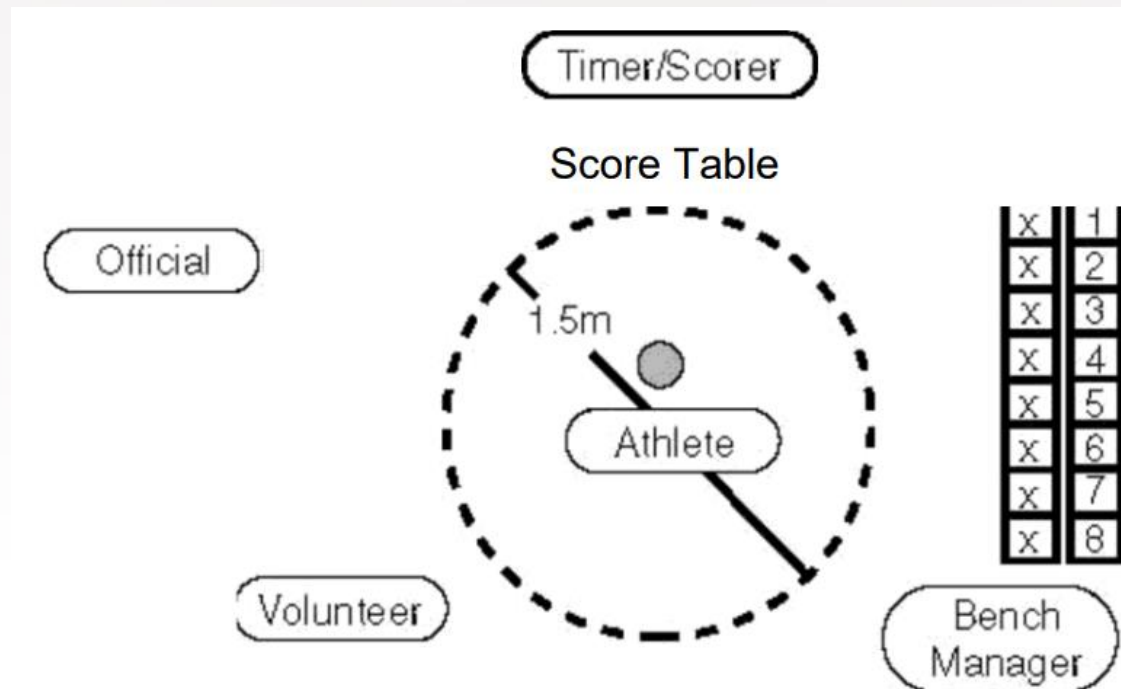
# Developmental Dribble Set Up



**Purpose:** For athletes who are unable to complete all three of the basketball skills components. Developmental Dribble will measure speed and skills in dribbling a basketball unassisted

## Equipment:

- Basketballs
- Measuring tape
- Floor tape
- Stopwatch
- Counter
- Whistle



# Developmental Dribble Unassisted



## 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

# Developmental Dribble Assisted



- Only for athletes that need assistance in maintaining a continuous dribble
- Utilize the same rules as in Developmental Dribble Unassisted with these exceptions:
  - Volunteer holds the ball at chair level and the athlete pushes the ball towards the floor
  - Volunteer retrieves the ball and the action is repeated
  - Score is recorded as one point per assisted dribble within 60 seconds



