



# 3x3 Basketball

## Sport Rules

*Special Olympics*





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## 1. GOVERNING RULES

The Official Special Olympics Sports Rules for Basketball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Basketball Federation (Fédération Internationale de Basketball) (FIBA) rules for basketball found at <http://www.fiba.com>. FIBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Basketball or Article I. In such cases, the Official Special Olympics Sports Rules for Basketball shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## 2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Program may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics.

- 3x3 Competition
- Unified Sports 3x3 Competition

## 3. 3x3 COMPETITION

### 3.1 Divisioning

- 3.1.1 The Head Coach is strongly recommended that a player and/or team skill assessment data be submitted to assist with Divisioning.
- 3.1.2 The Head Coach must also identify his/her three best players in terms of their on-court playing ability by placing a star next to their names on the roster.
- 3.1.3 The team score shall be determined by adding the top four players' scores and then dividing that total by four.
- 3.1.4 A classification round (or rounds) of games shall then be conducted as a means of finalizing the divisioning process. The classification round can be conducted utilizing a process that best fits the size of the event. These may include use of assessment tests videos, Swiss ladder system or straight to competition format. In the classification round, teams will play one or more games with each game lasting no longer than eight minutes. Teams may be moved from any pool throughout the pool play process in order to maintain competitive balance. The Divisioning Committee reserves the right to adjust the divisioning prior to the medal round.
- 3.1.5 Every effort will be made to guarantee the integrity of the games and divisioning process. The ultimate goal of the Committee is to select divisions with teams of similar ability. The decision of the Committee is final and may not be appealed/protested.
- 3.1.6 Each team will be required to play all team members.



## 3.2 The Goal

- 3.2.1 3x3 basketball may be used as a means of increasing the number of teams for Special Olympics basketball competition.
- 3.2.2 It is also a means of assisting athletes with lower ability levels to progress to full court play.

## 3.3 Playing Area and Equipment

- 3.3.1 Any half-court section of a basketball court may be used. The court will be bounded by the end line under the basket, two sidelines and the half-court line.
- 3.3.2 All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.
- 3.3.3 Team uniform shirts and shorts must be identical in trim color and style.
- 3.3.4 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top. (No cut or ragged edges are allowed) All numbers are to be per NGB specifications.

## 3.4 Team and Players

- 3.4.1 A team may have up to five players, which includes three starters and two substitutes.
- 3.4.2 3x3 basketball is a game of three-on-three. Each team must start the game with three players. A team may drop below three after the start of the game due to player injury or illness but must have three to start the game. There must be a minimum of two players on the court. For Unified 3x3, the minimum ratio will be one athlete and one partner. If no the team cannot meet the minimum ratio due to disqualification or injury, the team will have to forfeit the game.

## 3.5 The Game

- 3.5.1 The game will be played for 10 minutes or until one-team scores 21 points. A made field goal counts one point unless attempted from behind the arc, then it counts 2 points. A made free throw counts one point.
- 3.5.2 There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts). There will be a stop clock applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls and time-outs).
- 3.5.3 If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock shall start as soon as the ball is in the offensive players' hands (following the exchange with the defensive player or after a successful field goal underneath the basket).
- 3.5.4 Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.
- 3.5.5 The clock continues to run after a made field goal.
- 3.5.6 The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime. There is no jump ball. All jump balls situations, the ball shall be awarded to the defensive team. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.



- 3.5.7 If overtime is required due to a tie at the end of regulation play, the team that didn't start the game with ball possession, will start the overtime. First team to score two points, will win the game.

## 3.6 Competition

The referee will handle the ball on all out-of-bounds plays after a dead-ball-situation.

