Basketball Manual

Rules, Regulations, & Training Information

All Special Olympics Kentucky Basketball games are run according to the National Federation of State High School Associations (NFHS) Rules. Any modifications to those rules shall be found in this manual.

Updated November 2022

Special Olympics
Kentucky

TABLE OF CONTENTS

INTRODUCTION

- Special Olympics has developed modified rules, when necessary, in order to maximize the successful participation of all athletes and encourage competition throughout every level of the organization.

- The fundamental difference which sets Special Olympics competitions apart from those of other sports organizations is that athletes of all ability levels are encouraged to participate and every athlete is recognized for his or her performance.

- Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions. Historically, Special Olympics has suggested that all divisions can be created where the variance between the highest and lowest scores within that division differs by no more than 15%. This is **NOT** a rule but should be used as a guideline for establishing equitable divisions when the number of athletes competing is appropriate.

PROCEDURES FOR DIVISIONING

- **ABILITY** is the primary divisioning factor in Special Olympics. An entry score from a prior competition or a preliminary event determines the ability of an athlete or team. The other 2 criteria used for divisioning are **age** and **sex**.

- Ideally, competition is enhanced when all divisions accommodate at least three (3) and no more than eight (8) competitors or teams of similar ability. In some cases, however, the number of athletes or teams within a competition will be insufficient to achieve this goal. The following procedures describe the sequential process of creating equitable divisions by the event and also provides guidance for managing athlete participation when factors preclude ideal divisioning.

TEAM SPORTS

A. Step One: Divide Teams By Gender

1) Divide teams into two groups based upon gender. Female teams shall compete against other female teams and male teams shall compete against other male teams.

2) Teams shall compete against other teams of the same gender, unless:

   a) There is only one male or one female team within the competition. This team shall be divisioned with teams of the opposite gender who are of similar age and ability.

B. Step Two: Divide Teams By Age

1) The age group of a team is determined by the age of the oldest athlete on that team on the opening date of the competition.

2) Divide male and female teams into the following age groups: ages 15 and under; ages 16-21; and ages 22 and over. An additional group may be established if there is a sufficient number of teams in the "22 and over" age group.

3) Teams should compete against other teams within the same age group.

C. Step Three: Divide Teams By Ability

1) All Special Olympics team sport competitions shall utilize the results of qualifying tournaments and games to assess the level of ability of the participating teams.

2) Group teams according to ability based upon the results of qualifying tournaments and games.

3) Create divisions of no more than eight teams by applying age groups to the teams within each ability group.

4) Within each ability group, age groups may be combined to create divisions.

5) If there are only two male or two female teams within the competition, these teams shall compete against each other.

6) If there is only one team within an age or ability group, that team must be divisioned with other teams, regardless of age or ability.
   * In most cases, preference will be given to ability.

SPECIAL OLYMPICS KENTUCKY
DIVISION CRITERIA FOR BASKETBALL

**These criteria should be used as a guide when trying to
determine at what level your team should compete**

B DIVISION
- Players do not have an understanding of rules or team play
- All players have very LIMITED basic skills; shooting, passing, dribbling,
rebounding & defending
- Players need verbal cues on all aspects of the game
- No understanding of fouls

For example: a B level athlete struggles to dribble consistently without picking
up the ball and has difficulty consistently scoring a basket.

A B level athlete cannot dribble between their legs or behind their back and
they cannot have the ability to dominate a game.

* If you have one player who dominates a game, you could possibly be a 1A
team or should move that player to the 1A division. If you have been a
consistently "High" B team, you should move to the 1A division.

1A DIVISION
- Players have USEABLE basic skills; shooting, passing, dribbling, rebounding &
  defending
- Players have a LIMITED concept of rules and team play
- Players have ability to dribble, but will see shuffles, double dribbles, etc. (A
violation will be called when an advantage is gained)
- Players rely on limited verbal cues
- Teams in this division do not have more than one (1) dominant player.
- Players have an understanding of fouls

For example: a 1A player may shuffle their feet with dribbling or stopping to
shoot and/or pass the ball. A 1A team will have one or more players who can
score easily or score from multiple areas of the court, not just under the
basket.

*If you have been a consistently "High" 1A team, you should move to the 2A
division.

2A DIVISION
- Players have a good understanding of rules and team concept
- Players display skills; shooting, passing, dribbling, rebounding & defending
- Most players have the ability to dribble with few violations
- Most players know where to go and where to be
- Players have a good understanding of fouls

3A DIVISION

- No Adaptations - Play by High School Rules (NFHS Rules)

Fair athletic competition creates an opportunity for each athlete or team to play at his/her best. You are strongly encouraged to place athletes on teams where all members have an equal chance to perform as contributing team members. An athlete should never be placed on a team where he/she is only a position and not a contributor. The best coach strives to create a team that practices, plays and contributes as a whole. The team will always be stronger than any one player.

BASKETBALL SPORT ADVISORY TEAM

SOKY would like to recognize the following individuals for serving on the Basketball Sport Advisory Team. Team members will be busy throughout the Basketball season as they will be viewing teams on screening days, attending Regional Tournaments, helping with the State Tournament, evaluating the program and assisting in the future development of SOKY Basketball.