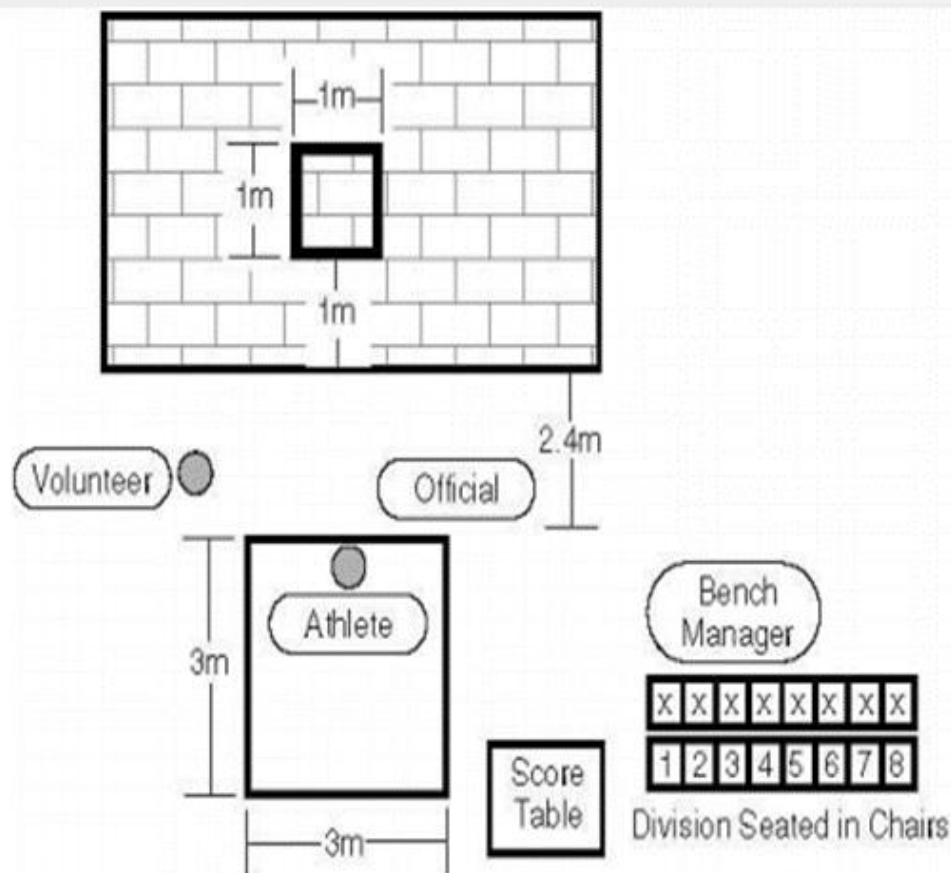
# Event #1: Target Pass Set Up

## Equipment:

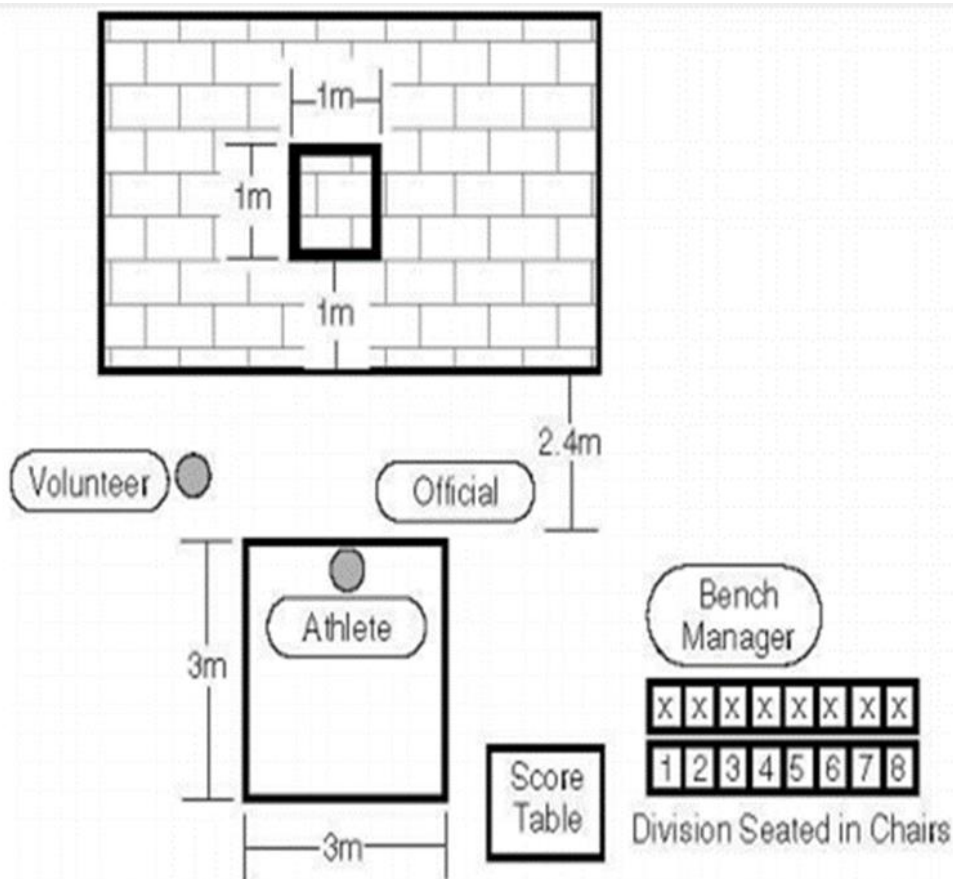
- Two basketballs (both sizes)
- flat wall
- floor tape
- measuring tape

## Description:

- A 1 meter (3 ft. 3 ½ in) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 ft. 3 ½ in) from the floor
- A 3 meter (9 ft. 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.



