



2021 Special Olympics Oregon Winter Season - Winter Sports Information Basketball Rules and Guidelines

IMPORTANT DATES

- **Winter Season Begins – Late January 2021**
 - Participants may sign up ANYTIME before the **February 5, 2021 DEADLINE**
 - Participants are strongly encouraged to sign up early to begin training in order to get connected to a virtual coach/mentor from their local program or another part of the state at the start of the season.
 - All virtual coaches/mentors will be Class A volunteers.
- **Winter Virtual Games Opening Ceremonies Monday, March 15, 2021**
- **Competition Week Scores Entry Period – March 15-22, 2020**
- **Winter Virtual Games Celebration Week – March 29 – April 2, 2021**

RULES/GUIDELINES

The posted Special Olympics Oregon Winter Virtual Basketball Rules shall govern competitions for this season.

Due to the nature of these virtual events, there will be lots of flexibility allowed in the types of equipment used as well as allowances for a variety of settings for the field of play.

Modifications will be permissible to enable as much participation as possible as long as these modifications are safe and still support the integrity of the skills for each event.

The “honor system” will be used when final scores are submitted.

SIGN UP, TRAINING & COMPETITION REMINDERS

- Complete the sport sign up process on-line, by phone or by mail any time before the end of season.
- Final Scores must be submitted during Competition Week – March 15-22, 2021
- **Each athlete may enter up to 3 individual events plus 1 Unified team event.**

SECTION A - OFFICIAL EVENTS

Athletes may compete in 3 individual events + 1 Unified team event. Details about each event are shared in information in SECTION D – Event Descriptions

- Speed Dribble (*recommended for wheelchair and non-ambulatory athletes*)
- 10m Dribble
- 20m Dribble
- Wall Pass
- Lay Up Contest
- Free Throw Contest
- 3 Point Shooting Contest
- Unified Pair Free Throw Contest (*combined total score of 1 athlete + 1 partner*)

SECTION B - DIVISIONS

- 1) While entry scores will not be used to create divisions, final scores will be collected and will be used to create divisions for awards recognition.
- 2) Because competition will be conducted virtually by each individual participant in a variety of settings, we will be operating on the honor system.
- 3) Participants will be divisioned by gender, age and ability. Some combining of gender and age groups may occur based on numbers.

SECTION C – COACHES AND THEIR RESPONSIBILITIES

- 1) Coaches will receive training plans and information to assist athletes and Unified partners in training and competition
- 2) Coaches will provide communication, training guidance and support during the season through one or more of the following communication platforms based on athlete and coach abilities to connect digitally. These may include:
 - a) Live Zoom or other video conferencing training sessions or check-ins
 - b) Phone calls
 - c) Emails or texts
 - d) Written or video training plans and instructions
- 3) Additional opportunities for statewide sports training may be made available through SOOR State Office
- 4) Coaches will assist participants in properly and safely completing their events for competition and submitting final scores

SECTION D – EVENT DESCRIPTIONS

1) Speed Dribble

- a) Purpose: To measure how many times can the player dribble a basketball in 60 seconds.
- b) Field of Play Options may include
 - i. Playground court at a Park or School
 - ii. Backyard Sport Court
 - iii. Driveway or Patio
Garage
 - iv. Other hard surface with plenty of space to perform skill
- c) Equipment Needed
- d) Basketball or other similar ball
- e) Stopwatch
- f) Rules
 - i. Athlete may use only one hand at a time to dribble (can switch hands during).
 - ii. Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing. Athlete may use a walker, for stability if needed, while competing in this event.
 - iii. Athlete starts and stops dribbling at the sound of the starting command (or a whistle).
 - iv. There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- g) Scoring
 - i. Athlete receives one point per legal dribble within the 60 seconds.
 - ii. Count stops and the event ends when time is up.