Please feel free to call any member of the Team if you should have any questions or comments.

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BASKETBALL

The official Special Olympics Sports Rules should govern all Special Olympics Basketball competitions. As an international sports program, Special Olympics has created those rules based upon Federation International de Basketball Rules (FIBA), and the National Governing Body (NGB) rules for Basketball. In Kentucky, NGB Rules, and National Federation of State High School Associations (N.F.H.S.) Rules will be employed for all competitions except when there is a conflict with the official Special Olympics Sports Rules or when SOKY Adaptive Rules are employed.

Official Events

1. Team Competition (5 on 5)

2. Team Skills Competition

* THERE MUST BE STATEWIDE INTEREST FOR ANY EVENT IN ORDER TO JUSTIFY STATE LEVEL COMPETITION.

> **The Special Olympics Kentucky Basketball Season runs November through March. Teams MUST advance through their designated Regional Tournament or receive an at-large bid to qualify for the State Tournament.**

1. In cases not specifically covered by these rules, N.F.H.S. rules will govern.

2. The Games Rules Committee shall make all final decisions.

3. A smaller basketball (28 1/2 inches in circumference and between 18-20 ounces in weight) will be used for both women's and junior competition.

4. All levels and divisions will play with a regulation 10 ft. goal.

5. **EACH TEAM IS REQUIRED TO PLAY ALL TEAM MEMBERS IN EVERY GAME PLAYED.**

6. EACH TEAM IS REQUIRED TO SUPPLY SCORES FROM AT LEAST **3** GAMES AND MUST ADVANCE THROUGH its REGIONAL TOURNAMENT OR RECEIVE AN AT-LARGE BID IN ORDER TO QUALIFY FOR THE STATE TOURNAMENT. (Two out the three games must be with different teams WITHIN your specific region. Games required **MUST** be played of course against other Special Olympics Kentucky teams).

7. A minimum of **50** teams will qualify for the State Basketball Tournament in March. Teams who advance through their Regional Tournament will automatically qualify for State. If there are not 50 teams who advance through the brackets, SOKY will hold a "Draw" in order to fulfill the remaining spots. This draw will consist of ALL teams who participated in their Regional Tournament but did not advance. Those teams who do not advance or who are not randomly selected, will be invited to attend the Skills Competition and all activities during the State Tournament.

8. All forms, fees, etc **MUST** be returned to the SOKY office on or before the required deadline. If not returned by this date, you may not be allowed to participate in that event.

SECTION B – DIVISIONS

1. Competitors in basketball will compete in one of two age groups:

    a. **Junior**: ages 15 and under before rosters are due
    b. **Open Age Group:** 16 and over

2. Players under the age of 16 may play on an open division team, but players at the age 16 or over may **NOT** play on a junior team.

3. Divisions will be established according to ability.

4. All co-ed teams will compete in male divisions. (Every effort will be made to provide appropriate competition for every team.)

SECTION C - PROPER ATTIRE

1.   All players must wear numbered uniforms. Numbers must be on both the **front** and **back** of the uniform and should be solid in color. Only digits 0-5 should be used with the highest possible combination number being 55. A team member list shall not have both numbers 0 and 00. Numerals 6, 7, 8 and 9 should never be used (NFHS).

2.   All players should wear flat gym, court, or tennis shoes. Encourage your players not to wear black sole shoes as they leave black marks on the court.

3.   All members of a team must wear the same color uniform. If a T-shirt is worn under a basketball jersey, it should be the same color of the body of the jersey. Black, white, and or beige undershirts are no longer acceptable (NFHS).

4.   No blue jean shorts or pants, or denim of any kind are allowed. All players must wear athletic shoes, tennis shoes, etc. – No street shoes allowed.

5.   Headbands, wristbands, arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible. If worn, they shall be black, white, beige or the predominant color of the jersey.

6.   Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place.

7.   No jewelry is permitted by any athlete unless for medical reasons. In these cases, athletes should wear tape or a sweatband to cover it.

8.   Uniform must properly fit athlete.

SECTION D - EQUIPMENT
Special Olympics basketball calls for the use of N.F.H.S. standard basketball equipment including the regulation basketball, baskets and basket heights. The use of wheelchairs or walkers is not permitted for safety purposes.

SECTION E - GAME ROSTER
1.   All team members must be listed on the Official Team Roster. THE MINIMUM ALLOWED PER TEAM IS **5** PLAYERS AND THE MAXIMUM IS **15** PLAYERS. (SOKY strongly encourages teams to have at **least** 8 players on a roster. This will allow you flexibility and the option of competing if an athlete on the roster becomes ill, needs to work, etc.)

2.   All team members must be listed in the scorebook and available to the official scorekeeper and opposing team. Failure to list a roster player in the official scorebook will result in a technical foul.

