Basketball
Coaches Training Resource
Special Olympics Basketball Events include the following:

1. 5v5 Traditional Team Competition (full-court)

2. 5v5 Unified Team Competition

3. 3v3 Team Competition (half court)

4. 3v3 Unified Team Competition

5. Team Skills Competition

6. Individual Skills Competition
   a. Target Pass
   b. Spot Shot
   c. 10-Meter Dribble
   d. Speed Dribble (alternative to 10-meter dribble for athletes with limited mobility)

Special Olympics South Carolina State Basketball Tournament typically takes place in the Columbia area on a Saturday in April. All basketball events are offered at this competition. Contact your Area Director to register for any state event.

Registration is typically due at least one month prior to the competition. Questions regarding any state competitions can also be directed to the Special Olympics South Carolina Director of Sports and Competition, Kelly Garrick, at kgarrick@so-sc.org or 803-404-5514.
Basketball Basics-

1. Standard men’s basketballs are used for competition. Local or state competition coordinators can decide to utilize women’s balls for junior or women’s competitions.

2. Special Olympics basketball programs follow standard basketball rules, as outlined by the Federation International de Basketball (FIBA). Officials at local and state competitions will be tighter in calling the games of higher competition levels (i.e. 5v5 team competition).
   a. For an advanced level of play (Level-1), athletes and/or unified partners will be called for traveling, double dribbles, fouls and other violations, just as in any other basketball competition.
   b. For a moderated to developmental level of play (Levels-2-4), athletes will be called for traveling when it results in an offensive advantage; i.e. if a player takes 4 steps leading up to a shot where a goal is scored, the play will result in a travel violation with no points counted. If an athlete takes four steps in any other play where a shot is not made, the official will typically NOT call a travel violation.

3. Standard basketball courts will be used with baskets/goals at regulation height (10 feet).

4. Each team member must wear a uniform shirt with matching colors, front and back. Each uniform shirt should have player’s number on front and back. Numbers should be at least 20 centimeters tall in front and 10 centimeters tall on back, which is standard.

5. A personal foul is one that involves contact with an opponent. A player shall not block, hold, push, charge, trip, impede the progress of an opponent by extending his/her arm, shoulder or knee or by bending his/her body into other than normal position, nor use rough tactics. The player who has been offended against gets two free throws, if that player was in the act of shooting and missed. On the 7th foul in a half, the player fouled is allowed a 1-and-1 situation. On the 10th foul and thereafter in a half, the player fouled is allowed two shots. Prior to the 7th foul in a half, the team that has been offended against gets the ball out-of-bounds nearest the spot of the infraction. In 3-on-3, the player who has been offended against gets the ball at a designated spot above the free-throw line.
5v5 Traditional Team Play-

-Traditional teams are comprised of ALL Special Olympics athletes. There will be 5 players on the court at any given time.

-A team roster should not exceed 10 players.

-Game will either begin with a typical “jump ball” scenario OR will alternate “home teams” to start the game. This is up to the competition coordinator.

-Games at the State Basketball Tournament shall consist of 2x 20 minutes halves/periods (total of 40 minutes per game). Each game will also include at least 5 minutes for warm-ups and 10 minutes half time. Local and state competitions may shorten the halves based on availability of time in competition’s game schedule. Often times, games are shortened to 2- 12 minutes or 15 minutes halves to accommodate a tight schedule.

-Games will have a running clock until the last minute of regulation time. During this time, game clock will stop for all dead ball situations.

-State competitions will utilize overtime for tied game situations. Overtime will consist of a single 5-minutes period. If the end of overtime still results in a tie, competition coordinator may decide to keep the tie result or employ an additional 5-minute overtime until the game results with a winner.

-Each team may take 2 timeouts per half (1 minute per timeout).

5v5 Unified Team Play-

-5v5 Traditional Team Play rules and regulations apply.

-Unified teams shall have 3 Special Olympics athletes and 2 Unified Partners on the court at all times. The team roster shall not exceed 10 players consisting of 5 Special Olympics athletes and 5 Unified Partners.

-Each unified team must be led by a coach that is NOT a player.

-Coach shall provide team rosters with names and uniform numbers so that scorekeepers can keep score, noting players that scored, in the provided scorebook.

