

5v5 RULES

PLAYER DEVELOPMENT



Uniform Guidelines

Team Uniforms

- Uniforms consist of a jersey, shorts and sport shoes.
- All team members must have identical uniforms in color and design.
- The Special Olympics Montana logo must be visible on the uniform.
- It is recommended (not required) teams should have the following jersey/uniform options to be prepared for home/away assignments at State Basketball:
 - Two colors of jerseys and t-shirts (if worn) - (a light and a dark)
 - Pinnies, or
 - Reversible jerseys and t-shirts
- Home and away designations will be assigned on the tournament schedule: home = light, away = dark.
- Shirts worn under jerseys are considered part of the uniform and therefore must be the same color as the predominant color of the jersey. 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.
- The following are legal numbers: 00, 0-5, 10-15, 20-25, 30-35, 40-45, 50-55. Numbers must appear on the front and back of the jersey. A roster shall not have both numbers 0 and 00.
- Players are allowed to wear medical devices like knee braces or wrist guards, 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 for the player to wear this device at qualifier or state-level competition. Devices with exposed metal are strictly prohibited in all team play.
- Shorts & Socks
 - It is not necessary that shorts and socks match the color of the jersey, but all team members must match.
- Headgear, wrist/arm gear, and shoes
 - Compression sleeves, 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.
 - 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 Rules

Team Size

- A team roster shall consist of no more than 12 players.
- A team may register up to two alternates.
 - Alternates attend the event only when replacing a registered athlete who does not attend.
 - When dropping an athlete prior to the State Basketball Event, only registered alternates can be added after the scratch date.
- The Head Coach must submit the scores from the Basketball Skills Assessment Test (BSAT) to the State Office before the final registration deadline. The Head Coach must also identify the five top players in terms of their on-court playing ability by placing a star next to their name on the roster form.
- Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during Competition.

Game Play

- A game consists of two 15- minute halves with a running clock, except for the last minute of each half, shooting fouls, time outs, and during substitutions. (**NOTE: game times may be modified based on time and venue availability.**)
- Half time will be 5 minutes.
- Overtime will consist of a 1-minute period with clock stoppage on all dead ball situations, foul shots, and time outs. If the game remains tied after this period, the game will be decided by the team that scores the next basket (sudden death).
- Each team will receive two 30- second timeouts per half (not to be carried over) and 1 additional for overtime
- Coaches are **NOT** allowed on the court during competition at any level. Team spokesperson (**blue wristband**) is the only member of the bench communicating with officials.
- **Forfeiture:** A team automatically forfeits the game if they are five minutes late. A scrimmage may occur for the rest of the time slot. The game will count as a loss and the team will still have the opportunity to compete for an award.
- All athletes should be involved in meaningful competition and must enter the game in both halves. Failure to play all athletes may subject the team to forfeiture or formal protest by the opposing team.
- Coaches are responsible for monitoring their players to ensure that all players are contributing to the team's success and that an individual player is not dominating the game.
- Courts will be monitored for "player Dominance". No single athlete may account for more than 50% (5 out of 10) of his/her team's points in a game. After that, it will be considered player dominance.
- The following is a list of, and is not limited to, what may be considered "player dominance":
 - Players of higher ability only pass to one another.
 - Players of lower ability are rarely involved in team play.
 - In the last two minutes of competition, the participation of higher-ability athletes noticeably increased to the exclusion of lower ability teammates.
 - Higher ability players (athletes or partners) consistently steal or block shots of lower ability players.
- Double dribbling is a violation and will be enforced.

