



Special Olympics

BASKETBALL COACHING GUIDE

Basketball Rules, Protocol & Etiquette



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Teaching the Rules of Basketball

Below is a simplified list of rules for 5 v 5 basketball. Every coach should obtain a copy of the Official Rules of the Game, available from the Federation Internationale de Basketball (FIBA). The coach should also study the rule modifications in the *Special Olympics Sports Rules*, which can be found at www.specialolympics.org and described later in a separate section. Official Basketball Rules will give details of the rules; however, to get started, the coach and athletes need to know the basics.

The Court

- 5 v 5: Maximum is 28 meters (94 feet) long by 15 meters (50 feet) wide; minimum is 25.6 meters (84 feet) long by 15 meters (50 feet) wide.
- 3 v 3: (Half-court) Maximum is 14m (47 feet) long by 15 m (50 feet) wide; minimum is 12.8 meters (42 feet) long by 15 meters (50 feet) wide.
- For both: The court should be properly marked with sidelines, free-throw lanes, center circle and three-point field goal arc.
- The three-point field goal arc is a semi-circle that has a radius of 6.25m (19 feet 9 inches) from a point in the middle of the free-throw lane and directly below the center of the basket.
- There are two field goal baskets on backboards, one at each end of the court and each at 3.05 m (10 feet) above the floor.

The Ball

- For females: the smaller ball is used; it is 74 centimeters (28.5 inches) in circumference and 567 grams (18-20 ounces) in weight. It may be used as an alternative ball for junior division competition.
- For males ages 15 and older, the regulation ball is 78cm (29.5-30 inches) in circumference and 650g (20-22 ounces) in weight.

Number of Players

- To begin the game for 5 v 5, it is five; for 3 v 3, it is three.
- The minimum number to continue playing before forfeiture is two and one, respectively... unless the referee believes that the short-handed team has a possibility to win the game.
- Maximum number players on a team, eligible to participate in a game, is ten (in full-court 5 v 5 play) and five (in half-court 3 v 3 play).

Uniform of the Players

- Same color shirts and shorts must be worn by all players.
- According to Federation Rules, shirts must be numbered with plain Arabic numerals, front and back. The number shall be at least 6 inches high on the back and at least 4 inches high on the front and not less than ¾ inch in width.
- The following numbers are legal: 0, 3, 4, 5, 00, 10, 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. A team member list shall not have both numbers 0 and 00.
- In international competition, FIBA Rules dictate that shirts must be numbered with plain numbers, front and back.
- In international competition, the numbers on the back are at least 20cm high; those on the front at least 10cm high; and all made with material not less than 2cm wide. Players shall use numbers from 4 to 15. No watches or jewelry are to be worn.

Referees

- The officials on the court include a referee and an umpire (or when teams mutually agree, a referee and two umpires). The referee is the authority on the court.
- Decisions of the officials are final.



Official Score Table Personnel

- A scorer, a timer, and a 30-second clock operator assist the referees.

Duration of the Game

- The Official 5 v 5 game in Federation Rules includes four quarters of 8 minutes each.
- The Official 5 v 5 game in FIBA Rules includes two halves of 20 minutes each. Intermission is 10 minutes long.
- The Official 3 v 3 games are 20 minutes in length or until a team scores 20 points, whichever occurs first.
- All competition may be modified by local tournament organizers.

The Start of the Game

In 5 v 5, the referee will toss the ball between any two opponents at the center circle to start the game and each extra period necessary. Teams shoot at the basket opposite their benches during the first half. On a neutral court, the referee shall toss a coin to determine baskets. In 3 v 3, the game is started with a toss of a coin for team possession. There is no jump ball.

The Game

Basketball is played by two teams of five (in 5 v 5) and three (in 3 v 3) each. The goal for each team is to shoot the ball into its opponent's basket and to prevent the other team from securing the ball or scoring. The ball may be passed, thrown, tapped, batted, rolled or dribbled in any direction, subject to restrictions in the Rules.

The Ball In and Out Play

The ball is out of play when it touches any baseline, sideline or anything outside the lines. It is put in play by the team opposite that which caused it to go out of bounds.

Scoring

Two points are awarded when a player makes a field goal that is shot inside the three-point arc. Three points are awarded when a player makes a field goal outside the three-point arc. One point is awarded for each made free throw.