3.   A team must have at least 5 players to start a game.

SECTION F - THE GAME
1.   All games will consist of four 6-minute quarters. The clock will run as follows:

   a. **3A Division** - The clock will be run just as it does in regular high school play-time will stop on all dead ball situations.

   b. **2A, 1A and B Divisions** - The clock will be a running clock except for all fouls and the last two minutes of the second and fourth quarters. During these final two minutes the clock will stop at all dead ball situations. In the 2A and 1A division backcourt pressure will be allowed in the last two minutes of the game. In the B division, backcourt pressure is only allowed in the last minute of the game; however, a team may NOT press if they are ahead by 10+ points.

2.   A **five-minute** half-time will be called between the second and third quarters during league play. A **ten-minute** half-time will be called between the second and third quarters during Regional and State Tournament games.

3.   Each team is entitled to three regular (60 second) time-outs and two 30 second time-outs during a regulation game.   Unused time-outs accumulate and may be used at any time. Each team is entitled to one extra time-out during each over-time period. WHEN CALLING A TIME-OUT, COACHES WILL NEED TO INFORM THE OFFICIAL ON THE COURT AS TO WHAT KIND OF TIME-OUT IS BEING USED. IF NO SIGNAL IS MADE, THEY WILL AUTOMATICALLY BE CHARGED WITH A FULL TIME OUT.

4.   Overtime periods will be **two** minutes in duration for all divisions. Backcourt pressure will be allowed for the full two minutes in all divisions, however in the B division, a team may NOT press if they are ahead by 10+ points.

SECTION G – VIOLATIONS

1. **3A Divisions** - Fouls and violations will be called in accordance to N.F.H.S. standards.

2. **2A, 1A, and B Divisions** - Calling of violations will be relaxed for the lower division games. The following modifications will be allowed:

   a.   The three-second lane violation will be eased.

   b.   Players will be allowed a continuous one or two hand dribbles with minimal hesitation. Once the ball is picked up and held, the player must shoot or pass. An attempt to dribble again will be a violation.

   c.   Players will be allowed two extra steps in starting or stopping a dribble. A stationary player will be allowed to shuffle his/her feet as long as no offensive advantage is gained.

   d.   Backcourt pressure will **NOT** be allowed except for the last TWO minutes of the game in the 2A and 1A Division. The defensive team must retreat to mid-court without attempting to play defense. Any attempt to guard an offensive player prior to crossing mid-court will be considered pressing. The referee will stop play and give a warning to the defensive team.   Each team will be allowed **two warnings** per game. A third violation will result in a technical foul. The offensive team will be granted two foul shots. The technical foul will not be charged to the individual player or team bench.

   e.   Backcourt pressure will **NOT** be allowed except for the last minute of the game in the B Division. However, if a team is ahead by 10+ points, they may not press. During the rest of regulation play, the defensive team must retreat to mid-court without attempting to play defense. Any attempt to guard an offensive player prior to crossing mid-court will be considered pressing. The referee will stop play and give a warning to the defensive team. Each team will be allowed **two warnings** per game. A third violation will result in a technical foul. The offensive team will be granted two foul shots. The technical foul will not be charged to the individual player or team bench.

   f.   Coaches cannot instruct players to stand directly on or behind the half court line. Athletes MUST allow their opponent enough room to cross the line before playing defense. Officials will be instructed to give a warning to a coach. A technical foul will be assessed upon the second warning.

   g.   The three-second violation has been relaxed in the lower divisions. This does not however, give an athlete the right to simply stand under the basket and not make an attempt to move. This will clearly give that athlete a competitive advantage. If in

the officials' judgment, an athlete is clearly gaining an advantage on a continual basis, the official will call a 3 second lane violation.

h. In the B Division only: An athlete will have the option of moving forward to a modified foul line. The line will be placed 13 ft from the goal. (2 ft closer than regulation)

SECTION H - PLAYERS AND SUBSTITUTES

1. A team must start the game with five (5) players.

2. The roster turned into the State Office must consist of at least five (5) players and no more than fifteen (15).

3. Substitutions may be made any time the referee's whistle is blown to stop play, during time-outs or prior to the beginning of a quarter. Substitutes will report to the scorer's table and wait to be beckoned into the game by the referee.

4. A line-up must be submitted by the coach to the official scorekeeper ten (10) minutes prior to the scheduled game time.

5. Each team is required to play all team members in every game played.

SECTION I - FOULS AND PENALTIES

FOULS WILL BE CALLED IN ALL DIVISIONS INCLUDING THE B DIVISION.

1. Each player will be allowed five (5) fouls per game. The fifth foul will result in removal of that player from the game.

2. The one-and-one bonus free throw situation will be in effect on the seventh team foul of each half.

3. The double bonus (2 shots) will be in effect on the 10th foul of each half.

4. Technical fouls will be assessed for unsportsmanlike conduct by any coach, player, team attendant or follower. Technical fouls committed by a player shall result in two (2) free throws. If the technical foul is committed by bench personnel, the offended team is awarded (2) free throws. If the foul is flagrant (violent, vulgar or abusive), two (2) free throws shall be awarded and the offender shall be ejected from the game. Any third technical for above reasons is considered a flagrant foul and shall be treated as such.

If at any time an athlete or player is ejected from a game for any reason, the following shall occur:

- 1st offense: Sit out team's next game.

- 2nd offense: Sit out team's next two games.
- 3rd offense: Receive a year suspension from the sport and cannot return until party has written a "Request of Re-Admission" letter to SOKY and it is approved.