# Event #1: Target Pass



Points: Inside the Square = 3      Boarder of the Square = 2      Wall outside of the Square (with no bounce) = 1  
 Bonus Point: After each pass, one point is earned if the athlete catches the ball while standing in the square.  
 0 points if the ball bounces before hitting the wall.      Maximum points: 20

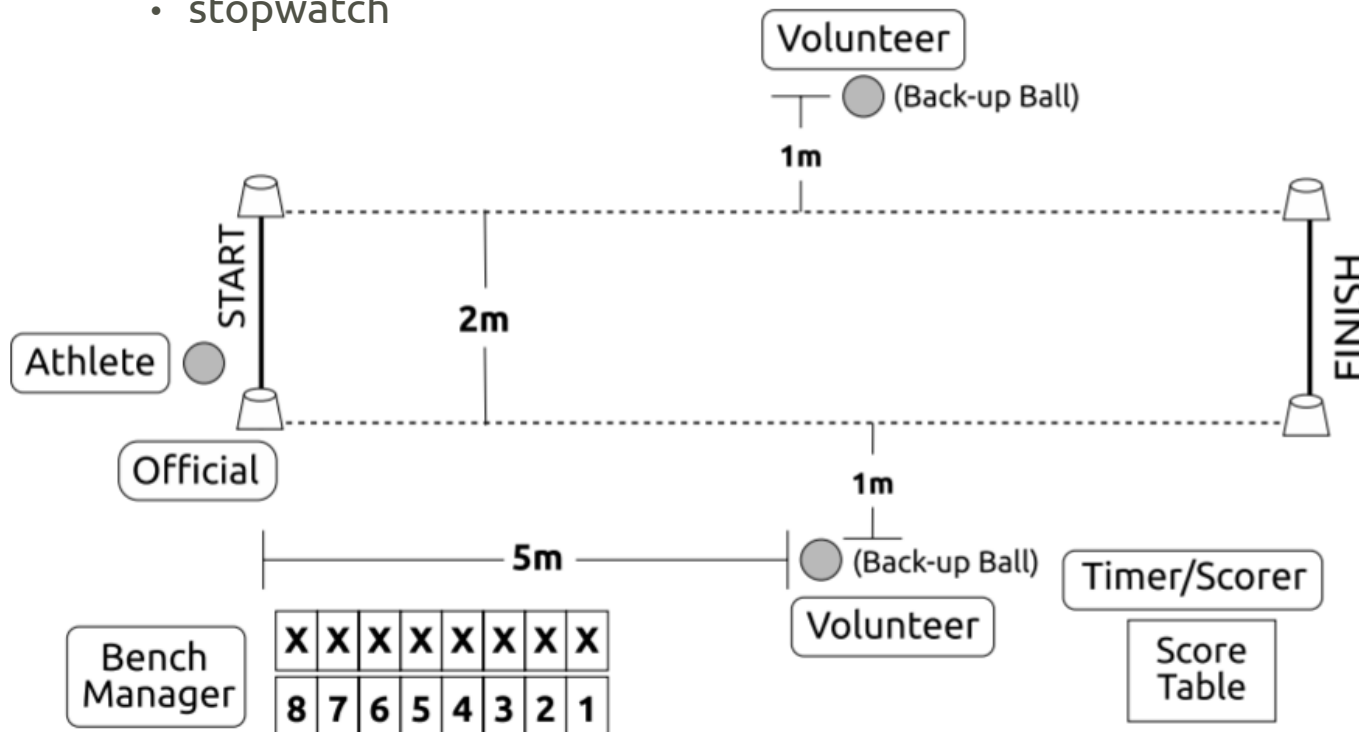


# Event #2: 10 Meter Dribble Set Up



## Equipment:

- 3 basketballs (both sizes)
- four traffic cones
- floor tape or lines on basketball court
- measuring tape
- stopwatch