-Coach can notify officials and/or competition coordinator if there is a display of obvious player dominance (unified partner dominating the game)
3v3 Traditional Team Play-
- Games will be played on a half-court.
- Traditional teams shall have 3 Special Olympics athletes on the court playing at all times. Team rosters shall not exceed 5 players (3 starters and 2 substitutes).
- Games will be played for 20 minutes or until one team scores 20 points.

3v3 Unified Team Play-
- Same rules and regulations as 3v3 Traditional Play.
- Unified teams shall consist of 2 Special Olympics athletes and 1 Unified Partner playing on the court at any given time. Team roster shall consist of no more than 5 players.

Team Skills Competition

Individual Skills Competition

Individual Skills Competition provide meaningful competition for athletes of lower abilities. These can provide an opportunity for these athletes to train alongside their teammates/classmates who are capable of playing in a team play event.

Individual Skills competitions include 3 stations, where athletes are scored according to the guidelines below, and compete with their cumulative scores verses other athletes in their division.

Target Pass
i. Purpose – To measure an athlete’s skill in passing a basketball.
ii. Equipment – Two basketballs, flat wall, chalk or floor tape, and measuring tape.
iii. Description – A 1m (3’3 ½”) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1m from the floor. A 3m square will be marked on the floor and 2.4m (7’) 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 5 passes.

iv. Scoring –
   1. The athlete receives 3 points for hitting the wall inside the square.
   2. The athlete receives 2 points for hitting the lines of the square.
3. The athlete receives 1 point for hitting the wall but not in or on any part of the square. The athlete receives 0 points if the ball bounces before hitting the wall.
4. The athlete's score is the sum of the points from all five passes.

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Spot Shot

v. *Purpose* – To measure an athlete's skill in shooting a basketball.
vii. *Equipment* – Two basketballs, floor tape or chalk, measuring tape, and 3.05m (10') regulation goal with backboard.
vii. *Description* – Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim, and mark along the sides of the lane. The spots are marked as follows:

- #1 & #2 = 1.5m (4'11") left & right, and 1m (3'3 ½") out
- #3 & #4 = 1.5m (4'11") left & right, and 1.5m (4'11") out
- #4 & #5 = 1.5m (4'11") left & right, and 2m (6'6 ¾") out
*The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4, and #6

and then at spots #1, #3, and #5.

viii. *Scoring* – For every field goal made, points are rewarded as follows:

<table>
<thead>
<tr>
<th>Goal Made at Spot...</th>
<th>Points Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 or #2</td>
<td>2 points</td>
</tr>
<tr>
<td>#3 or #4</td>
<td>3 points</td>
</tr>
<tr>
<td>#5 or #6</td>
<td>4 points</td>
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</tbody>
</table>

1. For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the ring/rim, one point is awarded.
2. The athlete’s score will be the sum of the points from all 12 shots.
3. The athlete’s final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

**Ten-meter Dribble**

ix. *Purpose* – To measure an athlete’s speed and skill in dribbling a basketball

x. *Equipment* – Three basketballs, four cones, floor tape or chalk, measuring tape, and stopwatch.

xi. *Description* –

1. The athlete begins from behind the start line and between the cones.
2. The athlete starts dribbling and moving when the Official signals.
3. The athlete dribbles the ball with one hand for the entire 10m.
4. A wheelchair athlete must alternate taking 2 pushes followed by two dribbles for legal dribbling.
5. The athlete must cross the finish line between the cones and must pick up the basketball to stop dribble.
6. 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 1.5m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event. There should be a back-up ball on each side of the lane (1m out, half way-5m- down the lane).

![Diagram showing the layout of the event]

xii. Scoring –
1. The athlete will be timed from the signal “Go” to when he/she crossed the finish line between the cones and picks up the basketball to stop the dribble.
2. A one second penalty will be added every time the athlete illegally dribbles (i.e. two-hand dribbles, carries the ball, etc.).
3. 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, as follows.
4. The athlete’s score for the event is his/her best of the two trials converted into points. (In case of a tie, the actual time will be used to differentiate place.)

