



***Special  
Olympics***  
*Kansas*



**OFFICIAL SPECIAL OLYMPICS KANSAS  
SPORTS RULES  
FOR  
UNIFIED BASKETBALL**





## **BASKETBALL**

The Official Special Olympics Kansas Sports Rules for Unified Basketball shall govern all Special Olympics competitions. As a Kansas sports program, Special Olympics Kansas has created these rules based upon the Kansas State High School Activities Association (KSHSAA) rules for basketball which can be found at <http://www.nfhs.org>. KSHSAA rules shall be employed except when they are in conflict with this Rule Book or Article I of Special Olympics By-laws.

### **SECTION A — OFFICIAL EVENTS**

Currently, Special Olympics Kansas (SOKS) offers 5-a-side Unified Basketball. This Rule Book refers to 5-a-side Unified Basketball. SOKS may determine at any time to offer other events and may create different rules or guidelines for the management of those events. Coaches are then responsible for providing training and event selection appropriate to each participant's skill and interest.

### **SECTION B — DIVISIONING**

1. SOKS currently offers three (3) "Player Development" Divisions for Middle and High Schools
  - a. The Player Development Division requires teammates to be of similar age, but not necessarily similar ability.
  - b. Players of higher ability serve as mentors to assist any player of lower ability.
  - c. All teammates must attend middle school to qualify for the middle school division. One high school participant listed on the roster qualifies the entire team as high school level.
  - d. Teams are co-ed/mixed gender.
2. Divisioning assessment is the responsibility of each team's sport expert coach.
  - a. Unified Teams shall be divisioned based on the SOKS Basketball Team Assessment Form (see Coach's Guide).
  - b. A Skills Assessment Form shall be completed prior to establishing a team or beginning to train in order to ensure that each team meets the SOKS requirements.
  - c. A Skills Assessment score shall be submitted during registration prior to league competition.
  - d. Individual Assessment Forms DO NOT need to be submitted.

### **SECTION C — RULES OF COMPETITION: 5-A-SIDE**

- 1) The Field of Play:
  - a) Where available, courts should be High School regulation size (84'x 50') and marked accordingly.
  - b) As standard practice, when gym availability is limited, running two courts 'width-wise' to a regulation court is also acceptable.
- 2) The Ball and Equipment:
  - a) Size 7 ball, circumference between 29.5-30.7" and weight between 20-23oz.
  - b) The basket shall be comprised of the backboard, rings, and nets. For competition, the basket ring is normally 3.05 m (10ft) above the floor. A shorter basket which has its rings 2.44 meters (8 feet) above the floor may be used for middle school division competition and level 3 divisions, if available.
- 3) The Number of Players:
  - a) The game shall be played between two teams, each consisting of five players.
    - i) Teams shall maintain three athletes and two partners on the court at all times. In special circumstances, competing teams may agree to alternative ratios.
    - ii) If at any time a team is not in compliance with three athletes and two partners on the court, the opposing team coach may notify the referee. If the referee determines non-

compliance, the team shall make adjustments to reach compliance and the referee shall mark a technical foul.

- b) The team roster shall contain a proportionate number of athletes and partners.
  - c) Allowable roster size shall be determined by the Games Management Team. At the Special Olympics World and National Games, the roster size may not exceed 10 players.
  - d) Substitutions are unlimited in number (players may return to the court after being substituted). Substitutions can be made any time the ball is out of bounds, between periods, after a goal is scored, or during a timeout for an injury. The coach shall signal the referee in order to make a substitution. A substituted player can only come on to the court when given a signal by the referee.
- 4) Dominant play:
- a) All players shall be allowed meaningful involvement and play.
  - b) Dominant play shall be defined as an action or play by a player that does not allow another teammate to play their position or when a player controls the game to the detriment or exclusion of teammates.
  - c) Dominant play shall be a judgment call determined by the officials on the court. Penalty shall be a technical foul on the offending player.
  - d) Any player (partner or athlete) who scores 10 points in a half must sit out until everyone on his/her team has scored 10 points.
    - i) Level 2: 8 points
    - ii) Level 3: 6 points
  - e) If there are not enough players eligible to play, those with excessive points may re-enter the game, but shall be instructed not to score. Points scored over the personal amount will not be counted.
- 5) Players' equipment:
- a) Teams shall wear uniforms with colors to distinguish them from the opposing team and referees. Pinnies provided to visiting team if colors are indistinguishable.
  - b) Shirts shall be numbered.
  - c) Proper, rubber-soled, close-toed athletic shoes required.
  - d) No hats or jewelry allowed.
- 6) Coaches:
- a) At least one non-playing, sport certified bench coach shall be designated at the beginning of the match. (Information on certification available at [www.kssso.org/coach](http://www.kssso.org/coach))
  - b) The coach may not be listed as a player for that game.
- 7) Referees:
- a) Each match shall be controlled by one referee who has full authority to enforce the rules in connection with the match to which he has been appointed.
  - b) Assistant referees may be appointed to each game to assist on the court and with scorekeeping and timing.
- 8) Duration of the game:
- a) The duration of the game shall be four equal periods of six minutes with a halftime interval of three minutes.
  - b) The clock shall continue to run except during timeouts and in the last minute of each quarter for free throws and dead ball situations.
  - c) The referee shall be responsible for keeping the playing time or may delegate to an assistant referee if present.
- 9) Overtime:
- a) In regular league play ties are considered final.
  - b) In tournament play, a 5-minute overtime period shall be played.
  - c) If the game is still tied, teams shall play until the next point is scored, in which case the scoring team wins.
- 10) Timeouts:
- a) Two 60-second and one 30-second timeout per team for entirety of game
  - b) Referee may call timeouts as needed for injury without using team timeouts.
- 11) Method of scoring:
- a) One basket within the 3-point arc equals 2 points.
  - b) One basket outside the 3-point arc equals 3 points.
  - c) Free throws equal 1 point.
- 12) Fouls and misconduct:

