



## Basketball Rules Cheat Sheet

- 1) Unified Games: 3 athletes and 2 partners on the floor at any time. Partners and athletes can shoot. A partner CAN steal the ball from an athlete though please keep in mind the concept of domination.
- 2) Traditional Games: A game consisting of all athletes.
- 3) Domination: Occurs when any partner owns the game. Example: they are getting every rebound, making every basket, stealing the ball from athletes excessively. Athletes cannot be called for a domination violation but coaches should teach sportsmanship in this instance.
  - a. **Locate a Special Olympics Colorado Staff member if you suspect this is happening**
- 4) Length of game: 4 quarters 8 minutes in length. .
  - a. MERCY RULE: if a team is ahead by 30+ points to start the 4<sup>th</sup> quarter, the clock will run except for timeouts, injuries, etc...
  - b. Youth games 8-15yr/old games will be 4 quarters 6 minutes in length with running clock except last minute of each quarter.
- 5) Jump ball: to start the game and to start overtime
- 6) Timeouts: Regionals and State may differ so please check with the event director. Teams will get three (3) 1 minute timeouts and one (1) 30 second timeout per game. Teams will also get 1 additional timeout in overtime.
- 7) Halftime: 3 minutes
- 8) Overtime: 3 minute running clock except the last minute. If the game is still tied at the end, there will be a jump ball and sudden death (first team to score 2 points wins). If a team makes 1 free throw, the game continues.
- 9) Free throws: 2 free throws for any foul while in the act of shooting. 1 and 1 starting at the 7<sup>th</sup> team foul. 2 free throws at foul #10
  - a. Technical fouls: 1 and 1 and the ball
  - b. Athletes can enter the lane when the shooter releases the ball.
- 10) Ball: 28.5 ball for Youth and Female divisions; 29.5 for Male divisions 16+
- 11) Warm-up time: 5 minutes in between games