



**Special Olympics**  
South Dakota



# ATHLETE HANDBOOK

## Basketball

2021

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Special Olympics South Dakota



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**Dear Special Olympics Athlete,**

Congratulations on becoming a part of Special Olympics South Dakota (SOSD)!

Through your commitment to Special Olympics and its programs, we challenge you to train and compete in all sports you desire. We also challenge you to find your voice and to help us shape and grow SOSD. There are many exciting ways to be an athlete and a leader, so be sure to ask your coach or the Special Olympics office for more resources.

By participating in sports, physical fitness, and health education programs, you will increase self-confidence and social skills, improve physical and motor skills, and have more opportunities to grow as a person. This handbook is designed to introduce SOSD to you and to provide general information needed as an athlete.

We wish you luck, and can't wait to see you out on the field and in the community!



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## 1. Competition

The state is divided into four Areas. The city in which you live will determine which Area competitions you attend.

Northeast (NE) - Aberdeen, Huron, Watertown, and the surrounding communities

Southeast (SE) - Brookings, Mitchell, Sioux Falls, Yankton, and the surrounding communities

Black Hills (BH) - Custer, Rapid City, Spearfish, and the surrounding communities

Central (C) - Pierre, Mission, Winner, and the surrounding communities. These delegations do not have dedicated Area competitions to attend. In other words, you can choose where you wish to go.

For those who qualify, there are also State competitions held in the following sports:

**State Basketball Tournament** - Team (Traditional & Unified), Cheerleading (Traditional & Unified), and Skills (Individual & Team)

**State Summer Games** - Swimming (Traditional & Unified), Powerlifting, Volleyball, Soccer (Traditional & Unified), Soccer Skills, Racewalking, and Track & Field (Traditional & Unified)

**State Equestrian**

**Fall Classic** - Bocce (Traditional & Unified), Softball (Traditional & Unified), and Softball Skills

**State Traditional Bowling**

**State Unified Bowling**

Eligibility to participate in these events will depend on you meeting all of the training requirements and rules developed by your Delegation or Team.

Please Note: Delegations and Teams may choose to NOT participate in events. There could be many reasons for this, including the availability of coaches, finances, and roster numbers.

## 2. Practices / Training Requirements

The time, place, duration, and content of your practices will be established by your program leadership and can vary rather significantly from program to program. However, rest assured your coaches have completed the required certification course work and have demonstrated competence in coaching their sport. The following are general training expectations set forth by the State Office:

- Bowling: A minimum of five 3-game series or a total of 15 games over a minimum of 8 weeks.
- Winter Games: A minimum of 15 hours over a minimum of 8 weeks.
- Basketball: A minimum of 15 hours over a minimum of 8 weeks.
- Summer Games: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 3 sports - 5 hrs per sport / 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.
- Equestrian: A minimum of 15 hours over a minimum of 8 weeks.

- Fall Classic: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.

### **3. Unified Sports**

There are two kinds of teams in Special Olympics, Traditional and Unified. Everyone on a Traditional Team is a Special Olympics Athlete. On a Unified Team, some of the players have a disability and some do not.

### **4. Athletes Code of Conduct**

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Sports Partners are expected to observe the following code:

#### **Sportsmanship**

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers, or staff.

#### **Training and Competition**

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning, and competitions.

I will not “hold back” in preliminary competition just to get into an easier finals division.

#### **Responsibility for My Actions**

I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.

I will not smoke or vape in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules.

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games, up to and including not being allowed to participate.

### **5. You Know What I mean?**

People often use short-cuts when speaking and writing about Special Olympics.

DQ = Disqualification. An athlete will receive only a participation ribbon when, during competition, a judge determines a rules infraction has occurred.

GOC = Games Organizing Committee. For every State event we host, there is a group of people from the host city who help organize the event.

HA = Healthy Athletes. At our State Summer Games, we provide health screenings to athletes.

HOD = Head of Delegation. This is the person in charge of your delegation/team.

ID = Intellectual Disability. All athletes participating in Special Olympics have an ID.

LETR = Law Enforcement Torch Run. These are people who help raise money for SOSD.

SO or SOI = Special Olympics and Special Olympics, Inc. The preferred name is Special Olympics.

SOSD = Special Olympics South Dakota. SOSD is a state program of Special Olympics. The State Office is located in Sioux Falls.

UP = Unified Partners. These are players on teams who do not have an ID.

YA = Young Athletes. These are future Special Olympics athletes who are ages 2 - 7.

