

UNIFIED SPORTS – BASKETBALL

SCHOOL
GAMES



BASKETBALL

Spirit of the Games: Excellence through competition — how does your sport exemplify these values?



Working as hard on defending as attacking and scoring.



Shaking hands after the game and being gracious in victory or defeat.



Calling out of bounds plays that referees have not seen.



Believing in your own decision making e.g. when to shoot, when to pass.



Praising and encouraging teammates and ensuring all have meaningful involvement.



If your team is behind at a time-out, work out why and then use your new game plan to try to take the lead yourselves.

What are the benefits of playing your sport?

Special Olympics Unified Sports is an inclusive sports programme that combines an approximately equal number of Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) on teams for training and competition. Unified Basketball is fun and exciting to play. It enhances physical, mental and social development and promotes co-ordination, control, teamwork and leadership.

Differences of Unified Sports Basketball

Unified Basketball has players with and without intellectual disability playing together on the same team at the same time, against other teams with the same make up. Unified sports break down barriers, enabling young people with and without intellectual disabilities to play side by side in inclusive competition, building positive experiences and confidence.

Priority competitions:

Name of the competition:	Unified Sports team competition (5v5) OR half-court (3v3)
Age group:	Key Stage 4 (U15 and U16)
What level/location:	Cluster/Partnership/Local Authority/County
Who can run it?	Level 2: SGOs/Schools Level 3: Local Organising Committee / Regional BE / Special Olympics Great Britain (SOGB) / Qualified Referee
How to enter it:	Local entry through Lead Inclusion school or SGO
When does it take place?	Competition runs Sept–March
Next steps in competition	The competition ends with the County Final. All players are encouraged to continue playing in school and their local communities. Development will see teams eligible to progress to the international pathway led by SOGB

Young Leader/Officials courses/qualifications available:

ELDSA (English Learning Disability Sport Alliance) Learning Disability Sports awareness workshop
Basketball England Activators Course,
Basketball England Young Official Course (referee and table official)
Basketball England Level 1 Referee Course
For further info: Contact jon.stonebridge@basketballengland.co.uk

Signposted competitions:

Special Olympics Great Britain offers year-round sport training and competition opportunities and is open to all people with intellectual (learning) disabilities regardless of their ability. Unified partners may be interested in volunteering at sessions, for further information see: <http://specialolympicsgb.org.uk>

Relevant web links:

www.basketballengland.co.uk/coach-and-officials/coaching/disability
www.basketballengland.co.uk
www.playunified.org

BASKETBALL

Competition Card 1 5v5

Name of competition:

Unified Sports Basketball team competition
(5v5) Secondary

Age group:

Key stage 4 (U15 and U16) but unified basketball can be played at any age group in male, female or mixed teams.

How to enter:

Local entry through SGOs/ Lead Inclusion School

Tournament format:

Competition begins with local cluster events or leagues, which progress through to Partnership/Local Authority Finals (Level 2) and then through to County Finals (Level 3).

Simple rules:

- The Ball: Size 7 basketball . For a female competition, a Size 6 ball should be used.
- A team of 10 players is recommended, five athletes and five Unified partners. During play only five players from a team are allowed on court, this must be three athletes and two partners. Substitutions can be made at any time the ball is out of play.
- The basket comprises of the backboard, rings and nets. The basket ring is normally 3.05metres (10feet) above the floor. If adjustable rings are in place they can be lowered to 9ft if players are struggling to reach the basket.
- Game duration time can be adjusted to suit the number of games/facility available. The correct format choice gives players the opportunity to play a number of games against different opposition - it is recommended 5v5 games are between a minimum of 1 x 8 minute game and a maximum of 4 x 10 minute quarters per game.
- First possession is decided by a jump ball.
- A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have 'travelled' or escapes the defence as a result of these additional steps, an advantage has been gained and will not be allowed.
- At a change of possession, e.g. foul, basket, ball out of play, play should restart from the nearest side/end line.
- Double dribble is not allowed (be aware some players may need to start dribbling using both hands to enable them to progress to one).
- Scoring: baskets scored from outside the arc (if available) = three points, baskets scored from inside the arc = two points. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court.