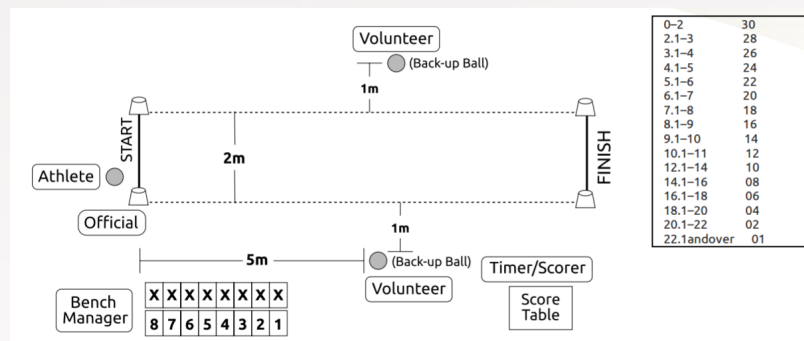
0-2	30
2.1-3	28
3.1-4	26
4.1-5	24
5.1-6	22
6.1-7	20
7.1-8	18
8.1-9	16
9.1-10	14
10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1andover	01

# Event #2: 10 Meter Dribble

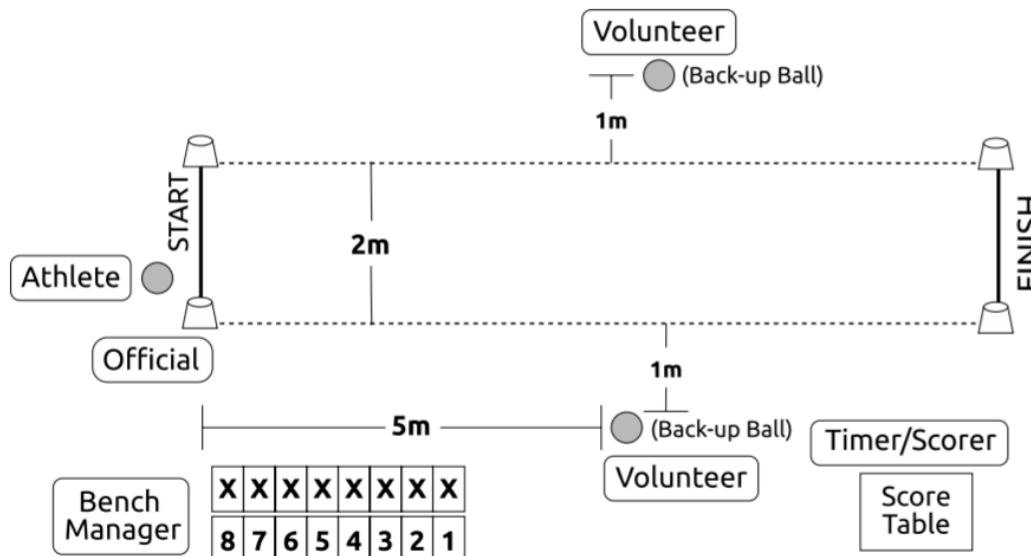


## Description:

- 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
- 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 two meter lane, the athlete can either pick up the nearest ball or recover the errant ball to continue the event