## **6. Application for Participation in Special Olympics South Dakota**

To participate in Special Olympics, you must complete Form A: Application for Participation in Special Olympics South Dakota. This form contains the following components:

- ⇒ Your contact information
- ⇒ Contact information for a parent/guardian
- ⇒ Health insurance information
- ⇒ Physical exam that must be completed by a medical professional every three years
- ⇒ A release signed by either you or a parent / guardian
- ⇒ Once this form is completed, you should give it to your HOD. They will give a copy to the State Office.
- ⇒ If you should get injured or become ill at a Special Olympics event and should require the care of a medical professional, your HOD should bring this document with you.

## **7. Concussions**

### **Defining a Concussion**

A concussion is a type of traumatic brain injury caused when you get hit on the head or from a bunch of smaller blows to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull. Although concussions are usually not life-threatening, their effects can be serious, therefore, proper attention must be paid to individuals suspected of sustaining a concussion.

### **Suspected or Confirmed Concussion**

If a coach or official thinks you have sustained a concussion in a practice, game, or competition, you will be removed

from practice, play, or competition at that time. If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, your parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

### **Return to Play**

If you have been removed from practice, play or competition due to a suspected concussion, you may not participate in Special Olympics sports activities until either of the following occurs A) at least seven consecutive days have passed since you were removed from play and a currently licensed, qualified medical professional\* provides written clearance for the participant to return to practice, play and competition or B) a currently licensed, qualified medical professional determines you did not suffer a concussion and provides written clearance for you to return to activities immediately. Written clearance in either of the scenarios above shall become a permanent record.

\*A qualified medical professional is defined as a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

## **8. Abuse**

Your health, safety, and well-being are of the highest concern to those in your Special Olympics family (Coaches, chaperones, staff, and volunteers). If you should ever feel unsafe or mistreated, we urge you to seek the assistance of a family member or a trusted member of your Special Olympics family.

## **9. Competition Readiness**

To compete at your best you need to be prepared!

1. Proper sports equipment: For example, you will need a softball glove that fits your hand.
2. Uniform or sports clothing: Blue jeans are not appropriate for competition. Your shoelaces should be tied and you should be wearing sports socks.
3. Proper sports shoes: If you wear cowboy boots while competing in basketball, for example, the possibility of injuring an ankle is quite high. Plus, you won't look like a serious athlete.
4. Minimal or no jewelry.
5. Hair is out of your face.
6. Sunscreen on exposed skin.
7. Eat a healthy snack or meal within 2-3 hours of the event.
8. Drink one bottle of water within an hour of the event.
9. Warm-up before the event.

## **10. Year-round Fitness**

Staying fit and healthy should not end when your latest State event is over. It is very important for you to set fitness goals and strive to fulfill them. Here are some ideas:

1. Work out or go for a walk at least 5 times per week.

2. Eat fast food no more than 3 times per week.
3. Get 8 hours of sleep per night.
4. Drink 5 large glasses of water per day.
5. Do not drink soda... even diet soda.
6. Eat 5 fruits and/or vegetables every day.

## 11. Athlete Leadership

Inclusion starts with Athlete Leadership! What does the word “inclusion” mean? Many things, but as it applies to Special Olympics it means:

- A. You should have the opportunity to enjoy the same experiences as people without an ID, and;
- B. You should have the same opportunities to contribute to SO through the sharing of your talents and gifts outside of competition.

The following are roles athletes can and should be filling:

1. Athlete Leadership Council
2. Coaches
3. Committee Members
4. Fund-raisers
5. Games Organizing Committee Members
6. Global Messengers (Giving Speeches)
7. Health Promoters
8. Officials
9. Photographers
10. Reporters
11. SOSD Board of Directors
12. Volunteers

For more information regarding any of these roles, contact the state office at 605.331.4117.

## 12. Fundraising

It takes a lot of money to put on Special Olympics events. You can help your local program as well as the State with this. We strongly encourage you to attend fundraising events in your community and actively help out when applicable.

**For you to perform at your best, you need to know the rules of the game. Look for Athlete Handbooks for all of your sports.**

# Special Olympics South Dakota Sports Rules - Basketball

## Eligibility and Divisions

1. You must train a minimum of 15 hours over 8 weeks.
2. You must participate in the area basketball tournament to participate at state.
3. Each team's playing division is determined by the oldest person on the team.
4. Age groups Include Senior: 22 years and over / Schoolers: 16-21 years / Junior: 8-15 years
5. Male, Female, or Coed will compete together.