Thoughts on Safety

- **Similar ability and age is essential.**
- Player dominance & safety can be an issue. The principle of meaningful involvement must be understood by all partners.
- Rules modifications may be necessary to ensure meaningful involvement and a safe environment. For example half court defense (where you are only allowed to steal the ball in your own defensive half) enables teams of lower ability time to pass the ball in and advance the ball down the court.

How can regularity be achieved?

All elements of the competition follow a league format, where appropriate.

How can depth in competition through extra teams be achieved?

Team sizes are relatively low at five (three athletes, two Unified partners), which makes the event realistic for schools to enter, but schools are also actively encouraged to enter multiple teams (e.g. B, C and D teams), giving even more pupils the opportunity to experience and benefit from competitive school sport.

Think inclusively!

Space: make the playing area larger or smaller to challenge or support. Allow players with mobility impairments to remain in the key without restrictions, if necessary
Task: enable some players to carry the ball short distances without dribbling, or play pass and move without dribbling
Equipment: vary ball size or density; for example a smaller ball is harder to intercept, slower moving ball harder to pass
People: enable some players to dribble the ball with two hands until they develop one handed dribbling skills.

The route from here to Level 3:

Unified Basketball is a mechanism to get more young people involved in basketball and to break down some of the barriers to participation for players with an intellectual disability. The Special Olympics clubs across the country provide pathways for sustained participation beyond the School Games.

Roles for young people:

- Registration and results
- Competition organiser
- Young official

Relevant web links:

<http://specialolympicsgb.org.uk/unified-sports>
<https://youtu.be/foUXGUopADg>



BASKETBALL

Competition Card 2 3v3

Name of competition:

Unified Sports Basketball half-court competition (3v3) Secondary

Age group:

Key stage 4 (U15 and U16) but unified basketball can be played at any age group in male, female or mixed teams.

How to enter:

Local entry through SGOs/ Lead Inclusion School

Tournament format:

Competition begins with local cluster events or leagues, which progress through to Partnership/Local Authority Finals (Level 2) and then through to County Finals (Level 3).

Simple rules:

- The Ball: Size 7 basketball . For a female competition, a Size 6 ball should be used.
- Teams of three (recommended is a squad of six)— during play, a team may not exceed: two athletes and one partner.
- The basket comprises of the backboard, rings and nets. The basket ring is normally 3.05metres (10feet) above the floor. If adjustable rings are in place they can be lowered to 9ft if players are struggling to reach the basket.
- Game duration time can be adjusted to suit the number of games/facility available. The correct format choice gives players the opportunity to play a number of games against different opposition. - it is recommended for each 3v3 game to be between a minimum of one x eight minute game and a maximum of one x 20 minute game.
- Each 3v3 game has only one period of game play.
- There will be a running clock applied until the final minute of play. During this time the clock will stop for all dead ball situations (fouls, violations, goals, timeouts).
- There is no jump ball to start the game- this will start from a flip of a coin for possession.
- A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have 'travelled' or escapes the defense as a result of these additional steps, an advantage has been gained and will not be allowed.
- Scoring: baskets scored from outside the arc (if available) = three points, baskets scored from inside the arc = two points. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court. At a change of possession, e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc when playing half court.
- Awards are based on place of finish or participation depending on Unified Sports model.