- A player may take two steps beyond what is allowable. However, if the player scores or escapes the defense as a result of these extra steps, an advantage has been gained and a traveling violation should be called. Frequency of violation depends on the game situation and division.
- The ball must be inbounded after each made basket. Players have 5 seconds to inbound the ball.
- Players have a total of 10 seconds to cross half court. Once a player crosses half court, they may not bring the ball back over the half court line in the same possession. This will result in an over and back call by the officials.
- Players may not stay in the free throw lane (key) for extended periods
- 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.
- Fouls will be called on athletes. However, athletes will not "foul out" of the game.
- Two free throws are awarded on and after the 7th team foul.
- Shooting foul free throws are awarded after the 7th team foul.
- Free throw line up starts on the second block.
- 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.
- Clock will stop on the first free throw and begin again when the shooter receives the ball for the second free throw.
- When an opponent contacts the player throwing in the ball, an intentional foul will be charged to the offender.
- Five second closely guarded count begins as soon as the ball is in play.
- The press is only allowable within the last two minutes of each half but must be pulled off if the pressing team gains a ten-point advantage over their opponent.
- In the event one team gains a ten-point advantage, the clock will only stop for timeouts. In the event the score difference is again within 10 points, the original clock rule will be put back into effect.
- Man and zone defenses are permitted.

5v5 RULES

UNIFIED PLAYER DEVELOPMENT



Uniform Guidelines

Team Uniforms

- Uniforms consist of a jersey, shorts and sport shoes.
- All team members must have identical uniforms in color and design.
- The Special Olympics Montana logo must be visible on the uniform.
- It is recommended (not required) teams should have the following jersey/uniform options to be prepared for home/away assignments at State Basketball:
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- The following are legal numbers: 00, 0-5, 10-15, 20-25, 30-35, 40-45, 50-55. Numbers must appear on the front and back of the jersey. A roster shall not have both numbers 0 and 00.
- Players are allowed to wear medical devices like knee braces or wrist guards, 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 for the player to wear this device at qualifier or state-level competition. Devices with exposed metal are strictly prohibited in all team play.
- Shorts & Socks
 - It is not necessary that shorts and socks match the color of the jersey, but all team members must match.
- Headgear, wrist/arm gear, and shoes
 - Compression sleeves, 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.
 - 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 Rules

Team Size

- A team roster shall consist of no more than 12 players. The roster shall contain a proportionate number of athletes and partners.
- 3 athletes and 2 partners must start the game.
- It is required that athletes and Unified partners are of similar age but not necessarily similar ability. Unified Partners serve as mentors to assist athletes during game play.
- A team may register up to two alternates.
 - Alternates attend the event only when replacing a registered athlete who does not attend.
 - When dropping an athlete prior to the State Basketball Event, only registered alternates can be added after the scratch date.
- The Head Coach must submit the scores from the Basketball Skills Assessment Test (BSAT) to the State Office before the final registration deadline. The Head Coach must also identify the five top players in terms of their on-court playing ability by placing a star next to their name on the roster form.
- Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during Competition.

Game Play

- A game consists of two 15- minute halves with a running clock, except for the last minute of each half, shooting fouls, time outs, and during substitutions. (**NOTE: game times may be modified based on time and venue availability.**)
- Half time will be 5 minutes.
- Overtime will consist of a 1-minute period with clock stoppage on all dead ball situations, foul shots, and time outs. If the game remains tied after this period, the game will be decided by the team that scores the next basket (sudden death).
- Each team will receive two 30- second timeouts per half (not to be carried over) and 1 additional for overtime
- Coaches are **NOT** allowed on the court during competition at any level. Team spokesperson (**blue wristband**) is the only member of the bench communicating with officials.
- **Forfeiture:** A team automatically forfeits the game if they are five minutes late. A scrimmage may occur for the rest of the time slot. The game will count as a loss and the team will still have the opportunity to compete for an award.
- All athletes should be involved in meaningful competition and must enter the game in both halves. Failure to play all athletes may subject the team to forfeiture or formal protest by the opposing team.
- Principles of meaningful involvement must be followed at all times.
- Coaches are responsible for monitoring their players to ensure that all players are contributing to the team's success and that an individual player is not dominating the game.
- Courts will be monitored for "player Dominance". No single athlete or Unified Partner may account for more than 50% (5 out of 10) of his/her team's points in a game. After that, it will be considered player dominance.
- The following is a list of, and is not limited to, what may be considered "player dominance":
 - Players of higher ability only pass to one another.
 - Players of lower ability are rarely involved in team play.

