

Philosophy\* (see attached document with agreed upon philosophical coaching agreements)

## Rules That Apply to All Levels:

### 1. Logistics

- a. All games, unless agreed upon by coaches ahead of time, will be four 10-minute quarters, with one minute intermissions between quarters and a 5 to 10 minute halftime (depending on performances, entertainment, etc.)
- b. Coaches have one timeout per quarter to use at their discretion. Timeouts do not carry over. Extra periods mean extra timeouts.
- c. Each quarter will be a running clock until the last **2 minutes of each quarter**, when the clock will stop for all out of bounds plays and dead balls.
- d. Clock should stop during all timeouts, free throws, and substitutions.

### 2. Mercy Rule

- a. At any point in the game, if one team has a lead of 12 points or more after halftime, that team is expected to only play passive defense, and refrain from stealing or blocking shots. Each team's coaches and partners are responsible for upholding the spirit of this rule, however, a failure to comply with this rule can result in **a turnover**.

### 3. 10-Second Rule

- a. Please maintain a 10 second rule for each team to cross half court. This should apply in only rare situations but is intended to keep up pace of play and keep teams from holding the ball to run out the clock.

### 4. Shot Limit

- a. Each team is limited to *three* shots on the basket during a possession to limit the ability to control possession. A third missed shot would result in a turnover, similar to a shot-clock violation.

### 5. Fouls

- a. Shooting Fouls: physical contact with the shooter while in the act of shooting (resulting in a free throw)
- b. Reaching fouls: physical contact on a ball-handler who is not in the act of shooting (non-shooting foul, resulting in an inbounds)

## Division Specific Rules:

\*Default Level

### **Level 1 (Slowest Pace Game):**

1. All athletes must have a clear path to a shot. Defensive players may play “hands up” defense, but may not block a shot or otherwise impede an offensive player’s ability to shoot.
  - a. This rule applies to partners and athletes alike. Officials and coaches will make best efforts to coach athletes in this regard. Officials can stop a play or encourage defensive players to create this opportunity.
2. No travelling or double-dribbles should be called.
3. Free throws from shooting fouls may be shot from anywhere in the paint, at the choosing of the athlete who was fouled.
4. Wheelchair athletes must remain outside the charge circle.
5. Athletes in a wheelchair must shoot from the block or further.
6. Any steal of the ball from an athlete in a wheelchair is a violation. Officials should blow the ball dead and restore possession to the athlete in the original position.

### **\*Level 2 (Medium Paced Game):**

1. Partners are not permitted to steal the ball or block shots from an athlete. They may guard with hands straight up and catch loose balls only. Athletes may steal or block shots.
2. Travelling should be called when an athlete or partner takes three or more steps without dribbling.
3. Two handed dribbling is allowed, but IN THE PAINT only, double dribbles should be called (a player may not stop their dribble, then dribble again without passing or shooting).
4. Any moving screen that lasts longer than 5 seconds is an offensive foul and should result in a change of possession.
5. All free throws may be shot from the circle in front of the free throw line OR from the free throw line, at the choice of the athlete shooting.
6. Wheelchair athletes must remain outside the charge circle at all times to avoid hazard. Athletes in a wheelchair must shoot from the block or further.
7. Any steal of the ball from an athlete in a wheelchair is a violation. Officials should blow the ball dead and restore possession to the athlete in the original position.

**Level 3 (Fastest Paced Game):**

1. Partners and athletes are eligible to steal the ball and block shots. Defense is expected to be competitive.
2. Traveling should be called for more than two steps without dribbling. Pivot foot can move slightly.
3. Two handed dribbling is allowed but players cannot pick up a dribble and continue dribbling at any point on the court.
4. All moving screens should be called and no players can block out until a shot is in the air.
5. All shooting fouls must be taken from the free throw line.
6. Wheelchair athletes won't participate in level 3 games.

PSD Tournament @ Rocky: rules, expectations, possibly different levels in different pools

Two leveled tournament - Level 3 and Level 1. Choose to participate in one or both (with separate teams) before March 1. Teams outside PSD (Greeley, Loveland, Mead?) can choose to join in one or both. We will play games in the tournament under the rules established for that level.

Rules resource:

<https://goncso.com/rules/Fort%20CollinsYouth%20Basketball%20Rules%20Updated%20Oct%202023.pdf>

Look at Special Olympics Framework

<https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-5v5-Basketball-Rules-2022-v2.pdf>

	ALL LEVELS	
<b>LOGISTICS</b>		
10 minute quarters, running clock. 1 minute between quarters. 5-10 minute halftime.		
Clock stops during all timeouts, free throws, and substitutions.		
Clock stops inside two minutes remaining in 2nd/4th quarters for all out of bounds and dead balls.		
1 timeout per quarter. Timeouts do not carry over.		
<b>MERCY RULE</b>		
12 points or more in second half.		
<b>10-SECOND RULE</b>		
Teams have 10 seconds to get the ball across half court.		
<b>SHOT LIMIT</b>		
3rd consecutive missed shot results in a turnover		
<b>FOULS</b>		
Shooting and Reaching fouls are called		
LEVEL 1	LEVEL 2	LEVEL 3
<b>TRAVELING</b>		
Not Called	3 or more steps	2 steps. Allow pivot foot to move slightly.
<b>DRIBBLING</b>		
Encouraged, not required	Required. 2-Hand dribbling allowed	Required. 2-Hand dribbling allowed
<b>DOUBLE DRIBBLE</b>		
Not Called	Call ALL	Call ALL
<b>STEALING</b>		
Not allowed	"Athletes" may steal the ball	"Athletes & Partners" may steal the ball
<b>BLOCKING SHOTS</b>		
Not allowed	"Athletes" may block shots	"Athletes & Partners" may block shots
<b>FREE THROW (Location)</b>		
Anywhere in the Paint	Just in front of Free-Throw Line	Free-Throw Line
<b>MOVING SCREEN</b>		
Not Called	5 or more seconds	Call ALL
<b>WHEELCHAIR (Considerations)</b>		
Wheelchairs must remain outside "Charge" circle	Wheelchairs must remain outside "Charge" circle	Wheelchairs not allowed
Athletes in wheelchairs must shoot from beyond the "Block"	Athletes in wheelchairs must shoot from beyond the "Block"	
Stealing from a player in a wheelchair is not allowed	Stealing from a player in a wheelchair is not allowed	