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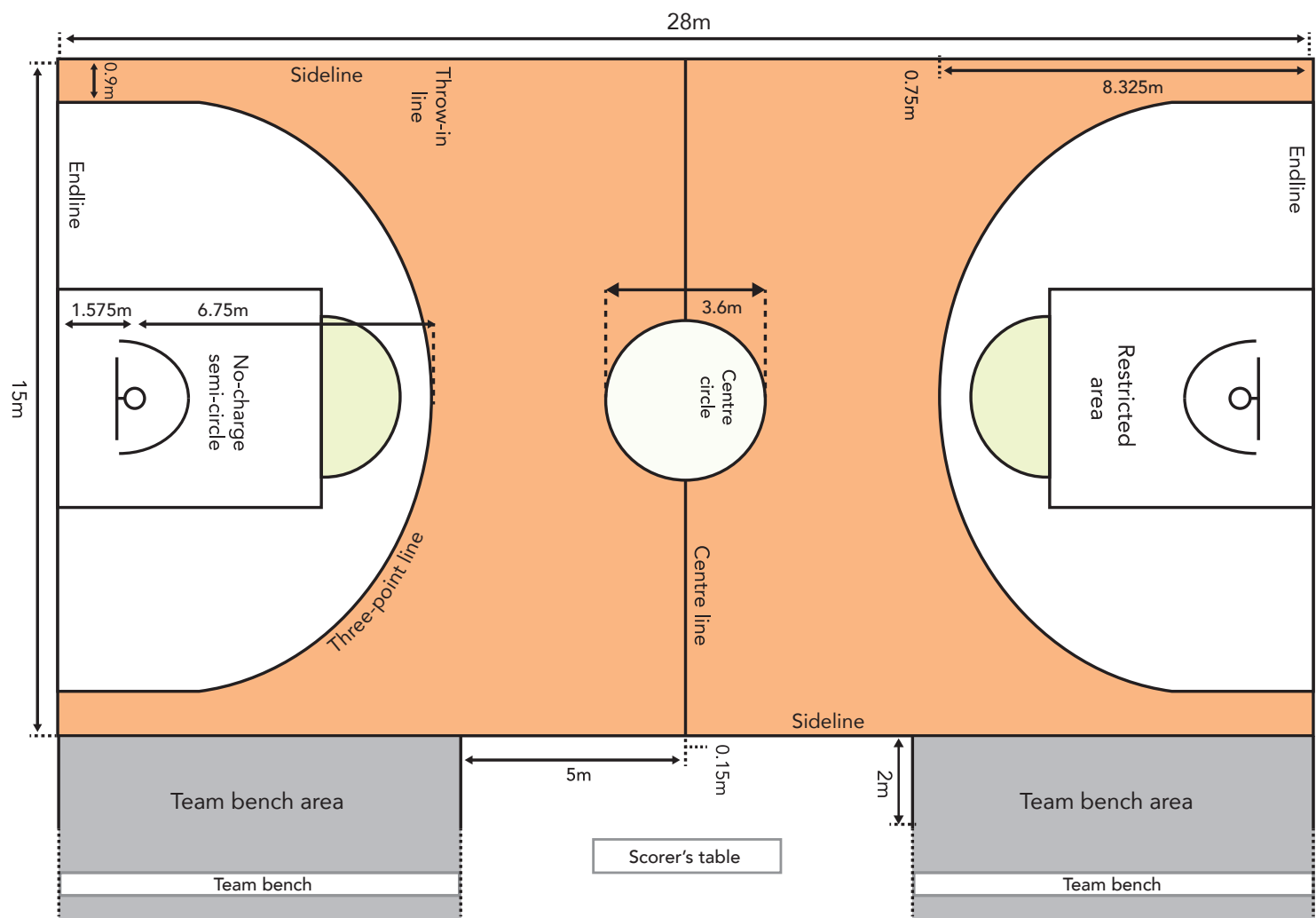
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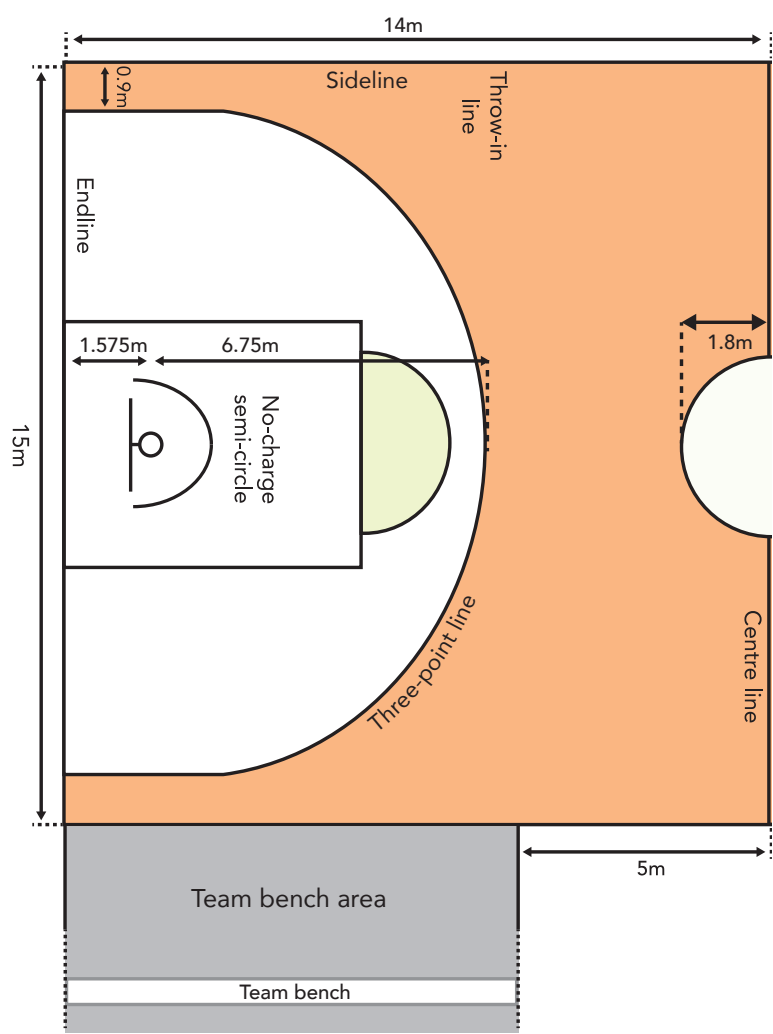
<https://youtu.be/foUXGUopADg>