**Scoring Conversion Chart**

<table>
<thead>
<tr>
<th>Seconds</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>0-2</td>
<td>30</td>
</tr>
<tr>
<td>2.1-3</td>
<td>28</td>
</tr>
<tr>
<td>3.1-4</td>
<td>26</td>
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<tr>
<td>Seconds</td>
<td>Points</td>
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<tr>
<td>9.1-10</td>
<td>14</td>
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<td>10.1-12</td>
<td>12</td>
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<td>12.1-14</td>
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<td>14.1-16</td>
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<td>16.1-18</td>
<td>6</td>
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<tr>
<td>18.1-20</td>
<td>4</td>
</tr>
<tr>
<td>20.1-22</td>
<td>2</td>
</tr>
<tr>
<td>22.1 and over</td>
<td>1</td>
</tr>
</tbody>
</table>

**Speed Dribble**- This event provides meaningful competition for athletes with limited mobility (i.e. in wheelchair) and shall be used IN PLACE OF the 10-meter dribble skills contest.

b. Equipment  
   i. Measuring Tape  
   ii. Floor tape or chalk  
   iii. One basketball  
   iv. Stopwatch  
   v. Counter  
   vi. Whistle  

c. Set-up: Mark a circle with a 1.5-meter (4 feet 11 inches) diameter.

d. Rules  
   i. Athlete may use only one hand to dribble.  
   ii. Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
iii. Athlete starts and stops dribbling at the sound of the whistle.
iv. There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
v. Athlete must stay in the designated circle while dribbling.
vi. If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.

e. Scoring
   i. Athlete receives one point per legal dribble within the 60 seconds.
   ii. Counting stop and the event ends when the basketball rolls out of the circle for the third time.

**Typical Day-of-Event Volunteer Positions for Basketball Tournament:**

Parking Attendant (as needed)

Registration/Check-in Table Attendant (as needed)

Officials (2 per court for full court competition; 1-2 per court for half court competition)

Timekeeper & Scorekeeper (1-2 per court)

Additional “Fans in the Stands”
## Appropriate Event Considerations

<table>
<thead>
<tr>
<th>EVENT</th>
<th>APPROPRIATE PARTICIPANTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed Dribble</td>
<td>Appropriate for athletes who are non-ambulatory or have a very low skill level.</td>
</tr>
<tr>
<td><strong>Provide opportunities for partners to serve as assistant coaches/helpers during training and competition</strong></td>
<td></td>
</tr>
<tr>
<td>Individual Skills Contest</td>
<td>Appropriate for athletes who have very slow reactions, are unable to dribble the ball more than 10 meters, do not move to catch even a slow moving ball, and do not participate in an active manner.</td>
</tr>
<tr>
<td><strong>Provide opportunities for partners to serve as assistant coaches/helpers during training and competition</strong></td>
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</tr>
<tr>
<td>Team Skills Contest</td>
<td>Appropriate for athletes who are non-ambulatory and low-skilled, and can pass and catch.</td>
</tr>
<tr>
<td><strong>Provide opportunities for partners to serve as assistant coaches/helpers during training and competition</strong></td>
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</tr>
<tr>
<td>Traditional 3v3 or 5v5 Basketball- Teams comprised of all Special Olympics athletes, does provide opportunity for student leader to assist in coaching</td>
<td>Appropriate for athletes who possess good basic skills, a good understanding of the rules and basic tactics of the game, and endurance.</td>
</tr>
<tr>
<td>Unified Sports 3v3 or 5v5 Basketball- Player Development Model</td>
<td>Appropriate for athletes who possess some basic skills, some understanding of the rules/game play, but are at a lower skill level then their unified partners. These unified partners often assist the athletes on the court during play (e.g., position athletes on offense or defense; set athletes up for a shot; prompt athletes directionally)</td>
</tr>
<tr>
<td>Unified Sports Basketball- Competitive Model</td>
<td>Appropriate for moderate to higher-skilled athletes who possess good basic skills, a good understanding of the rules and basic/advanced tactics of the game and endurance. Athletes and unified partners should possess similar skill levels.</td>
</tr>
</tbody>
</table>

## Common Training Session Practice Sequence

1. Warm-up and Stretching

2. Basic Skills Instruction (review previously learned skills and introduce a new skill)

3. Competition Experience (Controlled Scrimmage)

4. Cool-Down
Basketball Glossary Term Definition

Assist: A pass to a teammate who scores directly or who does not dribble more than twice before scoring.

Backcourt: The end of the court opposite a team’s offensive goal.

Baseline: The end boundary line on a court.

Blocking: Personal contact that impedes the progress of an opponent who does not have the ball.

Blocking Out: A technique (also called “boxing out”) used by a rebounding player who steps in front of and with his/her back to an opponent and keeps that opponent behind him/her.