## Court, Equipment, and Uniforms

1. A regulation basketball court will be used for team competition. The following modifications are possible:
  - a. Free throw line for all divisions will be 15 feet. If needed, a 10-foot free throw may be used for Jr divisions.
  - b. The rim height for all junior divisions and individual skills competition will be modified to 8' as opposed to 10' for schooler and senior divisions.
2. A regulation ball will be used for Schooler and Senior division competition.
3. An intermediate ball will be used for Junior division competition and individuals skills competition.
4. Athletes should wear athletic shorts, court shoes, and socks. T-shirts worn under the jersey are acceptable and at the discretion of each program. T-shirts worn under the jersey should be of a similar color to the jersey.
5. No jewelry, watches, or hats should be worn during play. Medical alerts are allowed but must be taped down.

## Full Court Basketball Competition

### **ROSTER:**

1. Teams should have a minimum of 6 players and a maximum of 15.
2. Unified rosters must have a proportionate number of athletes to unified partners. Line-ups must consist of 3 athletes and 2 unified partners.

### **TIME ALLOTMENTS STATE COMPETITION:**

1. 2 halves/14 minutes each
2. 5 minute half time
3. 3 minute overtime period, 2 minutes for 2<sup>nd</sup> overtime period, 1 minute for 3<sup>rd</sup>, sudden death for 4<sup>th</sup> (timeout for each)
4. 4 time outs/60 seconds each

### **TIME ALLOTMENTS AREA COMPETITION:**

1. 2 halves/10 minutes each
2. 3 minute half time
3. 2 minute overtime period (with 1 timeout), sudden death for 2<sup>nd</sup> overtime period
4. 4 time outs/30 seconds each

**RUNNING CLOCK:**

1. The clock will continue to run except for free throws and time-outs.
2. The clock will also stop during any break in play during the last minute of the game unless the point differential is greater than 10 pts.
3. Clock starts once a player on the court touches the ball.
4. Clock will stop during the last minute of overtime periods.

**TIMEOUTS:**

1. A team will be entitled to four time out periods (60 seconds each for state competition, 30 seconds each for area competition) during the game.
2. Each team is entitled to one additional time out during each overtime period. Unused time-outs accumulate and may be used at any time during that single game.

**SUBSTITUTIONS:**

1. Substitutions may be made any time there is a dead ball.
2. Substitutes will report to the scorer who will notify the referee of substitutions.

**JUMP BALLS:**

1. There will be a center jump at the start of the game and the beginning of any/each overtime period.
2. Subsequently held balls will result in an alternating possession between each team for the remainder of the game.

**SCORING:**

1. If the score is tied at the end of the 2<sup>nd</sup> half, play will continue without change of baskets for overtime periods.
2. Unified partners will receive the same scoring as athletes.

**FOULS:**

1. All shooting fouls result in the fouled player attempting two free throws.
2. Any player who receives 5 personal fouls in a single game will “foul out” of that game.
3. Seven team fouls will result in the “bonus” (opposing team shooting one and one free throws on all non-shooting fouls for the remainder of the half).
4. Ten team fouls will result in the “doubles bonus” (opposing team shooting two free throws on all fouls for the remainder of the half).
5. Team fouls start at 0 for each half of the game but the number of team fouls at the end of regulation play carry over into overtime periods.
6. Technical fouls result in an automatic two free throws (shooter selected by the coach) and possession of the ball after the free throws.

**TECHNICAL FOULS:**

1. Any coach receiving more than one technical in any one game will be reviewed by the State Office. The coach may not be allowed to coach Special Olympics Basketball in the future.
2. An athlete receiving more than one technical foul may be suspended from the remainder of the game and all of the next game. The decision to be made by the SOSD staff/games committee.

**INBOUND PASS:**

1. A player passing the ball inbound cannot step over the line. Violation will result in turnover/loss of possession.

2. A team has 5 seconds to inbound the ball. The five-second count starts when a player receives the ball from the official. Violation will result in turnover/loss of possession.
3. Defense must be 3 feet away from the out-of-bounds line.
4. All divisions will follow these rules.