BASKETBALL COURT DIAGRAMS

5v5



3v3



Basketball Player Rating Form

This form is an optional resource that can be used to ensure meaningful involvement for all players and teams when competing against others.

Players Details			
Players Name:			
Gender:	Male/Female	School Year:	

A. Ball Handling (Choose the point value that best describes the player's skill level)	Point Value
Has difficulty dribbling and catching	2
Possesses some ball handling skills but they are very limited	3
Can handle ball with dominant hand only	4
Can handle ball with both hands	5
Has ability to go either direction on the dribble	6
Has ability to beat defender regularly with dominant hand	7
Has ability to beat defender regularly with either hand	8
Score:	
B. Passing (Choose the point value that best describes the player's skill level)	Point Value
Can sometimes make a pass to an open teammate with token pressure	3
Can only complete a pass to teammate after looking directly at him/her	4
Has ability to choose best type of pass (bounce, chest, skip, other)	5
Has ability to complete a no look or quick pass to an open teammate	6
Has the ability to pass when they are in a good position	8
Score:	
C. Movement (Choose the point value that best describes the player's skill level)	Point Value
Maintains a stationary position; does not move to a loose ball	2
Moves only one or two steps toward ball or opponent	3
Moves toward ball; but reaction time is slow and only in a limited area of the floor	4
Movement permits adequate court coverage	5
Good court coverage; reasonably aggressive	6
Exceptional court coverage; aggressive anticipation	8
Score:	



D. Game Awareness (Choose the point value that best describes the player's skill level)	Point Value
Sometimes confused on offense and defense; may shoot at wrong basket	2
Can play in fixed position as instructed by coach; may go after an occasional loose ball	3
Limited understanding of the game and can run some offensive and defensive sets - coach prompted	4
Moderate understanding of the game, some offensive and defensive sets and can occasionally fast break	6
Advanced understanding of the game and mastery of basketball fundamentals	8
Score:	

E. Shooting (Choose the point value that best describes the player's skill level)	Point Value
Periodically can make an uncontested layup	2
Can make shots inside of lane	3
Can make shots inside of lane and occasionally attempts a mid range jump shot	4
Can make some mid range jump shots	5
Can make some mid range jump shots and will attempt shots beyond 15'	6
Has excellent shooting form and makes shots from all ranges on court	8
Score:	

F. Rebounding (Choose the point value that best describes the player's skill level)	Point Value
No understanding of rebounding positions or principles, often beaten to a missed shot	2
Gets rebounds only when they land directly to him/her	3
Goes after loose balls within three to four steps	4
Aggressively goes after rebounds, gets many	6
Exceptional ability to get to missed shots on both sides of the basket and either side of the court	8
Score:	

Total Score:

(Maximum Score = 48)

Overall Rating:

Divide **total score** by 6 to determine overall rating

(Round off to the nearest **tenth** i.e. 3.53 = 3.5 or 4.97 = 5.0; Maximum Rating = 8)

Assessors Details (Normally the Head Coach/Teacher)			
Assessors Name:		Assessors Signature:	
Date of Assessment:	/ /		
Assessors notes:			