5. The game will be forfeited when a team fails to be prepared for play within (5) minutes after each scheduled game time **(line-ups must be turned in and five players must be on the court)**.

SECTION J - OFFICIALS AND THEIR DUTIES

1. Referees shall have the power to make all decisions on any point not specifically covered in the rules.

2. The referee shall toss the ball just above the heads of the two centers at the **start** of the game and any **Overtime periods** only. All other jump ball situations will be administered with the alternate possession rule, beginning with the team that failed to control the jump ball at the start of the game. The official scorer is responsible for keeping track of alternate possessions.

SECTION K - COACHES AND THEIR RESPONSIBILITIES

1. Coaches and managers are responsible for dressing according to SOKY standards. Not only are athletes required to look their best, but coaches and team managers hold this responsibility as well.

-Coaches and managers **MUST** wear a matching coach's shirt. This shirt must be the same color of the team's uniforms OR can be another color that represents the team, as long as it sports the team name. If a coach's or manager's shirt does not bare the team name, then it must be the predominant color of the team's uniform.

-Jeans can be worn, as long as they have **NO** holes and they fit properly.

-Athletic suits can be worn, but absolutely **NO** sweatpants (cotton-type) and **NO** gym shorts of any kind!

-**NO** hats of any kind can be worn on the bench.

-Shoes must be worn. **NO** flip-flops or sandals allowed.

-Cell phones or any other electronic devises will no longer be allowed on the bench. Cell phones should be turned off. The only exception will be for a coach who may be on call for emergency reasons.

2. Coaches shall remain within the designated "coaches' box" while the game is in progress.

In all B Division games, one coach will be allowed to accompany a player to the scorer's table when substituting.

*One Coach ONLY Standing Rule (FOR ALL DIVISIONS) *: At any point during the game where more than one coach is standing up on the bench, that team will be given a team bench warning. If it happens again, a warning then turns into a technical foul. If a technical foul is given, the coach who committed the infraction must remain seated the remainder of the game.

3. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also high school basketball rules.

   The National Governing Body of rules for Special Olympics Basketball is **National Federation of State High School Associations, (N.F.H.S.).** To acquire your own **N.F.H.S.** Rules Book, write to:

   N.F.H.S.
   P.O. Box 361246
   Indianapolis, IN 46236-5324
   OR
   (800) 776-3462; www.nfhs.com

   For information on KY High School Athletic Association: www.KHSAA.ORG.

Fair athletic competition creates an opportunity for each athlete or team to play at his/her best. You are strongly encouraged to place athletes on teams where all members have an equal chance to perform as contributing team members. An athlete should never be placed on a team where he/she is only a position and not a contributor. The best coach strives to create a team that practices, plays and contributes as a whole. The team will always be stronger than any one player.

Bench credentials will be limited to **THREE** per team. These are limited to coaches, assistant coaches, and managers. If your team has a scorebook keeper, he/she needs to be listed as one of the three coaches and must sit on the team bench or the score table. No one under the age of sixteen will be allowed under any circumstance to be seated on the team bench, unless he/she is an athlete. Managers who are Special Olympics Athletes need to be listed on the roster and have a valid Special Olympics medical on file. However, no bench credential is needed.

Coaches should understand that there will always be the strongest and weakest teams in each division. If at any time a coach is not being sensitive to a lopsided score, a Tournament Official will approach that coach during a timeout to administer a warning. If a coach does not

make appropriate substitutions or if the coach purposely continues to run up a score,
Tournament Officials will impose disciplinary action to the coach. Depending on the severity of his/her actions a coach may be verbally reprimanded, not allowed to coach the next game OR be removed from coaching in the SOKY program altogether.

COACHES WILL BE HELD ACCOUNTABLE TO THE SPECIAL OLYMPICS KENTUCKY COACHES CODE OF CONDUCT.

TEAM SKILLS COMPETITION

The Team Skills Competition will be held in conjunction with the State Basketball Tournament in March. The Skills Competition is open to any team that did not qualify in Regional play for the State Tournament.

Teams who participate in the Skills Competition will be a part of the entire State Tournament weekend including the dance on Saturday night.

To register your team you must submit the same roster that you turned in as your Regional Tournament roster. Teams will be placed in competitive brackets according to division level. Competition will consist of 2 rounds with 2-3 skill stations per round, (B division will have two skill stations in each round and all other divisions will have 3 skill stations per round).
Scoring will be based on the following:

- Add each player's points to get total team points
- Average the total team points for all 2 or 3 stations
- The 2 teams with the highest team averages will advance to Round 2

The stations are as follows for the B Division:

Round One	**Round Two**
Free Throw Shooting	Catch & Pass
Spot Shot	Speed Dribble

The stations are as follows for all other Divisions (1A, 2A, 3A & 4A)

Round One	**Round Two (timed round)**
Free Throw Shooting	Speed Dribble
Spot Shot	Point Shot
Catch & Pass	Dribble and Shoot

Gold and Silver medals will be awarded to the 2 teams that advance to Round 2 of each division. Runner-up Ribbons will be awarded to all other teams.