#### **OVER AND BACK, OUT OF BOUNDS:**

1. These violations result in a turnover/loss of possession.
2. These rules apply for all divisions.

#### **CONDUCT:**

1. Foul language is not acceptable. A technical foul may result for use of foul language.
2. Warm-ups on the court should only take place when a team is assigned to play during that time.
3. Only registered coaches can approach the score table or referees. Spectators will be warned and at the discretion of the referees/games committee may be ejected from the competition.
4. Teams need to start with a minimum number of required positions to avoid a forfeit.
5. Traditional team basketball = 5 players
6. Unified team basketball = 5 players comprised of 3 athletes and 2 unified partners.
7. **NOTE:** If an injury occurs during a game, they can drop to one player short and continue the game (EX: teams can finish a game with 4 players. Unified must be 3 athletes/1 unified partner)

## **Rules Modifications/Classifications**

### **CLASS 1**

- ⇒ No traveling or double dribble will be allowed.
- ⇒ You can be in the lane for up to 3 seconds (Regulation 3-second rule will be enforced).
- ⇒ Full court press is allowed at all times.
- ⇒ Fouls will be called according to regulation rules.

### **Class 2:**

- ⇒ Traveling over 5 ft (2-3 steps) is called.
- ⇒ Double dribble is allowed as long as an attempt is made to dribble.
- ⇒ You can be in the lane for up to 5 seconds before a lane violation will be called.
- ⇒ Full court pressing is not allowed. Half-court pressing is allowed.
- ⇒ Major obvious fouls and body fouls that interrupt the flow of play will be called. In these divisions, unintentional fouls may cause the stop of play and the same team regaining possession.

### **SANDBAGGING**

The team on offense in all divisions has 10 seconds to cross half-court. Sandbagging is never allowed.

### **CLASSIFICATIONS CRITERIA**

- ⇒ All Junior Unified Divisions will play Class 2 rules.
- ⇒ All Schooler Unified Divisions will play Class 2 rules.
- ⇒ Senior Unified Divisions can play either Class 1 or Class 2 rules.

## **Unified Basketball**

### **Principle of Meaningful Involvement**

1. The most important criteria for the success of a Unified Sports Program is the principle of meaningful involvement.
2. Every player should be allowed to contribute to the success of their team through their unique skills and qualities.

### **A player (athlete or Unified partner) is a good fit for a team when this happens:**

1. A player competes without causing an undue risk of injury to themselves or others.
2. A player participates according to the rules of competition.
3. A player has the ability and opportunity to contribute to the performance of the team.
4. A player adjust their skills according to those of other players, resulting in improved performance by team members with lesser ability.

### **A player (athlete or Unified partner) IS NOT a good fit for a team when this happens:**

1. A player displays superior sports skills without involving their teammates.
2. A player serves predominantly as an on-field/court coach rather than as a teammate or mentor.
3. A player controls most aspects of the game, especially during the most critical periods.
4. A player does not train or practice regularly and only shows up on the day of competition.
5. A player lowers their level of ability dramatically so that they do not hurt others or control the entire game.

### **Unified Basketball General Rules**

1. Coaches are not allowed to be a unified partner. Individuals must choose one role or the other.
2. The unified roster shall contain a proportionate number of athletes and unified partners.
3. During competition, the line-up shall always consist of 3 athletes and 2 unified partners.
4. In the event of a player injury/illness, teams may finish the game with no less than 4 players consisting of 3 athletes/1 unified partner. No other combination is allowed.
5. Unified Partners shall receive the same standard basketball scoring as athletes.
6. Gameplay rules are the same full-court basketball competition rules used in traditional basketball.

## **Individual Basketball Skills Contest**

1. Athletes participating in Team Basketball are not eligible to participate in Basketball Skills and vice versa.
2. Skills athletes can participate in both the individual and team basketball skills contests.
3. Three events comprise the Individual Skills Contest: Target Pass, Ten-meter Dribble, and the Spot Shot.
4. The athlete's final score is determined by adding together the scores achieved in each of these 3 events.

## **Team Skills Basketball Contest**

1. Athletes participating in Team Basketball are not eligible to participate in Team Skills Basketball Contest and vice versa.

2. Skills athletes can participate in both the individual and team basketball skills contests.

### **Tie Breaker Rules To Determine Places**

1. Head to head competition
2. Point differential (between the teams in a tie)
3. Point differential (all teams played)

### **Sportsmanship**

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 game/event. Never quit.
4. Always comply with the rules.
5. Demonstrate sportsmanship and fair play at all times.
6. Respect the decision of the officials at all times.

### **Spirit and Sportsmanship Award**

1. It is important to recognize athletes who epitomize sportsmanship. Good sportsmanship is the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, treating opponents with respect, fairness, generosity, and courtesy.
2. Coaches will submit one player from each of their teams to be on the Spirit and Sportsmanship Team. From these nominees, one player per division will be chosen to receive the Spirit and Sportsmanship Award. These players will be presented with a plaque during team awards.