



# Special Olympics North Carolina Basketball

## Sports Rules Modifications, Interpretations, and Points of Emphasis



The Official Special Olympics Sports Rules for Basketball dated March 2014 will be in effect for the 2016-2017 SONC program year. This document is intended to be used in conjunction with the USA Basketball rules and SOI Rules. SONC also follows North Carolina High School Athletic Association (NCHSAA) and National Federation of High Schools (NFHS) rules where indicated. Therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

**Please note that the next state-level event for 3v3 basketball will be held in the Fall of 2016, with 5v5 in Fall of 2017. 3v3 and 5v5 play will alternate years.**

### Appropriate Attire and Equipment

#### Equipment

- A smaller basketball (28.5 women's/junior size) will be used for all individual skills divisions<sup>1</sup> and made of composite leather.
- Goals set at 8ft will be used at the Spot Shot Station for all athletes in the 8-11 and 12-15 age groups **or as otherwise requested by programs with state level registration.**
- A traditional sized basketball (size 29) will be used for all 3on3 and 5on5 team competitions.

#### Team Uniforms

You will notice Special Olympics, Inc has extensive rules regarding jerseys and other player attire. At this time, Special Olympics North Carolina is enforcing the same uniforms standards as in the past, as well as the updates listed below:

- [Comprehensive uniform rules from NFHS are now available.](#)
- In 5on5 competition, a maximum of one technical foul will be charged directly to the head coach when a player wears an illegal team uniform (including headgear and compression sleeves).<sup>2</sup> The team not in compliance will also lose a timeout in the first half.<sup>3</sup>
- In 3on3 competition, first possession will go to the non-offending team. The team not in compliance will also lose a time out in the first half.
- A uniform check will be administered before each game by the officials. Non-compliance of uniforms is not protestable, If a team does not follow the uniform regulations, officials will enforce and assess penalties prior to tip-off.
- Shirts worn under jerseys are considered part of the uniform and therefore must be the same color as the predominant color of the jerseys. Undershirts **are not** required, but if worn by more than one team member, they must be the same color and style. Teams with reversible jerseys must have undershirts that match both sides.
- Home and away teams will be assigned at competition: home = light, away = dark.
- Teams should have the following jersey/uniform options in order to be prepared for home/away assignments:
  - Two colors of jerseys and t-shirts (light and dark),
  - Pinnies, or
  - Reversible jerseys and t-shirts.
- Players are allowed to wear medical devices like knee braces or wristguards, but they must be approved by the competition manager and/or official before the start of the game. Depending on the severity of the device and any safety issues, a doctor's note may be required in order for the player to wear this device at state-level competition.<sup>4</sup>
- Shorts: It is not necessary that shorts match the color of the jersey, but all team members must match. Socks do not need to match.<sup>5</sup>

<sup>1</sup> SONC modification of SOI Section C.b.a.2, C.b.b.2, and C.b.c.2

<sup>2</sup> NFHS Rule 10 Section 5 Article 5

<sup>3</sup> SONC modification of SOI Section C. 4. E. 5

<sup>4</sup> SONC modification of SOI Section C.4.b.7

<sup>5</sup> SONC modification of SOI Section C. 4. E. 2 (shorts must be of like color)



- Headgear, wrist/arm gear, and shoes
  - Compression sleeves<sup>6</sup>, headbands and wristbands must be unadorned and be the predominant color of the jersey, white, black, or beige. If worn, all players must wear the same color compression sleeves, headbands and/or wristbands.
  - Athletics shoes with non-marking soles.
  - All jewelry is prohibited (medical ID tags, if worn, must be taped to the person).
  - Athletes wearing eyeglasses must also have an eyeglass strap.

### *Individual Skills*

- Athletic shorts (no jeans), or athletic pants (sweat pant/wind pants)
- Athletic shoes with non-marking soles
- All jewelry is prohibited (medical ID tags, if worn, must be taped to the person).
- Athletes wearing eyeglasses must also have an eyeglass strap.

### **Competition Interpretations and Modifications**

- Athletes must enter the game on two separate occasions and will be recorded in the scorebook. All athletes should be involved in meaningful competition. Failure to play all athletes at least twice may subject the team to forfeiture.
- In order for a player to establish legal guarding position, both feet must be touching the “playing court,” (i.e. both feet in-bounds).<sup>7</sup>
- **Forfeiture:** A team automatically forfeits the game if they are ten minutes late.
- Teams will have two 45-second time-outs per half both 5-on-5 and 3-on-3 competitions. Time-outs are not cumulative and cannot be carried over to the 2<sup>nd</sup> half.<sup>8</sup>
- Rosters may change from training roster to registration, but must remain consistent after games registration.