2) 10-Meter Dribble

- a) Purpose: To measure an athlete's speed and skill in dribbling a basketball 10m and then come to a stop. Recommended for, but not limited to, wheelchair and non-ambulatory athletes.
- b) Field of Play Options may include
 - i. Playground court at a Park or School
 - ii. Backyard Sport Court
 - iii. Driveway or Patio
 - iv. Garage
 - v. Other hard surface with plenty of space to perform skill
- c) Equipment
 - i. Basketball or other similar ball (if basketball not available)
 - ii. Four traffic cones (or other objects to mark start and finish lines)
 - iii. Floor tape or chalk (optional)
 - iv. Measuring tape (use 10 giant steps if no measuring tape available)
 - v. Stopwatch
- d) Description
 - i. The athlete begins from behind the start line and between the cones.
 - ii. The athlete starts dribbling and moving when the official signals.
 - iii. The athlete dribbles the ball with one hand for the entire 10 meters (32' 9.75").
 - iv. A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
 - v. The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
 - vi. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball and continue.
- e) Scoring
 - i. The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
 - ii. A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball).
 - iii. The athlete will receive two trials.
 - iv. The athlete's score for the event is his/her BEST time of the two trials.

3) 20-Meter Dribble

- a) Purpose
 - i. To measure an athlete's speed and skill in dribbling a basketball 10m, turn around, dribble 10m more and then come to a stop.
 - ii. Field of Play Options may include
 - iii. Playground court at a Park or School
 - iv. Backyard Sport Court
 - v. Driveway or Patio
 - vi. Garage
 - vii. Other hard surface with plenty of space to perform skill
- b) Equipment
 - i. Basketball or other similar ball (if basketball not available)
 - ii. Four traffic cones or other item to mark start and finish lines
 - iii. Floor tape or chalk (optional)
 - iv. Measuring tape (use 10 giant steps if no measuring tape available)
 - v. Stopwatch
- c) Description
 - i. The athlete begins from behind the start line and between the cones.
 - ii. The athlete starts dribbling and moving when the official signals.
 - iii. The athlete dribbles the ball with one hand for the entire 10 meters (32' 9.75")
 - iv. Once the athlete touches or crosses the 10m line, he/she turns around and returns 10m in the opposite direction returning to the original start line. Once the athlete crosses the original start line and comes to a stop. The clock is stopped when the athlete comes to a complete stop.
 - v. A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.

- vi. The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
 - vii. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball and continue.
- d) Scoring
- i. The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
 - ii. A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).
 - iii. The athlete will receive two trials.
 - iv. The athlete's score for the event is his/her BEST time of the two trials.

4) Wall Pass

- a) Purpose: To measure an athlete's skill in passing and catching a basketball
- b) Field of Play Options may include
 - i. Gym, playground or school covered area with a solid wall
 - ii. Other solid wall that is not close to windows or other breakables
- c) Equipment
 - i. Flat wall
 - ii. One basketball or other similar ball (if basketball not available)
 - iii. Floor Tape
 - iv. Chalk, floor tape or other way to mark passing line.
 - v. Measuring tape to measure distance from passing line to the wall (one giant step = 1m)
- d) Description
 - i. A line is marked on the ground 2m (6 feet) away from the wall.
 - ii. The athlete is given five passes.
 - iii. An athlete is permitted to be standing or sitting in a wheelchair or another type of chair with similar dimensions while competing in this event.
 - iv. If standing, the athlete must stand behind the line to make the pass and the catch.
 - v. If seated, the leading wheel axle of an athlete's wheelchair may not pass over the line to make the pass and the catch.
- e) Scoring
 - i. Each pass can earn up to two (2) points – one (1) for the Pass and one (1) for the Catch.
 - a. The Pass
 - 1. The athlete receives one (1) point for hitting the wall in the air.
 - 2. The athlete receives zero points if the ball bounces before hitting the wall or steps over the line.
 - b. The Catch
 - 1. The athlete receives one (1) point for catching the ball in the air or after one or more bounces while standing behind the line.
 - 2. The athlete receives zero points if the ball goes past the athlete, is not caught cleanly after it hits the wall, or steps over the line to catch the ball.
 - ii. The athlete's TOTAL SCORE will be the sum of the points from all five (5) passes. Maximum score = 10 points

5) Lay Up Shooting Contest

- f) Purpose: To measure an athlete's skill in shooting a basketball 10 times from close range.
- g) Field of Play Options may include
 - ii. Playground court at a Park or School
 - iii. Backyard Sport Court
 - iv. Driveway or similar
- h) Equipment
 - a. One basketball or other similar ball (if basketball not available)
 - b. 3.05-meter (10') regulation basket with backboard (for youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative), **Please indicate use of 8' basket when entering scores**
 - c. Description

- d. Player takes 10 attempts from anywhere on the court. Most players will choose to attempt lay ups or close-range shots since these typically are the highest percentage shots to score points. Player can select different spots during 10 attempts.
- i) Scoring
 - i. For every field goal made, 2 points are awarded
 - ii. For every attempt that hits the rim, 1 point is awarded
 - iii. If the ball fails to touch the rim or go into the basket, 0 points are awarded
 - iv. The athlete's score will be the sum of the points from all 10 shots. Maximum total score = 20 points.