- In the last two minutes of competition, the participation of higher-ability athletes and Partners noticeably increased to the exclusion of lower ability teammates.
 - Higher ability players (athletes or partners) consistently steal or block shots of lower ability players.
- A Unified Partner may:
 - Shoot when open
 - Steal a pass and lead a fast break
 - Rebound and pass to athletes and other Unified Partners
 - Play point guard
 - Play defense against another Unified Partner
 - Block another Unified Partners shot
- A Unified Partner may not:
 - Bring the ball down after a throw-in
 - Consistently block shots of lower ability players
 - Play in such a way it crosses into player dominance
 - Account for more than 50% of a teams points in a game.
- Double dribbling is a violation and will be enforced.
- A player may take two steps beyond what is allowable. However, if the player scores or escapes the defense as a result of these extra steps, an advantage has been gained and a traveling violation should be called. Frequency of violation depends on the game situation and division.
- The ball must be inbounded after each made basket. Players have 5 seconds to inbound the ball.
- Players have a total of 10 seconds to cross half court. Once a player crosses half court, they may not bring the ball back over the half court line in the same possession. This will result in an over and back call by the officials.
- Players may not stay in the free throw lane (key) for extended periods
- 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.
- Only athletes can be replaced by athletes and Partners can only be replaced by Partners.
- Fouls will be called on athletes. However, athletes will not "foul out" of the game.
- Two free throws are awarded on and after the 7th team foul.
- Shooting foul free throws are awarded after the 7th team foul.
- Free throw line up starts on the second block.
- 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.
- Clock will stop on the first free throw and begin again when the shooter receives the ball for the second free throw.
- When an opponent contacts the player throwing in the ball, an intentional foul will be charged to the offender.
- Five second closely guarded count begins as soon as the ball is in play.
- The press is only allowable within the last two minutes of each half but must be pulled off if the pressing team gains a ten-point advantage over their opponent.
- In the event one team gains a ten-point advantage, the clock will only stop for timeouts. In the event the score difference is again within 10 points, the original clock rule will be put back into effect.
- Man and zone defenses are permitted.

5v5 RULES

UNIFIED COMPETITIVE LEAGUE



5v5 Unified Competitive Model:

Teams with high ratings are not automatically playing under the competitive model. They may be competitive, highly skilled teams – but the competitive model references the set of rules to be used during competition. ***This is no modifications basketball.*** Teams needed to inform the SOMT Sports Department when registering about their intentions to play under this model. The Competitive Model is not offered for 3v3 basketball. 3v3 teams should operate under Player Development Model rules. These can be found in the Games Registration Packet, Coaches Handbook, or on the website when both packets are released (www.somt.org).

Competitive Model vs. Player Development Model –

- Competitive Unified Sports: Comprises Athletes and Unified Partners of similar ability and age.

There are no restrictions placed upon the Unified Partners in this model. Teams are eligible to advance to USA and World Games competitions.

- Player Development Unified Sports: Comprises Athletes and Unified Partners of similar age, but not necessarily similar ability. Unified Partners serve as mentors to assist athletes during game play, **players have defined roles on the court.** Teams are not eligible to advance to USA or World Games.

Competitive Model: No restrictions!

- A UP may shoot when open.
- A UP may steal the ball and lead into a fast break.
- A UP may take the ball up the floor and play point guard.
- A UP may rebound and pass to UP's and athletes.
- A UP may play defense against an athlete.
- A UP may block an athlete's shot.
- A UP may anticipate a pass and steal the ball from an opposing athlete vs. UP
- All Athletes and UPs should be involved when on the court and engaged in the game!