



Official Basketball Rules

Special Olympics
Tennessee



Table of Contents

I. The Game

II. Equipment & Uniforms

III. Officials & Their Duties

IV. Coaches Expectations

V. 3v3 Competition

VI. 5v5 Competition

VII. Modifications



I. The Game

- A. Special Olympics Tennessee Basketball is offered in the following formats:
 - a. 5v5 Traditional Team
 - b. 5v5 Unified Team
 - c. 3v3 Traditional Team
 - d. 3v3 Unified Team
- B. All formats of SOTN basketball are officiated based on the official NFHS Basketball Rules Book.

II. Equipment & Uniforms

- A. Equipment
 - a. Ball: Teams shall play with a size 7 basketball.
 - i. Circumference: between 749 millimeters (29.5 in) and 780 millimeters (30.7 in).
 - ii. Weight: between 567 grams (20 oz) and 650 grams (23 oz).
 - b. Baskets: The baskets shall comprise of the backboard, rings, and nets.
 - i. The ring shall be 30.5 meters (10 ft) above the floor.
- B. Uniforms
 - a. All participants must have matching uniforms (shirts & shorts/pants).
 - b. A player's shirt shall be tucked inside the pants and the pants shall be worn above the hips.
 - c. All players must wear numbered uniforms, only digits 0-5 may be used with the highest possible number being 55. Numbers shall be visible on the back of the shirt. A team may NOT have the number 0 and the number 00.
 - d. Blue jeans will not be permitted to wear.
 - e. All participants must wear flat gym, court, or tennis shoes. Turf shoes, street shoes, bare feet, or boots of any kind are not permitted.
 - f. Headbands and/or wristbands must be black, white, or a single solid color matching the uniform color.
 - g. No advertising or sponsorship is allowed to be worn on competition uniforms or warmup jerseys.

III. Officials & Their Duties

- A. Officials shall conduct the game in accordance with the National Federation of State High School Associations (NFHS) official High School Basketball Rules.
- B. Officials have the power to make all decisions on any points not specifically covered in the rules.
- C. Officials have the power to stop play and call an official timeout due to injury, undue delay, or safety considerations that will not be charged to either team.
- D. Referees and coaches should meet five (5) minutes before each game to review the game and discuss any questions concerning rules.
- E. Judgments of Games Officials, including referees and court captains, shall be final in all game-related situations.
- F. Officials Motions:



OFFICIAL NFHS BASKETBALL SIGNALS

Starting and stopping clock	Start clock 1	Stop clock 2	Stop clock for jump/held ball 3	4	5	Information	Directional signal 6
	Throw-in and free-throw designated spot/violation 7	Move along end-line on throw-in 8	Visible counts 9	Beckoning substitutes 10	60-second time-out 11		30-second time-out 12
Shooting/scoring	Tipped ball 14	No score 15	Goal Counts 16	Points scored 17	18		
				Use 1 or 2 fingers after signal	3-Point attempt score	3-Point made	

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Free throws/Bonus free throws	Signal free throw 19	Violations	Delayed lane violation 20	21	Illegal use of hands 30	Hand check 31	Holding 32	
			Traveling violation					
	Violations	Illegal dribble 22	Palming carry 23	Back court violation 24	3-Second violation 25	Fouls	Blocking 33	34
					Pushing charging			
5-Second violation 26		10-Second violation 27	Excessive swinging elbows 28	Kicking 29	Intentional foul 36		Double foul 37	Technical foul 38

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IV. Coaches Expectations

- A. Coaches are typically volunteers helping players learn and enjoy the game. Parents are strongly encouraged to support the coach at all times.
- B. Coaches are expected to adhere to Special Olympics rules and philosophies, coach's guidelines, and codes of conduct at all times.
- C. Coaches must have the following certificates to participate:
 - a. Updated Protective Behaviors
 - b. Class A Background Check
 - c. Concussion Training
 - d. Unified Training (if applicable)
 - e. Attend Basketball Coaches Training
- D. Coaches shall remain seated or stand in the area immediately in front of their bench while the game is in progress.
 - a. The Head Coach may stand but the assistant is to remain seated at all times.
 - b. Only two coaches are allowed on the team bench or in the team bench area.

V. 3v3 Competition

- A. The Game
 - a. The Game shall be played between two (2) teams of three (3) players.
 - i. Traditional Teams
 - 1. Team rosters can contain a maximum of six (6) players.
 - 2. Each team must start the game with three (3) players on the court.
 - ii. Unified Teams
 - 1. Team rosters can contain a maximum of six (6) players with a minimum of two (2) Unified partners.
 - 2. Each team must start with three (3) players on the court; two (2) athletes and one (1) Unified partner. This ratio is to be followed at ALL times.
 - b. Substitutions
 - i. All substitutes will report to the official scorekeeper, who will then be whistled in by the referee.
 - c. Gameplay
 - i. The 3v3 game is played on a half court.
 - ii. First possession is decided by a coin toss.
 - 1. The team that does not gain first possession from the coin toss will start the alternating possession procedure and will take the ball when the next jump-ball situation occurs.
 - iii. There are no individual or team foul limits.
 - 1. Misconduct will result in a warning to the players and coaches, continuous misconduct or flagrant/intentional fouling will result in player dismissal.
 - 2. If a foul is called, possession will be given to the other team except in cases of a foul while a player is in the act of shooting.
 - a. If a player is fouled in the act of shooting and makes the basket, the field goal is credited AND the offended against team retains possession of the ball.
 - iv. A 3-second lane violation will be called for all age and skill groups.