# Event #2: 10 Meter Dribble



**Conversion Chart:**

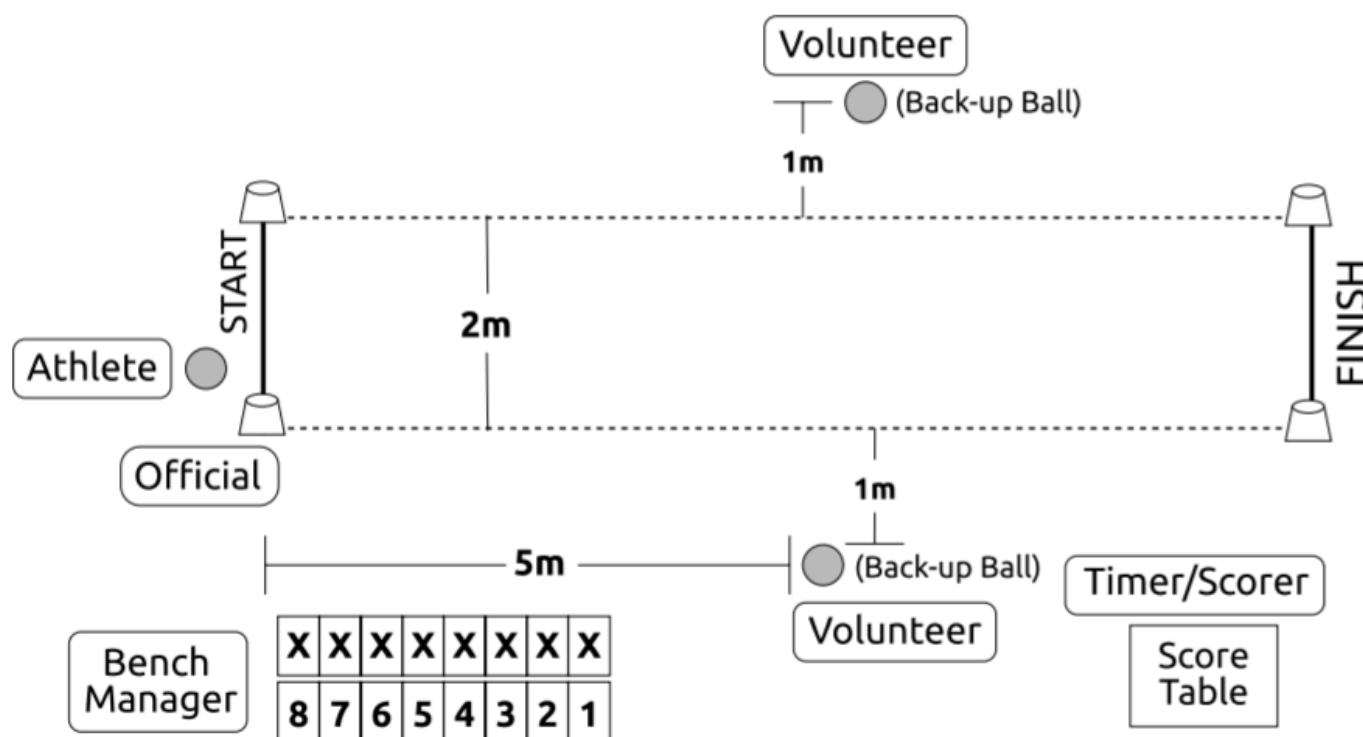
Seconds:	Points:	Seconds:	Points:	Seconds:	Points:	Seconds:	Points:	Seconds:	Points:
0 – 2	30	4.1 – 5	24	7.1 – 8	18	10.1 – 12	12	16.1 – 18	6
2.1 – 3	28	5.1 – 6	22	8.1 – 9	16	12.1 – 14	10	18.1 – 20	4
3.1 – 4	26	6.1 – 7	20	9.1 – 10	14	14.1 – 16	8	20.1 – 22	2
								22 +	1

A one-second penalty will be added every time the athlete illegally dribbles

Two trials

Score = **BEST** of the two trials converted into points

# Event #2: 10 Meter Dribble



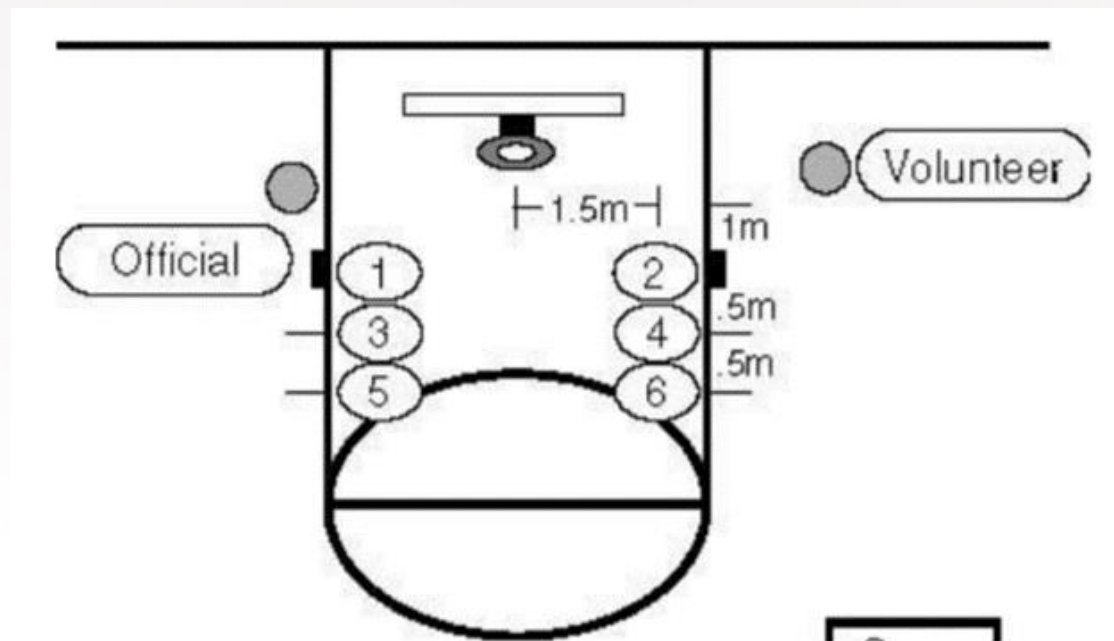
0-2	30
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10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1andover	01