ROUND ONE
Spot Shot

1) Purpose
   To measure a team's skill in shooting a basketball.
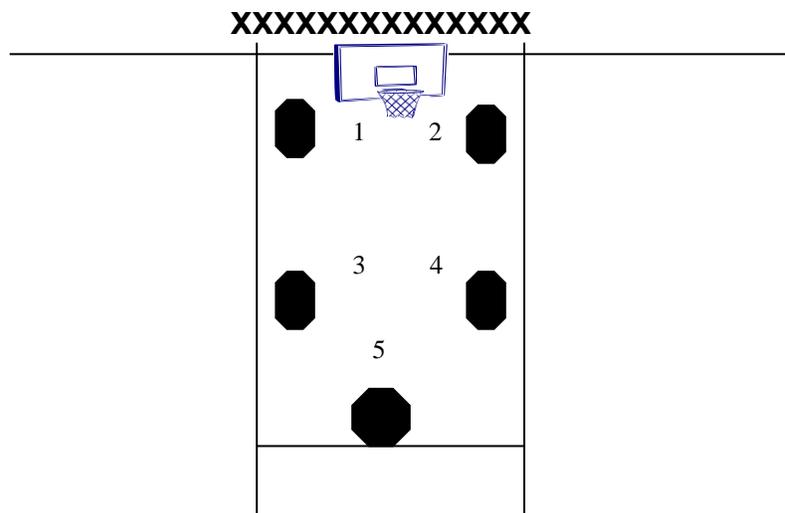
2) Description
   Five spots will be marked on the floor, in the free throw lane. Each athlete will get two shots from each spot, resulting in ten total shots.
   Teammates will stand behind the baseline and cheer on team members.

3) Scoring
   Athlete's will receive one point for each made basket. The athlete's score will be the total points for each made basket. The team's score will be the average total points.

XXXXXXXXXXXXXX

X= TEAMMATES

ROUND ONE
Free Throw Shooting

1) Purpose
To measure a team's ability in shooting Free Throws.

2) Description
Teams will line up around the free throw lane. Each athlete will take five free throw shots.

All JUNIOR AND B LEVEL athletes will be allowed to shoot from the modified free throw line, (13 ft. rather than 15 ft.).

3) Scoring
Each made basket will be awarded one point. The team's score will be the average total points.
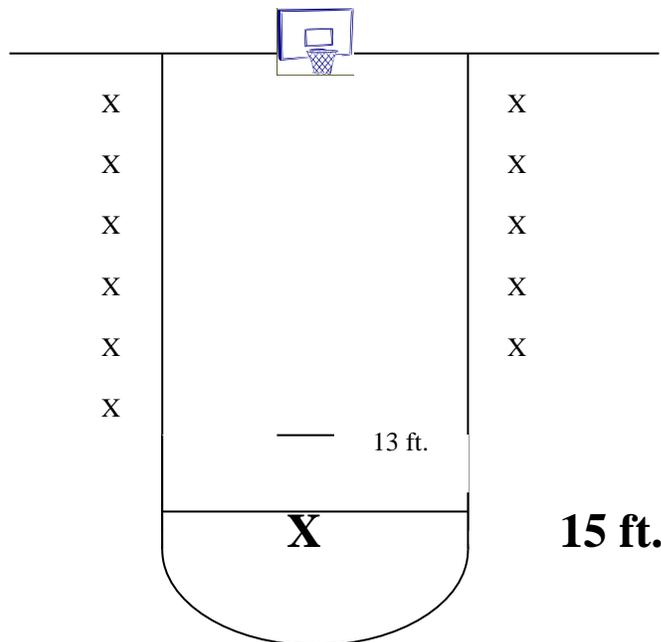
ROUND ONE (timed event)
Catch & Pass

1) Purpose

To measure an athlete's ability to receive a pass then pass the ball to a teammate.

2) Description

Five members of the team will form a line and be spaced at arms length apart. The athlete whose turn it is will pass the ball from a designated distance to the first teammate and then receive a return pass. They will then pass to the second teammate. This process will continue down the line. The skill will be complete when the ball has been successfully passed back and forth to each of the five team members. If a team does not have enough members to allow 5 to receive a pass, a volunteer will be provided.

If a pass is not completed the ball will be returned to the athlete that passed it and they will get a second attempt. If the pass is still not complete the sequence will continue.

For B & 1A divisions, each team member will perform this drill once. For 2A & 3A divisions, each team member will perform this drill twice. All passes in the first run should be executed as chest passes. All passes in the second run should be executed as bounce passes.
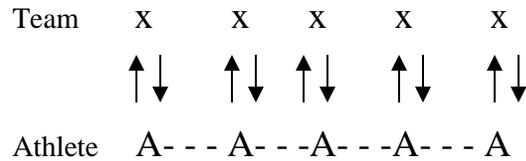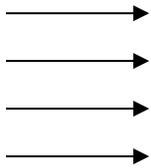
3) Scoring

Each athlete will be timed from the signal **"GO"** to when the ball has successfully been passed back and forth to each of the 5 teammates. Points will be awarded according to the scale below. The team's score will be the average total points.

