

# 2026 Winter Season Northwest Basketball Coaches Call

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***Special Olympics***  
*Washington*



# Welcome - Agenda



- Competition Dates & Locations
- League Play vs. Sub-Regional vs. Regional
- General Competition Schedules
- Competition Details
- Registration Requirements for Final Registration
- Level of Play
- Divisioning Meeting Schedule
- Team Bookkeepers
- Basic Rules & Modifications
- Coaches Etiquette Game Management
- Mission Statement
- Resources



# Where do I compete?



Cascade	King County
North Sound Stars	Bellevue Badgers
Lake Stevens	Bellevue Bears P&R
Team Whidbey	Bellevue College
Anacortes	Eagles of Seattle
Bellingham Independents	Eastside Catholic
Edmonds Independents	Enumclaw
Everett Independents	Federal Way Parks & Rec
Marysville	Issaquah
North Whatcom	Issaquah School District
	Kent Parks & Rec
	Maple Valley
	Northshore Wranglers
	Redmond International Buddy
	Renton Parks & Rec
	Shoreline Parks & Rec
	Snoqualmie Valley
	Summit Community Center
	Tahoma Bears

**Unified** will be held at South Sound as I have more court space secured

**High Performance Traditional** maybe split between the King County League Play & South Sound Regional due to court space

# Competition Dates & Locations



- **January 18th – King County League Play Basketball Competition**
  - Performance Zone – Auburn Mall
- **January 18th – Cascade Area Sub-Regional Basketball Competition**
  - Marysville Pilchuck HS, Totem Middle, Heritage HS
- **January 31st – King County Sub-Regional Basketball Competition**
  - Performance Zone – Auburn Mall
- **February 1st – Cascade Area Regional Basketball Competition**
  - Marysville Pilchuck HS, Totem Middle, Heritage HS
- **February 7th – King County Regional Basketball Competition**
  - Thomas Jefferson High School

# Competition Dates & Locations



## Unified

- **January 17th – South Sound Sub-Regional Basketball Competition**
  - Cloverpark HS, Thomas Middle School, Four Heros Elementary/ Harrison Prep
- **January 31st – South Sound Regional Basketball Competition**
  - Clover Park HS, Thomas MS, Hudtloff MS, Lochburn MS

## High Performance

- **January 18th – King County League Play Basketball Competition**
  - Performance Zone – Auburn Mall
- **January 31st – South Sound Regional Basketball Competition**
  - Clover Park HS, Thomas MS, Hudtloff MS, Lochburn MS



# League Play or Sub-Regional vs. Regional

## League Play / Sub-Regional

Purpose: gather seeding information to build brackets and divisions for regionals

- Allows us another way of determining strength of play
- Develops clearer scores for individual skills & team skills
- Must Participate in League Play/ Sub-Regional to Advance to Regional

## Regional

Purpose: compete in bracket and division play to receive an award.

# General Competition Schedules for League Play / Sub-Regional



Check in at your venue – Beginning at 8:00AM

Competition Begins at – 9AM for 5v5

Individual Skills begins at - 10AM

Team Skills beginning at – 11:30AM estimate

Games concluding at 3/4PM

# Competition Details



## Sub-Regional/ League Play

- Round Robin Seeding Style (5v5 & 5v5 Unified) / Collect Scores Team Skills & Individuals
- Awards: No
- Merchandise: No
- Light Snacks: Yes

## Regionals

- Bracketed (Single Elim) Style Play or Part of a round robin
- Awards: Yes
- Merchandise: Yes
- Light Snacks: Yes

# Registration Requirements for Final Registration



## **TEAM ROSTER:**

**DUE DATE:** Specially prepared **TEAM ROSTER** must be submitted **NO LATER than January 5<sup>th</sup>.**

**NOTE:** Teams will be receiving December 15<sup>th</sup>

**REVIEW PERIOD:** Teams will be emailed a final report between **January 7<sup>th</sup> and 9<sup>th</sup>.**

**“Sports specific” adjustments** will be due **NO LATER than January 12<sup>th</sup>.** (correct teams, correct event, correct gender, correct BSAT score or assessment, etc.).

**BRACKETS and/or DIVISIONS:** will be distributed a few days before each competition.

# Level of Play – Going away from BSATs



## **Basketball 5v5 Assessment Tool (Novice / Intermediate / Advanced):**

Worksheet for 5v5 & Unified

- [Basketball Level of Play Video – Advanced](#)
- [Basketball Level of Play Video – Intermediate](#)
- [Basketball Level of Play Video – Novice](#)



Review Videos, Using the 5v5 Assessment Tool identify where your team best sits, Advanced, Intermediate, Novice. You will indicate this level on the NOTES section of your final registration form.