Fouls

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 v 3, the player who has been offended against gets the ball at a designated spot above the free-throw line.

Violations

Ball handling infractions (double dribbling, traveling, carrying the ball, etc.), causing the ball to go out of play, stepping on the line, entering the free throw lane before the ball has left the shooter's hand, etc., are penalized by awarding the ball out-of-bounds at the nearest point generally on the sideline from where the infraction occurred. A throw-in is taken from here by the team that has been offended against. In 3 v 3 play, the ball is taken at the designated spot above the free-throw line.

Other Situations

For a held ball (two opponents holding onto the ball simultaneously), the ball will be given to the teams on alternate possessions. During international competition, jump ball is administered. A technical foul is called for delay of game or unsportsmanlike conduct. The team that has been offended against gets two free throws and the ball out-of-bounds. In 5 v 5, each team gets five time-outs during regulation play.



Special Olympics Unified Sports® Rules

There are few differences in the rules for Special Olympics Unified Sports® competition as stipulated in the official *Special Olympics Sports Rules* and modifications outlined in the rules book. The additions are highlighted below:

1. A roster consists of a proportionate number of athletes and partners. Although the exact distribution of roster spots is not specified, a basketball roster containing eight athletes and two partners does not meet the goals of Special Olympics Unified Sports.
2. A lineup during the competition consists of half athletes and half partners. Teams that have an odd number of players (e.g., -on- basketball) have one more athlete than partner in the game at all times.
3. Teams are divisioned for competition based primarily on ability. In team sports, division assignment is based on the best players on the roster, not the average ability of all players.
4. Team sports must have an adult, non-playing coach. Player-coaches are not allowed in team sports.

Protest Procedures

Protest procedures are governed by the rules of competition. The role of the competition management team is to enforce the rules. As coach, your duty to your athletes and team is to protest any action or events while your athlete is competing that you think violated Official Basketball Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Making a protest is a serious matter that impacts a competition's schedule.

Check with the competition team prior to competition to learn the protest procedures for that competition.

Basketball Protocol & Etiquette

During Practice

When shooting baskets in a group where there are more players than balls, those without balls wait under the basket to rebound missed shots and move on to take the ball and attempt their own shot. If, however, the shooter makes the shot, he/she is entitled to keep the ball, and it is the duty of the person waiting to send the ball back to the successful shooter.

At Competition

When a player is injured on the floor, all players stop movement and kneel on one knee until the injured athlete is moved off the court or resumes play.



Sportsmanship

Good sportsmanship happens when both the coach and athletes commit to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below are highlighted a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

Competitive Effort

1. Put forth maximum effort during each event.
2. Practice the skills with the same intensity as you would perform them in competition.
3. Always finish a race or event - Never quit.

Fair Play at All Times

1. Always comply with the rules.
2. Demonstrate sportsmanship and fair play at all times.
3. Respect the decision of the officials at all times.

Expectations of Coaches

- Always set a good example for participants and fans to follow.
- Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the top priorities.
- Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
- Treat opposing coaches, directors, participants and fans with respect.
- Shake hands with officials and the opposing coach in public.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Athletes & Partners in Unified Sports

- Treat teammates with respect.
- Encourage teammates when they make a mistake.
- Treat opponents with respect: Shake hands prior to and after contests.
- Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
- Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
- Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.
- Accept seriously the responsibility and privilege of representing Special Olympics.
- Define winning as doing your personal best.
- Live up to the high standard of sportsmanship established by your coach.

Coaching Tips

- Discuss basketball etiquette, such as congratulating opponent after all events, win or lose; and controlling temper and behavior at all times.
- Teach waiting for one's turn in field events.
- Teach staying in lane during running events.
- Give sportsmanship awards or recognition after each meet or practice.
- Always commend the athletes when they demonstrate sportsmanship.

Remember

Sportsmanship is an attitude that is shown in how you and your athletes act on and off the field of play.

- Be positive about competing.
- Respect your opponents and yourself.
- Always stay under control even if you are feeling mad or angry.



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.
Bench	Reserves.
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.
Blocks	The first lane spaces underneath the basket.
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 downcourt 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.



Term	Definition
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 of 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.

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