- v. All restarts (out of bounds, fouls, made baskets) will begin at the top of the 3-point arc, with the referee handing the ball off, and the team with possession checking the ball to the defense. Teams can dribble OR pass to begin play.
- vi. If there is a turnover, the ball must return past the 3-point arc before attempting to score.
 - 1. A missed basket may be re-attempted if rebounded by the offense.

B. The Court

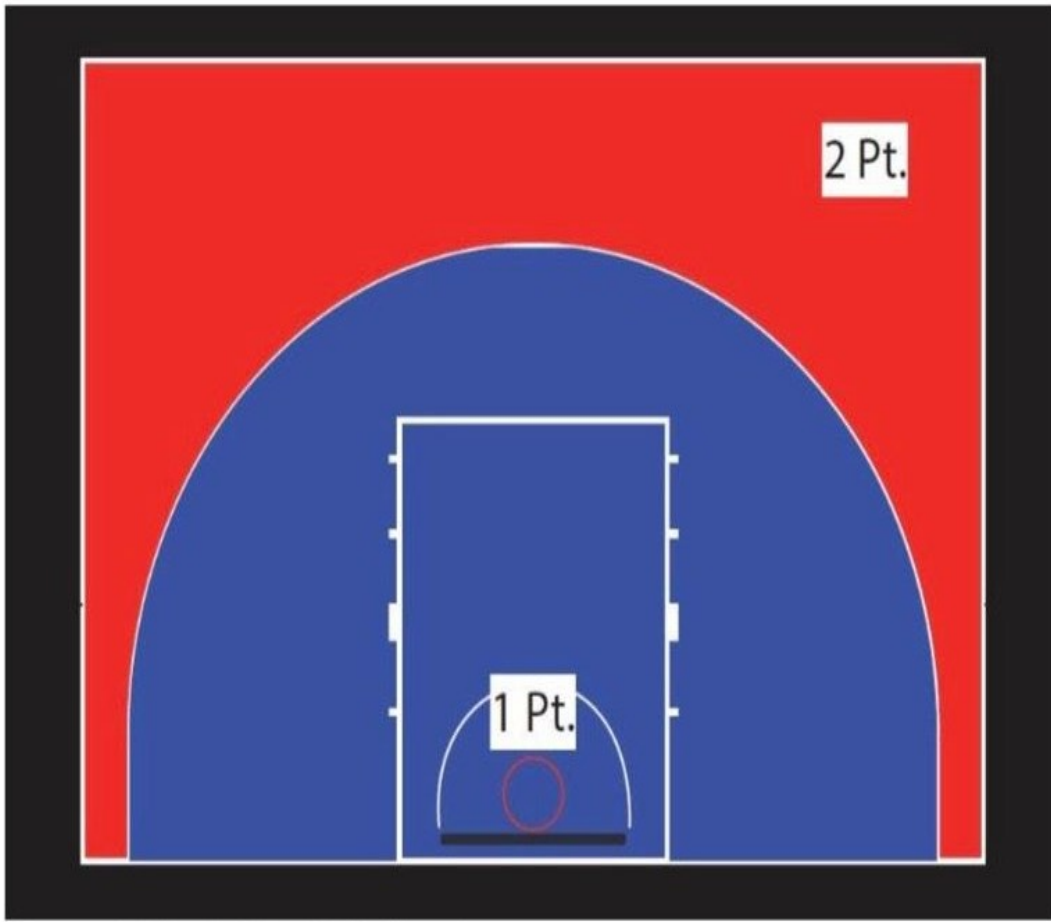


Diagram 3 1-point/2-point field goal area

C. Timing & Overtime

- a. The game shall consist of two (2) eight-minute halves with a running clock.
 - i. During the final minute of each period, all dead ball situations will stop the clock.
 - ii. Exceptions: the clock will stop with timeouts.
- b. There shall be a two (2) minute half time.
- c. Each team received one (1) 60-second timeout per half.
 - i. Any unused timeout does not carry over to the second half.
- d. Overtime occurs if the score is tied at the end of regulation play.
 - i. All regulation rules and fouls are in effect during overtime.
 - ii. There are no timeouts in overtime.
 - iii. Overtime possession will be decided by a coin toss.
 - iv. One (1) minute will be played for overtime. If a tie occurs at the end of the first minute, the entire overtime process is repeated.