9 ft. = B Division
10 ft. = 1A Division
12 ft. = 2A Division
15 ft. = 3A & 4A Division

Team   X   X   X   X   X

↑↓   ↑↓ ↑↓   ↑↓   ↑↓

Athlete   A- - - A- - -A- - -A- - - A

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0.00 - 6.00 sec.    = 6 points
6.01 - 12.00 sec.   = 5 points
12.01 - 18.00 sec.  = 4 points
18.01 - 24.00 sec.  = 3 points
24.01 - 30.00 sec.  = 2 points
30.01 – above       = 1 point
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ROUND TWO (timed round)

Dribble and Shoot

1) Purpose
To measure a team's ability to take a shot off the dribble.

2) Description
Athlete will begin with a lay-up from either side of the basket (which counts as one point), grab the rebound and dribble around the obstacle at the foul line. Once the participant has dribbled entirely around the obstacle, a shot can be taken from anywhere at the hoop station, including a lay-up. If the shot is missed, the athlete must continue to shoot until a shot is made before grabbing the rebound and repeating the process. After each made basket, athlete must dribble around the obstacle. Each athlete will have 45 seconds to make as many goals as possible.

3) Scoring
Athlete must dribble entirely around the obstacle in order for a point to be received for a shot made. Each made goal is worth one (1)

point. The team's score will be the average total points.
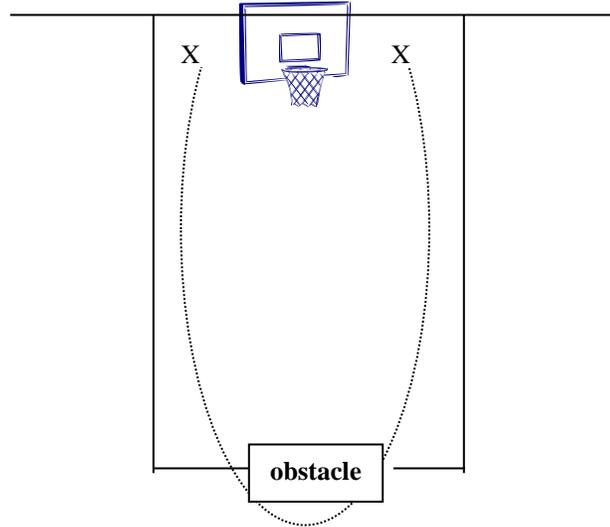
ROUND TWO (timed round)
Ten Meter Speed Dribble

1) Purpose
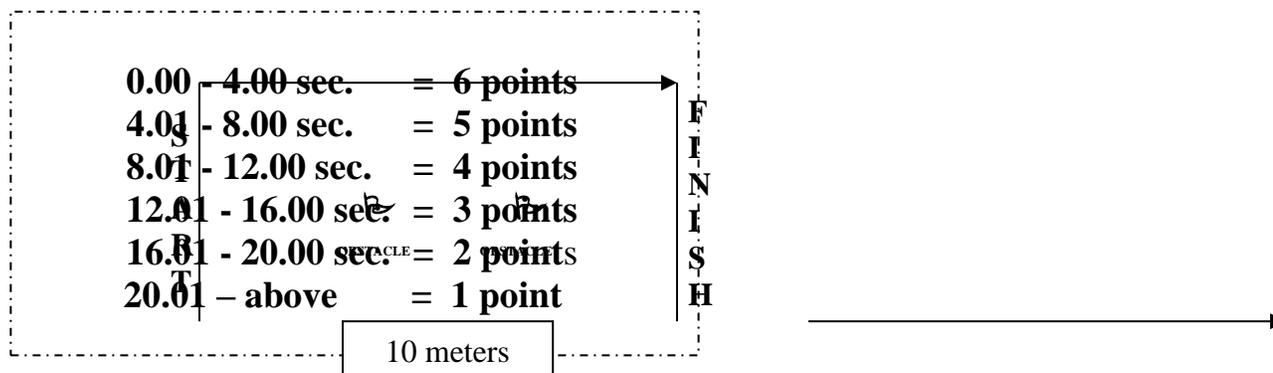   To measure a team's speed and skill in dribbling a basketball.

2) Description
   A team will line up behind the start line and between the two cones. Each athlete will start by dribbling and moving on the official's signal. The athlete will dribble to the finish line 10 meters away while negotiating the obstacles. The athlete can decide to go left or right around the first obstacle, but they must negotiate the second obstacle in the opposite direction. The clock stops when the athlete (torso) crosses the finish line. The clock will continue to run if the athlete loses control of the ball. The ball can be recovered and the athlete can finish the run. Each athlete will get one run/attempt. If the athletes looses the ball and it goes outside the boundaries of the station completely, that athlete may have one more attempt for a time. If the athlete looses control again he/she will receive the maximum time for this event.

3) Scoring

Each athlete will be timed from the signal **"GO"** to when he/she crosses the finish line. Points will be awarded according to the scale below. The team's total score will be the average total points.