### **3-on-3 half court team competition:**

- The maximum allowable roster size is 6 players for 3-on-3.<sup>9</sup>
- Defensive players must allow an arm’s length of space for the offensive team to in-bound the ball (same as 5-on-5 rules stating that defensive players cannot reach to slap or crowd the offensive player in-bounding the ball). This space applies on all sides of the inbound player. The foul line to the X is a good rule of thumb for the distance that should be allowed.
- If a game is tied at the end of regulation a one-minute, stopped clock period will be played; with initial possession being determined by a coin toss. If a tie remains after the one-minute period, the game will be decided by the team that scores the next basket (i.e. sudden death). If, at any point during overtime, a team reaches 20 points, that team will be the winner.<sup>10</sup>
- Coaches will have the option at series and qualifiers to continue playing the full 20 minutes if a game has been decided by the 20-point rule for teams to gain competition experience. Both coaches will have to agree for the game to continue.

### **Masters half court team competition:**

- See “3-on-3 half court team competition” rules modifications above.

<sup>6</sup> NFHS Rules 3 Section 5 Article 3

<sup>7</sup> NFHS Rule 4 Section 23 Article 2, a

<sup>8</sup> SONC modification of SOI Section C.5.f.8 & USA Basketball found at [www.usabasketball.com/inside.php?page=rules](http://www.usabasketball.com/inside.php?page=rules).

<sup>9</sup> SONC modification of SOI Section C.5.d.1.

<sup>10</sup> SONC modification of SOI Section C.5.e.5.



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- This competition is designed for older athletes that may no longer be suited for 5-on-5 competition, but are still very competitive and highly skilled. If you believe your athletes fall in this category, please register them for this event.
- 3-on-3 Masters competition will NOT have a score limit. Teams will play two full 10-minute halves regardless of the score.
- Games will have a running clock, with the exception of the last minute of each half.
- 3-on-3 Masters competition will abide by the shooting foul rules dictated by NCHSAA. These rules are the same as the ones used in SONC 5-on-5 competition.
- 3-on-3 Masters competition will allow unlimited subs, just like traditional 3-on-3 and 5-on-5 competition.

### 5-on-5 full court team competition:

- The maximum allowable roster size is 12 players for 5-on-5.<sup>11</sup> A game consists of four eight-minute quarters with a running clock, except for the last minute of the second and fourth quarters, all shooting fouls, time outs, and during substitutions. If a team leads by 20 points or more, a running clock will occur for the rest of the game. The clock will only stop for time-outs or at the request of an official.<sup>12</sup>
- 5-on-5 competition will use a tip-off to determine possession at the beginning of a game.
- If a game is tied at the end of regulation, a one-minute overtime period will occur. The clock will be stopped on all dead balls, foul shots, and timeouts. If the game is still tied after the one-minute period, the game will be decided by the team that scores the next basket (i.e. sudden death). This untimed period will occur following a one minute break.
- A substituting player must notify the scorekeeper and wait for the referee's signal to enter the game. Substitutions will only be made during dead balls.<sup>13</sup>
- The penalty for a double personal, double technical and simultaneous fouls will result in an alternating possession throw-in to resume play from the point of interruption.
- If a player participates after being disqualified (fouled out), the coach will be penalized with a direct technical foul.<sup>14</sup>
- There may only be 4 defensive and 2 offensive players permitted on marked lane spaces during free throws, with the spaces closest to the free-throw line remaining vacant.<sup>15</sup>
- One and one free throws are awarded on the 7<sup>th</sup> team foul.<sup>16</sup>
- Team control<sup>17</sup> exists during a team throw-in. The defending team, if in bonus, is no longer granted free throws if the throw in team commits a foul.<sup>18</sup>
- When an opponent contacts the thrower-in, an intentional foul will be charged to the offender.<sup>19</sup>
- Five second closely guarded count begins as soon as the ball is in play.<sup>20</sup>

<sup>11</sup> SONC modification SOI Section C.4.c.2.

<sup>12</sup> SONC modification of NFHS Rule 5 Section 5 Article 1

<sup>13</sup> NFHS Rule 3 Section 3 Articles 1 and 2

<sup>14</sup> NFHS Rule 10 Section 5 Article 4

<sup>15</sup> NFHS Rule 8 Section 1 Article 4, A

<sup>16</sup> SONC modification of SOI Section C.4.b.6 (also complies with NCHSAA rule)

<sup>17</sup> Rule used to state player control.

<sup>18</sup> NFHS Rule 4 Section 12 Article 1

<sup>19</sup> NFHS Rule 4 Section 12 Article 2

<sup>20</sup> SONC modification of SOI Section C. 4. b. 5 (SOI requires 5 seconds guarded count in front court, (also complies with NCHSAA rule)