# Event #3: Spot Shot



## Equipment:

- ▶ Two basketballs (both sizes)
- ▶ floor tape or floor markers
- ▶ measuring tape and
- ▶ (10 ft.) regulation goal with backboard (8 ft.) goal may be used as an alternative for athletes 8-11 or athletes that can't make a 10 ft. basket but can make a 8 ft. basket

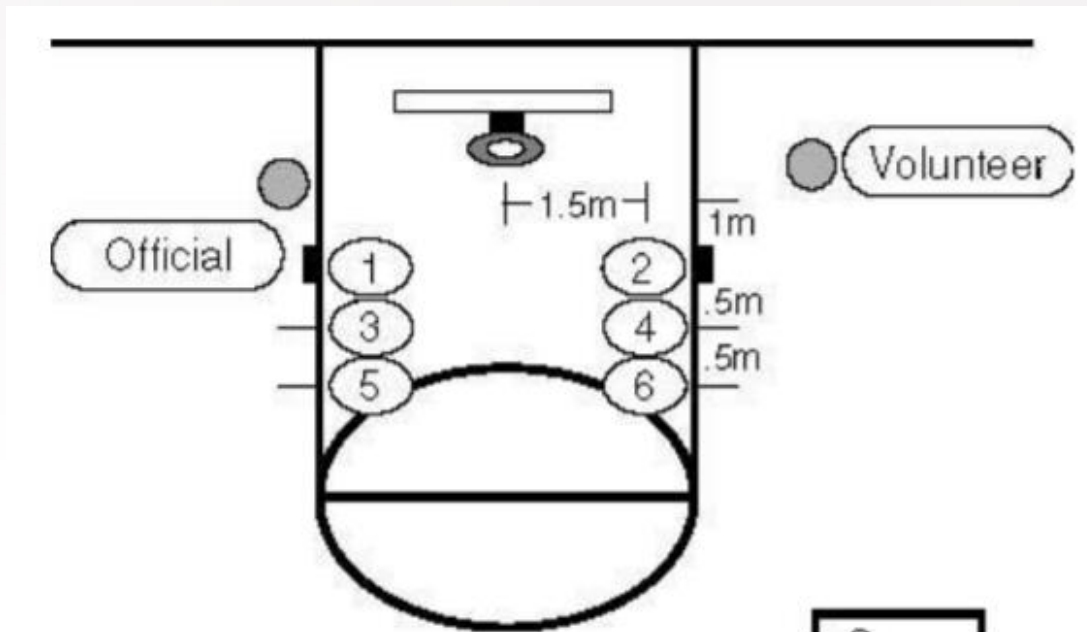


# Event #3: Spot Shot



## 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:
  - ▶ #1 and #2 - 1.5 meter to the left and right plus 1 meter (3 feet 3 ½ in) out
  - ▶ #3 and #4 - 1.5 meter to the left and right plus 1.5 meter (4 ft 11 in) out
  - ▶ #5 and #6 - 1.5 meter to the left and right plus 2 meters (6 feet 6 ¾ in) out
- ▶ The athlete attempts two baskets from each of six spots. The attempts are taken at spots 2, 4, 6 and then at spots 1, 3, and 5.