Boards: The backboards.

Bounce Pass: A pass that strikes the floor just more than halfway to the receiver.

Center: A player who plays in the center area close to the basket.

Chest Pass: A pass that is thrown in the air from about chest level.

Control: A player is in control when he is holding or dribbling a live ball. Team control exists when a live ball is being passed between members of a team.

Defender: A member of the team who does not have possession of the ball.

Defense: The team that does not have possession of the ball.

Double Dribble: A violation in which a player dribbles the ball, stops, then begins to dribble again.

Dribble: Bounce the ball.

Fast Break: A play in which a team gains possession and then pushes the ball down court quickly, hoping to get a good shot off before the other team has a chance to get back and set up on defense.

Field Goal: A basket, worth either two or three points, depending on whether it was taken from inside or outside the three-point line.

Foul: A rules infraction for which the penalty is one or more free throws.

Free Throw: Opportunity given to player to score one point by an unimpeded shot from behind the free throw line. Also called a Foul Shot.

Goaltending: A violation, in which a player interferes with a shot while the ball is on its downward arc, pins it against the backboard or touches it while it is in an imaginary cylinder above the basket; may be committed by either an offensive or defensive player.

Holding: Personal contact with an opponent which interferes with his freedom of movement.

Hoop: Basket or rim.

Jump Ball: A method of putting the ball in play by tossing it up between two opponents in one of three circles.

Jump Shot: A shot taken after a player jumps in the air.
Key: The free throw lane and circle.

Lane: The painted area between the end line and the free-throw line near each basket, outside which players line up for free throws. Also known as the key.

Offense: The team that has possession of the ball.

Outlet Pass: A quick pass (often after a rebound) to a teammate that starts a fast break.

Perimeter Players: The offensive players (guards and one forward) who play outside the lane and face the basket.

Post Players: The offensive players (center and one forward) who play near the lane and have their backs to the basket.

Press: A term that is an abbreviation for pressure, as in defensive pressure.

Rebound: A missed shot that bounces off the rim or backboard; also to gain possession of the ball after such a missed shot.

Screen: An offensive play in which a player on offense acts as a stationary barrier to prevent a player on defense from defending a player. Also called a pick.

Steal: To take the ball away from the opposing team, either off the dribble or by picking off a pass.

Technical Foul: A penalty for improper behavior, such as using foul language or arguing with the referee.

Throw-in: Method of putting the ball in play from out of bounds.

Trap: A situation in which two defenders guard the player on offense who has the ball.

Travel: To run or walk illegally while holding the ball.

Turnover: Any loss of possession without a shot being taken

**Individual Skills Quick Reference Guide**

**TARGET PASS**

- Athlete **MUST** stand within the square
- Wheelchair- leading wheel axle may not pass over the line
- 5 passes **ONLY**
- **SCORING:** *total= sum of all 5 passes*
  - 3 points for hitting inside square
  - 2 points for hitting lines of square
  - 1 point for hitting wall
  - 0 points if it bounces before the wall

**10 METER Dribble**

- Athlete begins from behind the start line and between the two cones
- Starts when official signals; Dribbles with one hand for 10 meters
- Athlete **MUST** cross finish line between cones and **pick up** basketball to stop dribble
- Wheelchair- Alternates 2 pushes followed by 2 dribbles
- *If an athlete loses control of ball, clock continues running. Athlete can recover with their own ball or ball nearest to them. HAVE BACKUP BALL READY*
- **SCORING:** **SEE BACK FOR CONVERSION CHART**
  - 1 second penalty for every illegal dribble (i.e. 2 handed dribble or carry)
- Athlete may try 2 times
- Each trial scored by adding penalty points to the time elapsed-use conversion chart

**SPOT SHOT**
- 6 spots are marked on the floor
- Athlete gets 2 attempts from each of the 6 spots; First shots are taken at spots #2, #4, #6 THEN #1, #3, #5.
- **SCORING:** *SEE BACK FOR CHART
  - 1 point for hitting the rim and/or backboard
  - Total score=sum of all shots

**THE ATHLETE'S FINAL SCORE FOR THE INDIVIDUAL SKILLS CONTEST IS DETERMINED BY ADDING TOGETHER THE SCORES ACHIEVED IN EACH OF THE THREE EVENTS**

**10 METER DRIBBLE CONVERSION CHART**

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**SPOT SHOT POINTS**

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