- a) Fouls/misconduct committed by the defensive team shall result in stoppage of play and the offensive team in-bounding the ball near the spot of the foul. Fouls/misconduct by the offensive team shall result in a turnover and change of possession. Game will resume via in-bounding the ball near the spot of the foul/misconduct.
- b) Fouls committed during a shooting attempt shall also result in free throws.
- c) Pushing, tripping, dangerous play or dominate play results in a technical foul.
- d) Five personal/technical fouls shall result in expulsion from the game.
- e) Seven team fouls during a period shall result in a team foul penalty situation, wherein subsequent fouls result in two free throws.
- f) No dunking.
- g) There are no fast breaks, nor full court press in Level 2 or 3. Attempts shall result in stoppage of play to allow the defense to get set.
- h) Traveling and double-dribbling is not allowed. Infraction shall result in loss of possession.
  - i) Level 2: Traveling/double-dribbling shall be called when a player gains significant advantage (e.g. picking up the ball and running to avoid a defensive steal). Inadvertent travel or double-dribble, including two-handed dribbling, shall not be called. No more than five consecutive steps shall be allowed.
  - ii) Level 3: More leniency on traveling/double-dribbling. Up to seven steps allowed.
- i) Five-second lane violation is enforced.
  - i) Level 2: 10 seconds
  - ii) Level 3: Unlimited time
- j) Player has 10 seconds to cross the back court.
  - i) Level 2: Time starts once defense is set-up
  - ii) Level 3: Unlimited time to cross.
- k) A closely-guarded player has 5 seconds to pass or dribble.
  - i) Level 2: No guarding within 3 feet when offensive player is outside of the lane. Player may stand motionless for 8 seconds.
  - ii) Level 3: No guarding within 3 feet when offensive player is outside of the lane. Player has unlimited time.

13) Free Throw:

- a) Two free throws for foul on 2-point attempt, three free throws for 3-point attempt.
- b) One free throw shall be awarded for a foul on a successful field goal.
- c) During team foul penalty situation, any non-shooting foul shall result in one free throw.

14) Wheelchairs:

- a) Teams with athletes in a wheelchair will be placed in division 3.
- b) An additional "ghost player" can be on the court to assist an athlete in a wheelchair. This additional person will wear a pennie that distinguishes him/her from the athletes on the court.
- c) Assistance provided by the "ghost player" can include maneuvering the wheelchair when the athlete does or doesn't have the ball and catching the ball on a pass and handing it to the athlete to shoot, "dribble" or pass.
- d) Wheelchair athletes are able to move without dribbling the equivalent of 7 steps.

15) Coaching from the bench area:

- a) A team bench and bench area shall be provided for each team.
- b) Each bench area shall be a rectangle, 15 meters in length, located on the sideline at least 2 meters away from the sideline and within 10 meters of the halfway line.
- c) Coaches and extra players are not allowed on the court, unless agreed upon by the opposing team's coach, in which case non-playing persons shall wear brightly colored clothing to distinguish from players. This should only be allowed when a player cannot safely participate without additional support.
- d) Coaches are expected to restrict their coaching to simple, verbal encouragement.
- e) Verbal abuse of players or officials, or excessive and explicit coaching from the sidelines shall be considered unsportsmanlike conduct and may result in a warning from the referee. If such behavior persists, the referee may eject the offending coach from the court.

## **Skill Division Breakdown**

\*Note: divisioning may also be based on age and gender.

Division offerings based on team availability and the discretion of the Games Management Team

### **Level 1**

Game play is same level as Middle School JV or higher. All players understand the game. Skill levels may vary. Higher-skilled players (especially partners) act as mentors and should put the skill development of lower-skilled players (especially athletes) above their own personal interests.

1. Max. 10 points per player per half\*
2. Fast breaks and full court press allowed. No dunking.
3. Rules such as traveling and double-dribble are strictly enforced.
4. 5-second lane violation.
5. 10 seconds to cross back court.
6. 5 seconds to pass, shoot, dribble.
7. Fouls are called as if it was a standard game. Shooting fouls result in free throw(s).

### **Level 2**

All players understand the basics of the game, go after the ball, get involved, but are not highly-skilled. Higher-skilled players act as mentors to lower-skilled, including those on opposing team.

1. Max. 8 points per player per half\*
2. No fast breaks, no full court press, no dunking.
3. Double dribble and travel allowed without significant advantage gained. 5 steps maximum.
4. 10-second lane violation.
5. 10 seconds to cross back court after defense set up.
6. No close-guarding (3 ft); 8-seconds to pass, shoot, dribble.
7. Fouls are less common as the pace of play as slower but should still be called. Shooting fouls result in free throw(s).

### **Level 3**

Several players have difficult time with basic skills and understanding of game. Some may be afraid of the ball. Higher-skilled players work to slow-down game play to allow lower-skilled athletes the chance to participate meaningfully.

1. Max. 6 points per player per half\*
2. No fast breaks, no full court press, no dunking.
3. Double dribble and travel allowed. 7 steps maximum.
4. Unlimited lane time.
5. Unlimited time to cross back court.
6. No close-guarding (3ft), unlimited time to pass, shoot, dribble.
7. Fouls uncommon but should be called. Shooting fouls result in free throw(s).

\*If a player scores over their personal allotment, subsequent points will not count.