

## BASKETBALL OVERVIEW

**Events:** Individual Skills Competition  
Traditional Team Competition  
Unified Team Competition

**Equipment:** basketballs, cones, pinneys, stopwatch, whistle, blue tape (skills only)

**Uniform:** team t-shirt or jersey, shorts, sneakers

**Facility:**

- Training:
  - Indoor or outdoor courts
  - Full or half court (full court needed for competition experience)
- Competition
  - Multiple courts required (specific number based on number of teams participating)
  - Gymnasium preferred, however outdoor courts also work
  - Some individual skills events do not require access to a basketball hoop

**Training Requirements:**

- 6-8 weeks of training
- 2-3 trainings per week for 20-30 minutes each
- Each training session to include: warm-up, general fitness, sport-skill development, and competition experience

**RULES – Team Competition**

Traditional Team and Unified Team Competition follow the same guidelines and rules, unless otherwise noted below.

1. Five players per team on the court at one time.
  - a. UNIFIED modification – players on the court must consist of 3 athletes and 2 peer partners.
2. 15 minute games consisting of two 7 1/2 minute halves, running clock (may vary)
3. Basket scores two points; free throw scores one point.
4. Unlimited time-outs, including for substitutions.
5. Substitutions may be made freely on a dead ball (when the whistle has been blown); alternatively, a coach may call for a substitution when their team has the ball.

6. Out-of-bounds balls will be in-bounded by a player from the team that did not touch the ball last.
7. Athletes not playing must sit on benches or chairs set up on the sideline. All coaches and aides must stay on the sidelines, unless a player needs assistance or a time-out is called.
8. Athletes must stop play when the whistle is blown.
9. Referee's discretion on fouls, double dribbling, and traveling.
10. Referee may stop game to allow for teaching time after fouls.
11. No backcourt press. Defense must allow offense to bring ball to at least half court after basket or defensive rebound (may vary with level).
12. No jewelry or watches worn during games, except for medical reasons.
13. After five fouls, a player is expelled from the game. If a player is expelled from the game, this player may not re-enter the game. Another player may be substituted in at the next dead ball.

### **Individual Skills Competition**

1. Target Pass
  - a. Mark a 3.5 foot square on a wall\*, with the bottom line of the square 3 feet from the ground.
  - b. Mark a line on the ground 5ft (elementary school), 6 ft (middle school ), or 7 ft (high school) from the wall.
  - c. Athletes shall stand at the line on the ground and attempt to pass the ball so that it hits the wall inside of the square.
  - d. Each athlete may make 5 passes.
2. Straight Dribble
  - a. Set up a starting line gate and finish line gate 25 feet apart, directly across from each other.
  - b. The starting line gate and finish line gate shall each be 4 feet wide.
  - c. Athletes dribble with one hand from the starting line gate through the finish line gate, attempting to stay within the 4 foot channel created by the gates.
  - d. If an athlete loses control of the ball, they may retrieve the ball or be given a new ball.
3. Slalom Dribble
  - a. Set up the same as for the straight dribble, adding four cones in between the gates.

- b. The four cones shall be in a straight line, each five feet apart from each other and from the starting line gate and finish line gate.
    - c. Athletes dribble the ball with one hand from the starting line gate, through the cones slalom style, then through the finish line gate.
    - d. If an athlete loses control of the ball, they may retrieve the ball or be given a new ball.
  4. Lay-up Shot
    - a. No set up required
    - b. Athletes dribble the ball with one hand from the top of the key towards the basket and then attempt a lay-up upon reaching the basket
    - c. Athletes may take three lay-up shots
  5. Spot Shot
    - a. Mark six spots on the ground\*, three on each side line of the key.
      - i. Optional – mark one additional spot on the free throw line.
    - b. The specific location of the spots may vary based on age and ability (closer to the basket for younger ages, further from the basket for older ages).
    - c. Athletes may take two shots from each spot.

\*Use blue painters tape to mark boxes and spots on the wall and ground.