



**Special Olympics**  
Washington



## COACHES -- EMPHASIS SHEET

*The Official Special Olympics Sports Rules Book and the National Federation of State High School Rules Book shall govern this tournament. These rules apply to ALL levels of competitions.*

**Coaches:** The following EMPHASIS points have been communicated to our officials, timekeepers, and score keepers. Please take a moment to become familiar with them to minimize misunderstanding.

### **RULES EMPHASIS points below:**

All Unified Teams will play two 20-minute halves with a running clock. **\*The clock will stop in the last minute of the game for each dead ball that occurs (i.e., foul shots, time-out, injuries-ONLY).**

All community-based traditional teams will play four 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, time-out, injuries-ONLY).**

**\*NOTE:** If game has a 15 or more-point spread at the end of the second half – officials may choose to get both coach's permission to keep the clock running during the last minute.

One-minute intermissions will follow both the 1st and 3rd quarters and **5 minutes between halves.**

**Begin game with jump ball – alternating position rest of game (Overtime – see rule below).**

Team rosters must have minimum of 5 players and maximum of 10 players (UNLESS approved for 1 or 2 adds)

A team may be granted **4 (1 minute) time-outs per game.**

The three-second-rule restriction is enforced at official's discretion according to skill level.

**When attempting a free throw, no one (including the shooter) can enter the three second lane until the ball has touched the rim.**

During multiple free-throw personal fouls, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted.

The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter's disposal by one of the officials. At officials' discretion according to skill level.

Women and Junior Division **may** play with a smaller ball, 28 ½ inches in circumference.

**A player/head coach may now orally or visually request a time-out.**

**Overtime**—If overtime is required due to a tie at the end of regulation play, it will begin with a flip of a coin for possession (then move to alternating position). A one-minute intermission will follow regulation play. To determine the winner of the game, there will be one 3 minute period. If the score is still tied after the 1<sup>st</sup> period, a one-minute halftime will follow another 3 minute overtime period. The first team to score in the second period will be declared winner of that game. The clock will stop during the last minute of overtime for all dead ball situations.

**Two Step Rule**—A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have “traveled” or escapes the defense as a result of these additional steps, an advantage has been gained – it is a violation. At official’s discretion according to skill level.

**Double Dribble** – It is a violation for a player to double dribble. At official’s discretion according to skill level.

**Defense** – any type of defense allowed including full court press, zone, person-to-person

**Fouls**—all typical fouls are called and recorded. Bonus and double bonus team fouls are awarded:

**BONUS:** 1&1 starts on team foul 7 (player is awarded second free throw if first one is made). Two(2) free throws awarded beginning with the tenth team foul. Team foul count starts over in second half.

**Substitutions** – after dead ball and when directed by official.

### **GAME MANAGEMENT EMPHASIS points below:**

Games are scheduled to begin every 50 minutes. If running behind – teams scheduled for the next game receive no more than 5 minutes for warm up.

Teams will switch ends/baskets at half time. Begin game at opposite end of your team bench!

Only the “head coach” is allowed to communicate with officials during the game. Coaches set the tone for a game. Constant complaining, profanity, or behavior unbecoming of good sportsmanship WILL NOT BE TOLERATED. Coaches will be asked to remain within “coach box and bench area”.

Before the game, please make sure that all required information on your TEAM ROSTER sheet is accurate and submitted to the score table.

The UNIFIED roster shall contain a proportionate number of Athletes to Partners.

During UNIFIED competition, the line up shall never exceed three Athletes and two Partners at any time. Failure to adhere to the required ratio results in a forfeit. Let one of the officials know if you suspect a violation.

Jewelry or braces are not allowed, unless medically required. Tape down if required to wear.

**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.