Scale

0.00 - 4.00 sec.   = 6 points
4.01 - 8.00 sec.   = 5 points
8.01 - 12.00 sec.   = 4 points
12.01 - 16.00 sec. = 3 points
16.01 - 20.00 sec. = 2 points
20.01 – above   = 1 point

S
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OBSTACLE   OBSTACLE

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10 meters

ROUND TWO (timed round)
Point Shot

1) **Purpose**
   To measure a team's skill in shooting a basketball quickly and accurately.

2) **Description**
   FIVE spots will be marked on the floor, in the free throw lane. Each spot is worth a different point value. Every player on the team will be given 45 seconds to shoot from any spot they wish. Keep in mind some spots are worth more points than others. This skill is complete when every player on the team has gone once. You may choose up to TWO team mates to help rebound.

3) **Scoring**
   Athlete's will only receive points for the baskets made. Although the long shots are worth more points, they may be harder to hit. The athlete's score will be the total points on all

made baskets. The teams score will be the average total points.

X= team mates/rebounders

X   X

1pt.

2 pt.

3 pt.

INDEX

![Special Olympics Kentucky logo]
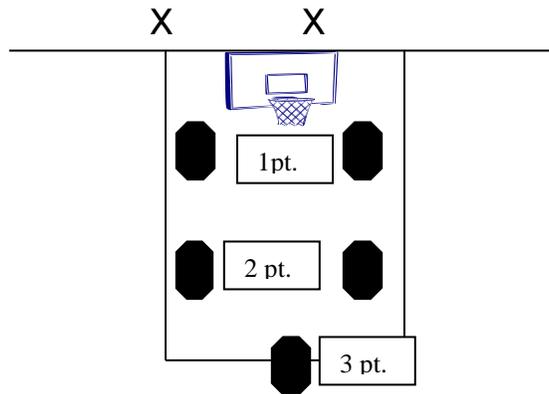
REGIONAL/STATE BASKETBALL ROSTER

Team Name_____

Head Coach _____

Address _____

Phone (Cell) _____ (Home) _____

Email _____

CIRCLE ONE	CIRCLE ONE	CIRCLE ONE
Male Female	3A 2A 1A B	Junior (8-15 Yrs) Open (16 & Over)
(Co-ed teams compete in male division)		(Athlete must not turn 16 before 1/15/-- to remain in Jr. Division)

A separate roster form is required for each team.
The minimum roster size is five (5) athletes and the maximum roster size is fifteen (15) athletes.
Please fill out ALL information before sending.

PLEASE USE THE EXACT NAME THAT IS LISTED ON THE ATHLETES' MEDICAL FORM

	Athlete's Name (Last name, first name)	**Date of Birth**	**New to SOKY?**
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

BASKETBALL ROSTER (cont'd)

Bench credentials will be limited to **THREE** per team (coaches and team managers).

Assistant Coaches and Chaperones must be 16 years of age or older. No one under the age of 16 will be allowed to sit on the bench (with the exception of the athletes themselves).

Please fill out ALL information for Coaches and Team Managers. **Your team will not be registered for the Regional Tournament until all forms are complete.**

Name (first & last name)	**Address**	**DOB**	**Email**
Head Coach			
Assistant Coach			
Assistant Coach			

These 3 individuals will receive bench credentials.

Name (first & last name)	**DOB**	**New to SOKY?**
Athlete Team Manager		
Athlete Team Manager		

Athlete team managers will NOT need a bench credential.

If you wish to register additional people who help with your team do so here. Please note that these are additional chaperones, bus drivers, etc. and will **NOT** receive bench credentials. These people do need to be an approved volunteer. Please contact the SOKY Office for additional Volunteer Forms.

Name (First & Last Name)	**Address**	**DOB**	**Email**
Additional Personnel			
Additional Personnel			

Special Olympics Kentucky
ATTN: Basketball
105 Lakeview Court
Frankfort, KY 40601
FAX: 502/695-049

Basketball Terminology

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.
Blocking Out	A technique 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.
Blocks	The first lane spaces underneath the basket.
Bounce Pass	A pass that strikes the floor just over 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.
Defender	A member of a team who does not have offensive possession of the ball.
Defense	The team that does not have possession of the ball. Man-to-Man defense refers to each team member defending a specific player. Zone defense refers to each team member defending an area of the court and a specific opponent in that area.
Double Dribble	A violation which occurs when a player continues dribbling after grasping the ball with both hands.
Fast Break	A play in which the defensive team gains possession of the ball and then moves quickly down the court.
Forwards	A team's two players who play in the front court along with the center.
Free throw	Opportunity given to a player to score by an unimpeded shot from behind the free throw line and within the free throw circle.

Frontcourt	The end of the court that has the offensive team's goal.
Jump Ball	A method of putting the ball in play by tossing it up between two opponents within a jump ball circle.
Offense	The team that has possession of the ball.
Perimeter Players	The offensive players who play outside the lane and face the basket.
Post Players	The offensive players who play near the lane with their back to the basket.
Rebound	A missed shot the bounces off the rim or backboard; also, to gain possession of the ball after a missed shot.
Screen	An offensive play in which an offensive player acts as a barrier to free up another offensive player.
Technical Foul	A penalty for improper behavior on the court.
Travel	To run or walk illegally while holding the ball.
Turnover	Any loss of possession without a shot being taken.