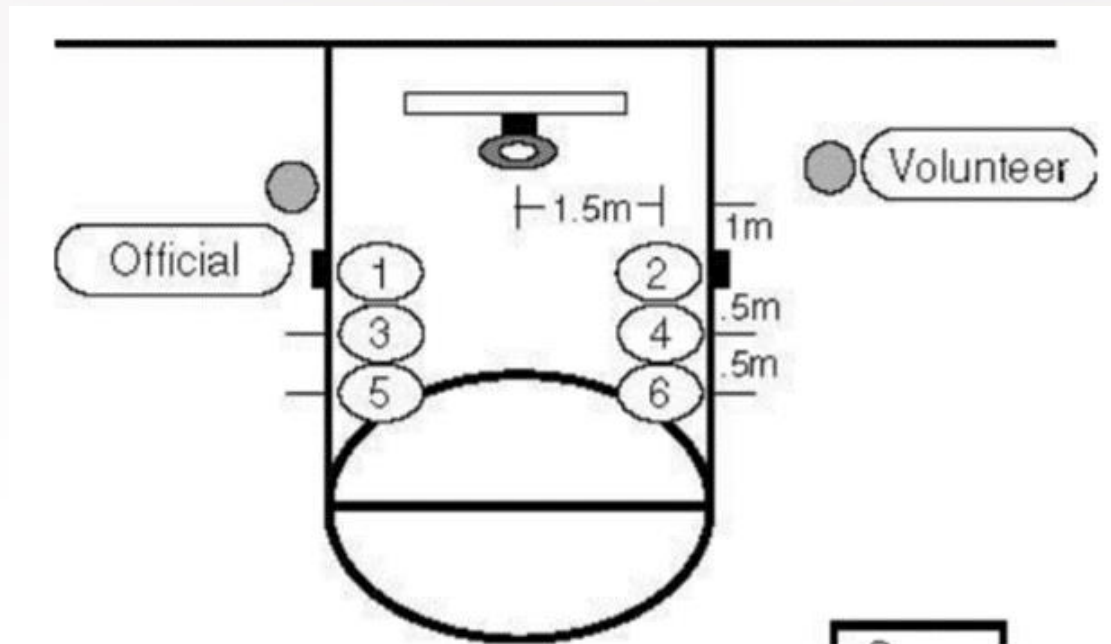


# Event #3: Spot Shot



## Scoring:

- ▶ A basket made at spots 1 and 2, two points are awarded
- ▶ A basket made at spots 3 and 4, three points are awarded
- ▶ A basket made at spots 5 and 6, four points are awarded
- ▶ A basket attempt that does not pass through the basket but does hit the backboard and/or ring, 1 point is awarded
- ▶ The athlete's score will be the sum of the points from all 12 shots
- ▶ Maximum points: 36



# Team Basketball 3 on 3 & 5 on 5



## Events:

- The athletes may choose to participate in one of the following traditional or Unified events in regional 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)
- Teams will compete in a regional tournament and must qualify to advance onto State Competition



# Team Basketball 3 on 3 & 5 on 5



## **Coed 5 on 5:**

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

## **Unified Teams:**

- 5 on 5 - 3 athletes and 2 partners on the court
- 3 on 3 - 2 athletes and 1 partner on the court
- Each team shall have an adult non-playing coach responsible for the lineup and conduct the team during competition

# Team Basketball 3 on 3 & 5 on 5



## Entries:

- Head coaches are to use the Basketball Skills Assessment form to determine each athlete ability level (found in Coaches Guide pg. 67)
- The “team score” is determined by adding the top seven players’ scores then dividing that total by six.