D. Scoring

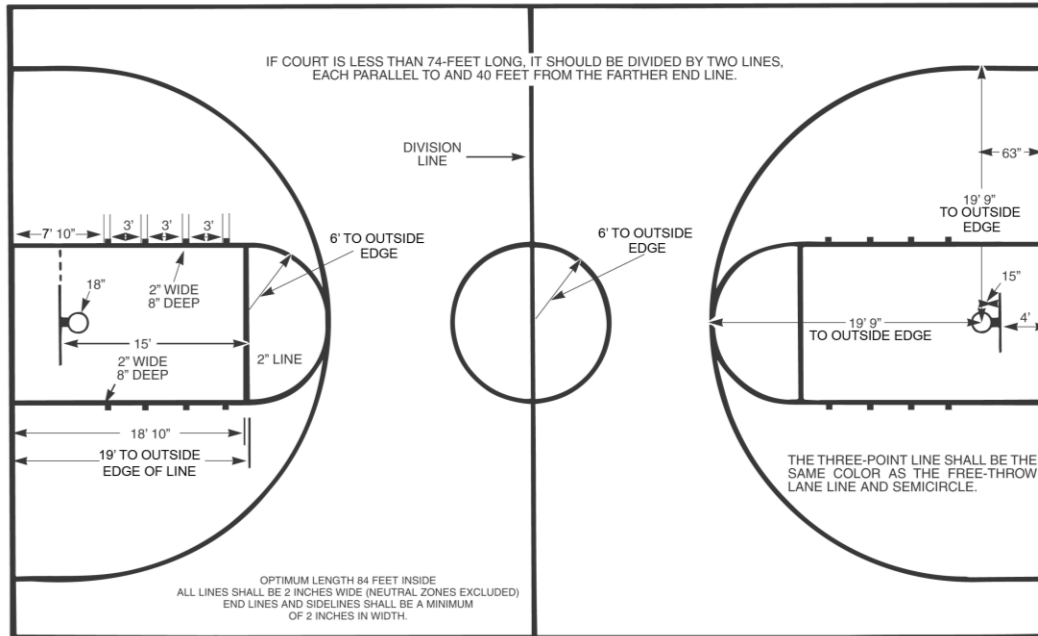
- a. One (1) point is awarded for regular baskets (inside the 3-point arc).
- b. Two (2) points are awarded for a basket beyond the 3-point arc.

VI. 5v5 Competition

A. The Game

- a. The game shall be played between two (2) teams of five (5) players.
 - i. Traditional Teams
 1. Team rosters can contain a maximum of ten (10) players.
 2. Each team must start the game with five (5) players on the court.
 - ii. Unified Teams
 1. Team rosters can contain a maximum of ten (10) players with a minimum of four (4) Unified partners.
 1. Each team must start with five (5) players on the court; three (3) athletes and two (2) Unified partners.
 - a. Failure to adhere to the required ratio will result in a forfeit.
- b. Substitutions
 - i. All substitutes will report to the official scorekeeper, who will then be whistled in by the referee.
- c. Gameplay
 - i. The 5v5 game is played on a full court.
 - ii. First possession is decided by a jump ball to start the game.
 1. The team that does not gain possession from the jump ball will start the alternating possession procedure and will make a throw-in when the next jump-ball situation occurs.
 - iii. Player and team fouls are counted.
 1. Players are allowed five (5) fouls each.
 2. The one-and-one will be in effect on the seventh (7th) team foul of each half.
 3. After the tenth (10th) team foul, the double bonus will be in effect.
 - iv. Over-and-back and all line violations will be called.
 - v. The ruling on held balls and five-seconds closely guarded will be called.
 - vi. The offensive team shall be allowed a maximum of ten (10) seconds to cross the division line.
 - vii. A 3-second lane violation will be called for all age and skill groups.

B. The Court



C. Timing & Overtime

- a. The game shall consist of four (4) six-minute quarters with a running clock.
 - i. During the final two (2) minutes of each half (2/4 quarters), all dead ball situations will stop the clock.
 - ii. Exceptions: the clock will always stop for shooting fouls and timeouts.
- b. There shall be a five (5) minute half time.
- c. Each team shall receive two (2) 60-second timeouts per half.
 - i. Any unused timeout does not carry over to the second half.
- d. Overtime occurs if the score is tied at the end of regulation play.
 - i. All regulation rules and fouls are in effect during overtime.
 - ii. Each team receives one (1) timeout in overtime.
 - iii. Overtime possession is decided by the same jump-ball procedure as regulation play.
 - iv. Three (3) minutes will be played for overtime. If the score is tied at the end of overtime, a jump ball will be initiated and the first team to score wins.

D. Scoring

- a. Two (2) points are awarded for a regular basket (inside the 3-point arc).
- b. Three (3) points are awarded for a basket beyond the 3-point arc.

VII. Modifications

- A. All modifications are at the referee's discretion, based on the skill level of both teams competing.
 - a. The three (3) second violation may be eased at for lower levels of play so long as it does not give an offensive advantage. Five (5) seconds shall be the maximum time permitted.
 - b. Players in lower divisions may be allowed continuous one or two-hand dribble with minimum hesitation. However, once the ball is picked up, the player must pass or shoot.
 - c. Players in lower divisions may be allowed one extra step in starting or stopping dribble. A stationary player with the ball may be allowed to shuffle their feet as long as no offensive advantage is gained.