



## Basketball – Sport Rules Modifications, Interpretations, and Points of Emphasis

The Official Special Olympics Sports Rules for Basketball dated June 2020 will be in effect for the 2020-2021 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. Some of those rules are repeated here for clarification; NCHSAA rules will be used unless in direct conflict to SONC modifications.

**Team 5-on-5 and individual skills will be offered at 2022 SONC Summer Games. Team 3-on-3 and 5-on-5 alternate Summer Games years in which they are offered at the state-level event.**

### Team 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>1</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>2</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. A team that drops below 3 at any time will forfeit any current or remaining games.<sup>3</sup>
- A made field goal counts as 2 points unless attempted from behind the arc when it will count as 3 points.<sup>4</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.
- The game will be played for two 10 minutes halves, running clock, except for the last minute of each half. Halftime will last 5 minutes. The team that scores 21 points first is declared the winner. If no team reaches 21 points, the team with the most points at the end of full time is declared the winner. The clock will stop for all dead ball situations in the last minute of each half. <sup>5</sup>
- 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 21 points, that team will be the winner.<sup>6</sup>

<sup>1</sup> NFHS Rule 4 Section 23 Article 2, A

<sup>2</sup> SONC modification of SOI Section 7.6.8 USA Basketball found at [www.usabasketball.com/inside.php?page=rules](http://www.usabasketball.com/inside.php?page=rules).

<sup>3</sup> SONC modification of SOI Section 7.4.1

<sup>4</sup> SONC modification of SOI Section 7.5.1

<sup>5</sup> SONC modification of SOI Section 7.5.1

<sup>6</sup> SONC modification of SOI Section 7.5.1.3; SONC addition of sudden death.

- 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. If a shot is attempted by the defense after a gained possession without taking it back to the free-throw line extended, the possession returns to the offense as a dead ball and will need to be inbounded from the "X".

**Masters half court team competition:**

- *See "3-on-3 half court team competition" rules modifications above.*
- 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.
- Masters 3-on-3 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.
- Masters 3-on-3 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.
- Masters 3-on-3 competition will allow unlimited subs, just like traditional 3-on-3 and 5-on-5 competition.