6) Free Throw Shooting Contest

- a) Purpose
 - i. To measure an athlete's skill in shooting a basketball 10 times from the free throw line
 - ii. Field of Play Options may include
 - iii. Playground court at a Park or School
 - iv. Backyard Sport Court
 - v. Driveway or Patio
Garage
 - vi. Other hard surface with plenty of space to perform skill
- b) Equipment
 - i. One basketball or other similar ball (if basketball not available)
 - ii. 3.05-meter (10') regulation basket with backboard (for youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative). Please indicate use of 8' basket when entering scores
 - iii. Chalk, floor tape or other way to mark free throw line (if not already marked). Free throw line is measured 5 meters (15 feet) from a spot on the ground/floor that is directly under the backboard.
 - iv. Measuring tape to measure distance for free throw line (if not already marked). If you do not have a measuring tape, take 5 large steps and then mark a free throw line.
- c) Description
 - i. Player takes 10 attempts from the free throw line.
- d) Scoring
 - i. For every free throw made, 2 points are awarded
 - ii. For every free throw attempt that hits the rim, 1 point is awarded
 - iii. If the ball fails to touch the rim or go into the basket, 0 points are awarded
 - iv. The player's total score will be the sum of the points from all 10 shots. Maximum total score = 20 points.

7) 3-Point Shooting Contest

- a) Purpose: To measure how many 3-point baskets a player can make out of 20 attempts.
- b) Field of Play Options may include
 - i. Playground court at a Park or School
 - ii. Backyard Sport Court
 - iii. Driveway or Patio
Garage
 - iv. Other hard surface with plenty of space to perform skill
- c) Equipment
 - i. One basketball or other similar ball (if basketball not available)
 - ii. 3.05-meter (10') regulation basket with backboard (for youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative) Please indicate use of 8' basket when entering scores
 - iii. Chalk, floor tape or other way to mark three-point line (if not already marked). The 3-point arc is 6.02m (19 ft 9in) measured from the ground directly under the *center of the basket in all directions*.
 - iv. Measuring tape to measure distance for 3-point arc (if not already marked). You can also take 6 large steps.
- d) Description
 - i. Player takes 20 attempts from anywhere behind the 3-point line. Player can select different spots during 20 attempts.
- e) Scoring

- i. For every 3-point field goal made, 3 points are awarded
- ii. For every 3-point attempt that hits the rim, 1 point is awarded
- iii. If the ball fails to touch the rim or go into the basket, 0 points are awarded
- iv. The player's total score will be the sum of the points from all 20 shots. Maximum total score = 60 points.

Unified Pairs Free Throw Shooting Contest (combined score of 1 athlete + 1 partner)

- a) Purpose
 - i. To measure an athlete + Unified partner skill in shooting a basketball 10 times each from the free throw line.
 - ii. Field of Play Options may include
 - iii. Playground court at a Park or School
 - iv. Backyard Sport Court
 - v. Driveway or Patio
Garage
 - vi. Other hard surface with plenty of space to perform skill
- b) Equipment
 - i. One basketball or other similar ball (if basketball not available)
 - ii. 3.05-meter (10') regulation basket with backboard (for youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative) **Please indicate use of 8' basket when entering scores**
 - iii. Chalk, floor tape or other way to mark free throw line (if not already marked). Free throw line is measured 5 meters (15 feet) from a spot on the ground/floor that is directly under the backboard.
 - iv. Measuring tape to measure distance for free throw line (if not already marked). If you do not have a measuring tape, take 5 large steps and then mark a free throw line.
- c) Description
 - i. Each player takes 10 attempts from the free throw line.
- d) Scoring
 - i. For every free throw made, 2 points are awarded
 - ii. For every free throw attempt that hits the rim, 1 point is awarded
 - iii. If the ball fails to touch the rim or go into the basket, 0 points are awarded
 - iv. Each player's score will be the sum of the points from all 10 shots. Maximum score per person = 20 points.
 - v. Unified Team Total will then be sum of both player's individual scores. Maximum score for overall Unified team total = 40 points.