Submit your 5v5 Assessment Tool per every 5v5 team via smartsheet with the submission of your final registration form.

# Divisioning Meeting Schedule



- **January 13th @ 6:30PM** – King County Basketball Attendee Divisioning Meeting – [Register Here](#)
- **January 14th @ 5:30PM** – Cascade Area Basketball Attendee Divisioning Meeting – [Register Here](#)

# Team Bookkeepers | Basketball



## Team Bookkeepers Roles & Responsibilities:

- Arrive at the score table **5–10 minutes early**.
- Bring their **team roster** and **team scorebook**.
- Exchange rosters, record starting lineups.
- Sign the **official scorecard** after the game.
- Turn the scorecard in to the SOWA-assigned Volunteer.

## Team Bookkeepers should - at minimum - keep record of:

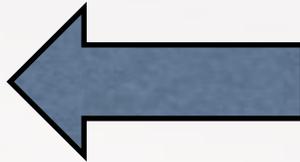
- Running Score for both teams (Teams running Total)
- Player Score for both teams (Points scored by specific players)
- Player Substitutions
- Fouls, Technical Fouls

# Team Bookkeepers | Basketball



## Team Bookkeepers can but are not required to track:

- Player Shots Taken
- Assists
- Rebounds
- Fast Break points



### Why Track this?

- Allows SOWA to review and manage issues around player dominance.
- Supports data for better divisioning.

# Team Bookkeepers | Basketball



## Your Team's Responsibility:

- Assign **1–2 team bookkeepers** (parent, assistant coach, or athlete volunteer).
- These scorekeepers will keep **the official book and stats** during games.
- They will sit at the table and work alongside one SOWA volunteer clock operator.

## What SOWA Will Provide:

- ▶  **Scorebooks for every team** (distributed at your first tournament).
- ▶  **Official training in December & January** for all team scorekeepers.
  - ▶ December 18<sup>th</sup> at 7pm
  - ▶ January 8<sup>th</sup> at 6pm
- ▶  A SOWA volunteer to run the **clock** and **scoreboard** — Final Score will be submitted by the SOWA Volunteer.

# Team Bookkeepers | Basketball



## What if my team doesn't have a Bookkeeper:

- Official Score will still be submitted by the SOWA provided Volunteer
- Any questions around protests or player dominance will differ to the 'best-kept book'. If there is no book from one team, evidence will be derived from existing scorekeeper's book.

**Bookkeepers are considered DAY – OF VOLUNTEERS and DO NOT need to complete a registration or background check.**

# Basic Rule Overview



## Timing / Length of Game

- **Community / Traditional Teams: 4 x 8 minute quarters with running clock.**
  - The clock will stop in the last minute of the game for each dead ball that occurs (i.e. foul shots, timeouts, injuries – only)
  - One Minute intermissions will follow both the 1st and 3rd quarters and a 5-minute half time.
  - A team is granted two (2), one minutes (1 minute) time outs per half. Unused time outs do NOT carry over into the second half.
- **Community / Unified Teams: 2 x 20 minute halves with running clock.**
  - The clock will stop in the last minute of the game for each dead ball that occurs (i.e. foul shots, timeouts, injuries – only)
  - 5-minute half time.
  - A team is granted two (2), one minutes (1 minute) time outs per half. Unused time outs do NOT carry over into the second half.

## Overtime

- If the score is tied at the end of the fourth quarter, the game shall continue with as many overtimes of three (3) minutes as necessary to break the tie.
  - Possession will be determined by a coin toss. Possession will alternate after that.

## No Show / Forfeit

- A “no-show” team is given a 5-minute grace period before receiving a FORFIET.

# Basic Rule Overview



## Players

- A team shall consist of a minimum of five (5) players and maximum of ten (10) players.
- 5 Players are required to start a game. FIBA rules allow a team to continue to continue to play with as few as two (2) players.
  - The opposing team may, but is not required to, make adjustments proportional to their opponents loss in players

## Substitutions

- No Hockey Style Substitutions!
- Steps for making a proper substitution:
  - Players must check in with the scoring table
  - After a Dead Ball
  - When directed by the Official
- A Team may make a substitution during a time out.
- Free Throws: A substitution may be made – only after the first free throw attempt.

# Basic Rule Overview



## Violations

3 second lane, travel, double dribbling are violations, however, they are called at the official's discretion according to skill level. Also – a violation that contributes to a clear advantage in any skill level will be enforced.

