

Special Olympics Middle School Unified Sports® Basketball Rules

2022 - 2023

Special Olympics
New Hampshire



The Official Special Olympics Middle School Basketball Sports Rules shall govern all Special Olympics Middle School competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on the National Federation of State High School Associations' rules, which can be found at <http://www.nfhs.org/sports-resource-content/basketball-rules-changes-2016-17/>, and Special Olympics International Basketball Rules found at https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Basketball-Rules-2020-v4.pdf?_ga=2.27699452.1582016580.1660814026-898989341.1611200015. These rules shall be employed except when they are in conflict with the rules listed in this document. In such cases, rules in this document shall apply.

Events Offered

- Unified Sports Full Court 5v5 Competition
- Unified Sports Half-Court 3v3 Competition

Registration

- Players will compete in one event.
- A full-court team's roster should have a minimum of 10 players and a maximum of 15.
 - Full-Court Unified Teams are strongly recommended to have at least 6 partners on their roster.
- We strongly recommend a half-court team's roster should have a minimum of 6 players and a maximum of 9 players.
 - Half-Court Unified Teams are strongly recommended to have at least 4 partners on their roster.

Divisioning

- All teams will compete in one division for Jamboree style tournaments.

Equipment

- A women's ball shall be used for all competition.
- The baskets shall comprise the backboards, rings, and nets. For competition, the basket ring is 3.05 meters (10 feet) above the floor.
- Mouth guards are recommended for all players.
- No hula hoops or trash cans may be used.
- Assisted devices such as wheelchairs, walkers, crutches, etc. may be used in Unified Sports Half-Court 3v3 Competition.

Uniform

- All players must wear basketball attire with identifying numbers and flat rubber soled athletic shoes.
- The number on the front of the shirt shall be at least 4 inches high. The back of the uniform shirt must have a number at least 6 inches in height.
- Legal numbers are 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55. Only 0 or 00 may be used on a team, not both. No team members wear the same number.
- Team uniform shirts and shorts must be identical in trim color and style.

Competition

Unified Sports Full-Court 5v5 Competition

- A team shall consist of five players.
- There must be 3 athletes and 2 partners on the court.
- All players will play in the game and the principle of meaningful involvement shall be practiced by each team.
- Athletes and partners are teammates and are expected to contribute to all facets of the game (dribbling, passing, rebounding, defending and shooting); however, no player will be permitted dominate the game.
- A Unified court monitor will sit at the scoretable and watch for player dominance. If the Unified court monitor deems player dominance has occurred, the following protocol will be administered:
 - The Unified court monitor will warn the coach at the first dead ball.
 - With the next offense, he/she will assess that coach with a technical foul. The offending player will be noted.
 - If it occurs again, the coach will receive a second technical, removal from the gym allowing the assistant to assume the role of head coach and finish coaching the team.
 - If the same player is involved, he/she may be removed from the game.
- The game will be played using four, 8-minute quarters with a five-minute intermission for halftime.
- The game is played with running time, stopping only for time outs and fouls until the last two minutes of each quarter and overtime, when it is stopped on all whistles.
- If the score is tied at the end of playing time for the fourth period, the game shall continue with as many extra periods of 4 minutes as is necessary to break the tie.
- Each team is allowed two 30-second timeouts per half.
- One Middle School level official is required.
- For substitutions instead of the buzzer sounding, a whistle will be used.
- Substitutions cannot be made "on the fly," but the referee may be permitted to stop the clock at a dead ball to allow for substitutions.
- A full-court press is not permitted.
- Rule violations (i.e. traveling, double dribble, 3 seconds) are enforced to the degree of advantage-disadvantage and at the discretion of the referee.

Unified Sports Half-Court 3-on-3 Competition

- The game will consist of two, 10-minute halves with a 5-minute intermission between halves.
- The game is played with running time, stopping only for time outs and fouls until the last two minutes of each half and overtime, when it is stopped on all whistles.
- The game will start with coin toss for possession. There is no jump ball. All jump balls will be administered by alternate possession, starting with the team that wins coin toss.
- If the score is tied at the end of the regulation time, the game shall continue with as many extra periods of 4 minutes as is necessary to break the tie. The overtime period will begin with a coin toss for possession.
- Teams change possession of the ball after made field goals. However, 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.
- The throw-in spot in all cases (fouls, violations, out-of-bounds, made field goals, timeouts) will be behind the foul line extended at a designated spot (X) within the restraining circle at the top of the key. This procedure is used for all fouls, violations, timeouts, out-of-bounds and made field goals. The in-bounder will be at the designated spot; all other players are within the half-court boundaries. After the ball is put into play by passing to a teammate, any offensive player can shoot.
- On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.
- A violation has occurred when the defense, who has just gained possession of the ball, attempts a field goal without taking it back behind the foul line extended.
- Rule violations (i.e. traveling, double dribble, 3 seconds) are enforced to the degree of advantage-disadvantage and at the discretion of the referee.
- Substitution may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be beckoned into the game by the referee.
- Each team will have two, 60 second timeouts per game. An additional timeout per team will be allowed for each overtime period.
- When a timeout is called, the clock will be stopped.
- For Unified Sports, there is to be no more than 2 athletes and 1 partner on the court at all times.
- Athletes and partners are teammates and are expected to contribute to all facets of the game (dribbling, passing, rebounding, defending and shooting); however, no player will be permitted dominate the game.
- Meaningful involvement of all players will be enforced.
- The same protocol for 5v5 player dominance will be employed for 3v3.