- 3.6.1 The ball is dead after a foul or violation is called, or any other time the referee blows his/her whistle. After a made field goal the ball is still alive.
- 3.6.2 If a player is fouled in the act of shooting and makes the basket, the field goal is credited and the offended against team also retains possession of the ball.
- 3.6.3 The in-bound spot in all cases (fouls, violations, out-of-bounds, timeouts) will be behind the arc/top of the key/check ball (defensive player gives the ball to offensive player).
- 3.6.4 Possession of the ball given to either team following any dead-balls-situation shall start with a check ball, i.e. an exchange of the ball (between defensive and the offensive player) behind the arc at the top of the court.
- 3.6.5 On any change of possession, the team which just gained possession of the ball must take the ball back behind the arc (2 point line) before shooting player is considered to be behind the arc when neither of his/her feet are inside nor on the arc line.
- 3.6.6 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 arc, the possession returns to the offense as a dead ball and will need to be inbounded from behind the arc / top of the key.
- 3.6.7 Substitutions may be made on a dead ball prior to the check ball. The substitute can enter the game after his/her teammate steps off the court and establishes a physical contact (i.e. handshake) with him/her behind the end line opposite the basket. Substitutions require no action from the referees or table officials.
- 3.6.8 One 60-second time out is allowed per team. A player injury timeout may be called by the referee.
- 3.6.9 On those courts where the basket support is on the playing court, a player whose body touches the support is not considered out-of-bounds unless he/she has control of the ball. If the ball touches the support, it is considered out-of-bounds. No player may use the support to gain advantage or put an opposing player at a disadvantage.
- 3.6.10 Officials will grant a player or a coach's oral or hand signal request for a timeout.

## 3.7 Fouls and Penalties

- 3.7.1 A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
- 3.7.2 If a contact foul is committed on a player not in the act of shooting:
  - 3.7.2.1 The game shall be resumed with a check-ball by the non-offending team.
  - 3.7.2.2 If the offending team is in the team foul situation; 2 free throws shall be awarded as of the 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
- 3.7.3 If a contact foul is committed on a player in the act of shooting, that player shall be awarded with a number of free throws as follows:
  - 3.7.3.1 If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw. 2 free throws shall be awarded as of the



- 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
- 3.7.3.2 If the shot released from inside the arc is unsuccessful, 1 free throw. 2 free throws shall be awarded as of the 7th team foul. 2 free throws and ball possession shall be awarded as of the 10<sup>th</sup> team foul.
  - 3.7.3.3 If the shot is released from behind the arc is unsuccessful, 2 free throws. A technical foul shall count as a team foul.
  - 3.7.4 The opponents shall be awarded 1 free throw. the game shall be resumed as follows:
    - 3.7.4.1 The free throw shall be administered immediately. After the free throw, the check-ball shall be administered by the team which had control of the ball or was entitled to the ball when the technical foul was called.
    - 3.7.4.2 If a valid field goal, or a last free throw is scored, the game shall be resumed with a check-ball for the last defensive team.
    - 3.7.4.3 If neither team had control of the ball nor was entitled to the ball, a jump ball situation occurs. The game shall be resumed with a check-ball for the last defensive team.
  - 3.7.5 All unsportsmanlike fouls are counted as 2 fouls for team foul purposes
  - 3.7.6 The first unsportsmanlike foul of a player shall be penalized with 2 free throws, no ball possession. If the first unsportsmanlike foul of a player is committed on a player in the act of shooting and the goal is made, it shall count and in addition 2 free throws shall be awarded.
  - 3.7.7 The second unsportsmanlike foul of a player shall be penalized with 2 free throws and ball possession. If the second unsportsmanlike foul of a player is committed on a player in the act of shooting and the goal is made, it shall count an in addition 2 free throws and ball possession shall be awarded.
- 3.8 Points of Emphasis
- 3.8.1 It is a violation for player to “double dribble.”
- 3.9 Unified Sports® Events
- 3.9.1 Unified Sports Team Competition 3x3
    - 3.9.1.1 The roster shall contain a proportionate number of athletes and partners.
    - 3.9.1.2 Team 3x3: Basketball (Start of game 3 players on court / team can drop down to max 2 players):
      - 3.9.1.2.1 2A/1P (Start of the game)
      - 3.9.1.2.2 1A/1P
  - 3.9.2 Only Athletes can be replaced by Athletes and Partners can only be replaced by Partners.
    - 3.9.2.1 Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

## 4. COURT AND EQUIPMENT

- 4.1 Basketballs
  - 4.1.1 3x3 competition for all athletes (male and female) 12 years and over should play with the 3x3 ball (Circumference 720 - 740 mm / Weight 580 - 620 g)
- 4.2 Baskets
  - 4.2.1 The baskets shall comprise the backboard, rings and nets.
  - 4.2.2 For competition, the basket ring is normally 3.05 meters (10 ft) above the floor.



- 4.2.3 A shorter basket which has its ring 2.44 meters (8 ft) above the floor may be used for junior division competition.