## Fouls

- All typical fouls are called and recorded.
- Bonus and double bonus free throws are awarded based on the total number of team fouls.
  - If a team receives its 7th team foul the opponent is awarded a 1on1 free throw attempt.
  - If a team receives its 10th team foul the opponent is awarded 2 free throw attempts. Team foul counts over in the second half! If a player commits their 5th personal foul – they will need to leave the game.

## Free Throw

- No one (including the shooter) can enter the lane until the ball has touched the rim. Remind participants numerous times.

# Basic Rule Overview



## Foul Limits

- If a player commits their 5th personal foul – they will need to leave the game.
- If a player commits two (2) technical fouls – they will need to leave the game.

## Player Ejection

Should a player be ejected from a game for a flagrant technical violation, or disqualifying foul, such as violence, fighting, or unsportsmanlike conduct interpreted as excessive, that player shall be:

- Removed from competition immediately
- Will not be allowed to return to play for the duration of the tournament / competition / meet.
- The Head Coach MUST fill out a conduct form: [Athlete & Unified Partner Code of Conduct \(Link\)](#)
- The Program will assume responsibility of the athlete until arrangements are made to reunite them with their guardian
- Disciplinary action will be taken the following week of the tournament in partnership with Special Olympics Washington Staff.

# Basic Rule Overview



## Defense

Any type of defense is allowed – includes full court press, zone, person to person.

## Player Dominance

At any level (Unified Partner or Athlete) is highly discouraged and could lead to disqualification.

Coaches are asked to “pull back” if the point spread is large enough to secure a win, i.e. no press, man to man, or fast break, require a certain number of passes before taking a shot.

# Coach Etiquette Game Management



A **dominate “must win”** coaching philosophy will find it difficult to follow these game management guidelines. A coach who emphasizes, understands, and implements SOWA’s mission of what we want for our athletes will benefit from these guidelines:

## **GAME MANAGEMENT SUGGESTIONS – in “blowout” games (that will happen):**

### **Winning Team**

- No fast break: learn the discipline of setting up plays
- No full court press: apply defense inside the 3-point arc
- 5 pass rule: minimum of 5 passes before shot taken
- Limit strong players: Give more playing time to others

### **Losing Team**

- Adjust game goals: not to win – maybe “4” more points / recognize defensive play
- Officials: Do not blame officiating
- Divisioning: Do not blame placement

# SOWA Mission Statement



To provide year-round sports training and athletic competition in a variety of OLYMPIC-type sports for children and adults with intellectual and developmental disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community!

**LET'S MAKE THIS HAPPEN  
during the winter season!**

# Thank you



**Questions?**

**We couldn't do what we do, without YOU!**

*Happy  
Holidays*

# Resources



- [Northwest Region Webpage](#)
- [Rules](#): Team Rules for 5v5 Play
- [Rules](#): Individual Skills & Team Skills
- [Individual Skills Scoresheet](#): Worksheet & Scoresheet for Individual Skills Competition
- [Team Skills Scoresheet](#): Worksheet & Scoresheet for Team Skills Competition
- [Basketball 5v5 Assessment Tool \(Novice / Intermediate / Advanced\)](#): Worksheet for 5v5 & Unified
  - [Basketball Level of Play Video – Advanced](#)
  - [Basketball Level of Play Video – Intermediate](#)
  - [Basketball Level of Play Video – Novice](#)

# Code of Conduct



## Code of Conduct

Athlete, Coaches, and Spectators Code of Conduct has been included in the Winter Season Coaches Packet, SOWA Website, and can be found here:

[Athlete & Unified Partner Code of Conduct \(Link\)](#)

[Family Code of Conduct \(Link\)](#)

[Coaches Code of Conduct \(Link\)](#)

[Spectator Code of Conduct \(Link\)](#)

[Code of Conduct Violation Report \(Link\)](#)



# Code of Conduct

- Exhibit good sportsmanship on and off the field of play
- Physical and verbal abuse, profanity and other inappropriate behavior is strictly prohibited.
- There is a **ZERO TOLERANCE** policy for use of alcohol, illegal drugs, and controlled substances. **(No smoking/tobacco use in restricted areas.)**
- Refrain from illegal activities (felonies and misdemeanors), including the possession of harmful weapons.

**All policies below are strictly enforced for the safety of everyone on site:**

- **Smoking Policy:** Smoking is not allowed at ANY Special Olympics Washington event or competition area. There is absolutely NO smoking at the opening ceremony, or the Victory Dinner/Dance.
- **Service Animal Policy:** Only service animals are allowed at Special Olympics Washington practices, competitions and/or special events for safety reasons.
- **Drugs & Alcohol:** No use of alcohol, illegal drugs, and controlled substances.

Coaches must share these policies with their programs, including Athletes, Coaches, Chaperones, and Parents / Spectators