BASIC BASKETBALL SKILLS

1. **Passing** - Good passing is necessary in order to maintain possession of the ball and be able to move into scoring position. Passing is the quickest and most efficient way of moving the ball. There are three basic passes: Chest Pass, Bounce Pass, and Overhead Pass.

Points of Emphasis for Passing:

   - Passes should be crisp.
   - Take a step in the direction of the pass.
   - Aim to hit the receiver between the waist and shoulders.
   - Release the ball by snapping hands forward so the palms face out and the thumbs point toward the floor.
   - Follow through toward the target.

2. **Catching -** Receiving and holding the ball are as essential as passing. The player should make every attempt possible to catch every ball that is thrown within their vicinity.

Points of Emphasis for Catching:

   - Provide the passer with a target by holding a hand up.
   - Move to meet the pass. Don't wait for it to come to you.
   - Keep your eyes on the ball.
   - Relax arms as ball is caught.
   - Pull the ball in close to the body for protection.
   - Shift ball into offensive passing position.

3. **Dribbling -** Dribbling is controlled bouncing of the ball in any direction and at varying speeds. The dribble should be used to penetrate the defense, create a better passing lane, get out of a crowd, and to bring the ball down the court. The dribble should never be used when a pass can be completed successfully.

Points of Emphasis for Dribbling:

   - The ball should be dribbled in the pads of the fingers, not the palm.
   - Keep eyes and head up.
   - Dribble with both hands at the same time.
   - Protect the ball with your body and opposite arm.
   - Push the ball, don't slap at it.
   - Keep knees bent for balance.

4. **Shooting -** Shooting is the best known fundamental skill. The primary goal of basketball is score more points than your opponent, therefore your players need to have some proficiency in executing this skill. Being able to shoot a variety of shots from varying distances increases the

effectiveness of your players.
Points of Emphasis for Shooting:

- Hold the ball in proper hand position (shooting hand is behind and slightly under the ball, non-shooting hand is on the side of the ball supporting it).
- Face and focus on the basket.
- Knees should be slightly bent, to help generate power and provide balance.
- Fingertips should control every shot.
- Maintain body balance throughout the shot. Don't lean or fall away.
- Follow through with shooting hand.
- Follow the shot.

5. **Rebounding** - Rebounding is gaining possession of the ball after an unsuccessful shot is attempted. More than half the shots attempted in a game are missed, therefore rebounding is an essential skill. Rebounding can be divided into two categories, Offensive Rebounding and Defensive Rebounding.

Points of Emphasis for Rebounding.

- Players need to work to attain inside position closest to the basket.
- Players need to be aggressive.
- Go after the ball; don't wait for it to drop in your hands.
- Keep the defensive player on your back. This is called "blocking out"

6. **Defending -** Defense involves preventing a team from scoring, and limiting the maneuvering ability of the offensive team. Defense is just as important as offense. Defense requires hard work, concentration, and determination. Body balance is the key to good defense. There are two general situations to consider in defense: guarding a player with the ball, and guarding a player without the ball.

Points of Emphasis for Defending

- Assume proper body stance - legs bent, head and hands up, and weight on the balls of the feet.
- Maintain proper body position while moving sideways, forward, and backwards.
- Maintain position between the offensive player and the basket.
- Communicate with other defenders on your team.

Using Drills to Improve Performance

The use of drills is essential to the development of a fundamentally sound basketball team. Drills allow you to break down complex skills into worthwhile activities that teach and are fun for the participants. Drills can be attained from reading books, watching videos, or even searching the Web. The following are a few basic drills to get you started.

<u>**Dribbling Drills**</u>

One-Knee Dribble - All players are scattered. They kneel on one knee and begin bouncing the ball with the same hand as the kneeling knee. This drill eliminates unnecessary arm action. Players should keep their eyes on the teacher and "feel" for the ball.

Movement Drill - The coach stands in front of the group, and then dribbles to the right, left, forward, or any other   direction. All players move in the same direction as the coach but with a mirror image, bouncing the ball with the appropriate hand.

<u>**Passing Drills**</u>

Wall Passing - Players should stand approximately five feet from the wall and gradually move back as their skills increase. This wall drill can be used to practice all types of passing and catching skills.

"**Thief" in the Middle** - Arrange three players in a line, with approximately six   feet between each player. The two outside players are the end players, while the middle player is designated the "Thief". The end players are allowed to move two steps to the right. They attempt to pass the ball without the "Thief" stealing it. If the "Thief" steals the ball they replace the person who threw the pass.

<u>**Shooting Drills**</u>

Basket Shooting - Divide the players into as many squads as you have baskets. Arrange each squad in single file line   behind the free throw line. One player remains on the endline behind the basket. The first player dribbles forward, and the player behind the endline comes up to guard the basket. The player with the ball attempts a shot. Both players try to rebound the ball. After the rebound is secured the ball is passed to the next player in the line and the two players switch positions.

Set Shot Shooting - Players are arranged in a semicircle near the basket. One player is stationed under the basket with a ball. That player passes the ball to each player in the semicircle for an attempted shot. Adjust the shooting distance according to the ability levels of the players.