Special Olympics – Basketball Team Skills Assessment for Individuals	
Name _____	Role (check one) <input type="checkbox"/> Athlete <input type="checkbox"/> Unified Sports partner
Jersey Number _____	Coach's Name _____
Team Name _____	Evaluator's Name _____
Delegation Name (local program) _____	Date of Evaluation _____
Special Olympics – Basketball Team Assessment for Individuals	
<b>A. Ball Handling</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
Has difficulty dribbling and catching ball	(2)
Possesses some ball handling skills, but they are very limited	(3)
Can control ball with dominant hand only	(4)
Can control ball with both hands	(5)
Has ability to go either direction on the dribble	(6)
Has ability to beat defender regularly with dominant hand	(7)
Has ability to beat defender regularly with either hand	(8)
SCORE _____	
<b>B. Passing</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
Has difficulty completing a pass/short pass to a teammate	(2)
Can sometimes make a pass to an open teammate with token pressure	(3)
Can only complete a pass to teammate after looking directly at him/her	(4)
Has ability to choose best type of pass (bounce, chest, skip, other)	(5)
Has ability to consistently complete a no look or quick pass to an open teammate	(6)
Controls game with ability to complete an advanced pass (no look/snap pass) to open player when they are in good position	(8)
SCORE _____	
<b>C. Movement</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
Maintains a stationary position; does not move toward a loose ball	(2)
Moves only 1-2 steps toward ball or opponent	(3)
Moves toward ball; but reaction time is slow and only in a limited area of the floor	(4)
Movement permits adequate court coverage	(5)
Good court coverage; reasonably aggressive	(6)
Exceptional court coverage; aggressive anticipation	(8)
SCORE _____	
<b>D. Game Awareness</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
Sometimes confused on offense and defense; may shoot at wrong basket	(2)
Can play in fixed position as instructed by coach; may go after an occasional loose ball	(3)
Limited understanding of the games and can make some offensive and defensive decisions when prompted	(4)
Moderate understanding of the game, some offensive and defensive decisions and can occasionally fast break	(6)
Advanced understanding of the game and mastery of basketball fundamentals	(8)
SCORE _____	
<b>E. Shooting</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
Periodically can make an uncontested lay-up	(2)
Can make shots inside the lane	(3)
Can make shots inside the lane and occasionally attempts a mid-range jump shot	(4)
Can put same mid-range jump shots and will attempt shots beyond 15'	(6)
Has excellent shooting form and makes shots from all ranges on the court	(8)
SCORE _____	
<b>F. Rebounding</b> (select the statement and score (#) below which best represents the skill level of the athlete in this area)	
No understanding of rebounding positions or principles, often beaten to a missed shot	(2)
Gets rebounds only when they land directly where they are standing	(3)
Goes after loose balls within 3 to 4 steps	(4)
Aggressively goes after rebounds, gets many	(6)
Exceptional ability to get missed shots on both sides of the basket and either side of the court	(8)
SCORE _____	

# Team Basketball 3 on 3 & 5 on 5



## **Equipment:**

- All players will wear 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

# Half-Court 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 to gain skills until levels progress to full court play
- Efforts must be made to play regulation team basketball whenever possible

### 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

### Players:

- Team roster will have between 3-6 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

# Half-Court Basketball 3 on 3



## Officiating 3 on 3 Basketball Division Guidelines:

- Games are 20 minutes or 20 points
  - all baskets are two points unless the three point line is marked on the court.
  - 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. Running clock until the last minute of half
- 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

# Half-Court Basketball 3 on 3



## Officiating 3 on 3 Basketball Division Guidelines:

- Each team is allowed two, one-minute time-outs
- The clock will stop in the last minute of play for any dead ball situation
- If overtime is required due to a tie at the end of regulation play
  - three minute overtime period will be played.
  - It will begin with a flip of a coin for possession.
  - A one-minute intermission will follow regulation play and each overtime period.
  - The clock will stop on dead balls the last minute of the overtime period.
- Out of bounds is the half court line, the sideline and end line
- A player can't score a basket for the other team

# Half-Court Basketball 3 on 3



## Officiating 3 on 3 Basketball Division Guidelines:

- Jump balls will be administered by alternate possession starting with the team that wins the flip of the coin
- 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
- Developmental 3 on 3 – No individual or team foul limits
- Competitive 3 on 3 - the player will no longer participate in that game after the third foul
- An offensive player, including the shooter, may remain in the free throw lane for only three seconds. The penalty for his infraction is loss of possession
- A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than 5 seconds shall be loss of possession

# Team Basketball 5 on 5



## Competition:

- N.F.S.H.S.A. Rules
- General basketball officials and their duties guidelines for 5 on 5:
  - Officials shall conduct the game in accordance with the rules and have the power to make decisions on any points not specifically covered in the rules
  - The ball is put into play by the referee by jump ball between two opposing players in the center circle.
  - Four – 8 minute quarters
    - 8 minute half time
  - Each team will receive four – 60 second time-out periods during regulation play
    - 1 additional time-out in the three minute overtime period



# Team Basketball 5 on 5



## **Players and Substitutions:**

- Each team shall consist of five 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



## Competition:

- General basketball officials and their duties guidelines for 5 on 5:
  - 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 four quarters of eight minutes with an eight minute intermission between halves
  - A team will be entitled to four time-out periods of 60 seconds each during regulation play with one additional time-out being granted in the three 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 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. A traveling violation is called immediately
- Point of emphasis – It is a violation for a player to double dribble

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# 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 three-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 one-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 six team fouls. After 10 team fouls, two shots will be allowed
- Three point shot is legal and will count

# Team Basketball 5 on 5



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- Point of emphasis – It is a violation for a player to double dribble

# Quiz



Click the link to take the quiz:

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