

**Special  
Olympics**  
Ontario



Special Olympics  
**Unified Champion  
Schools®**

# 2024-2025 Season School Championships



**Basketball Technical Package**  
Unified & Traditional

# SOO School Championships Basketball 3-on-3 Rules

## 1. Provincial Championships Competition Format

### 1a. Game Points and Team Ranking

- **The Divisioning Round**
  - The first day of competition will feature the divisional round.
  - This round is intended to establish the skill levels and comparable skill levels between teams in an effort to create the fairest divisioning for round-robin play.
  - Teams will play a minimum of 3 divisioning games.
    - 2 games will be played against teams believed to be of similar skill levels based on play at qualifiers.
    - 1 game will be played against someone in the division above or below.
  - Divisioning games will be the largest determinate of the final divisions for the round-robin games on day 2.
- Games will be played as follows:
  - 15-minute games (2, 7-minute halves with a one-minute halftime)
  - All players must play in the divisional round.
  - The remaining rules and regulations will remain the same as in qualifiers, as seen below.
    - There will be no overtime in division games.
  - Division selections and decisions are final and cannot be protested.
- **Round Robin Format within your division**
  - Games are **25 minutes**, with **two 12-minute halves**. A **one-minute 'halftime'**
  - Teams will play a set of three games against their division (if teams are required to play more than three games to ensure teams reach the 3-game mark any games after the first 3 will not count towards the standings)
    - Teams will then enter the playoffs playing a series of semi-final games, finals, and, if applicable, a bronze medal game. Number of games will depend on the number of teams in each division
  - Game Points Scoring System:
    - 3 points for a win.
    - 1 points for a tie.
  - Tie breakers at Championships to be determined in succession:
    - Highest game points (based on the scoring system outlined above).
    - Head-to-Head
    - Lowest points against average.
    - Best points differential
    - Random Computerized Draw
  - Overtime:
    - Overtime will only come into effect in medal games. Otherwise, ties will stand at the end of regulation time.
    - In the event of a tie, an **extra 2 minutes** of time will be added to the clock.
    - The team who lost possession (with the coin flip) at the start of the game will start with the ball.
  - If teams are still tied after 2 minutes a free throw shootout will occur. Teams will alternate shooting free throws matching makes with makes. Once a team makes a shot and the other team misses, the game is won. Teams must alternate athletes after each shot.
  - If teams are still tied after 2 minutes, a free throw shootout will occur. Teams will alternate shots with each team getting **3**. If still tied teams will each get one shot until one team misses and one team scores. The game is won once a team makes more shots than the other team misses.
    - Teams must alternate shooters after each shot.



- Note: For Unified teams, the first player to shoot must be an SO athlete for both teams, from there teams will be required to alternate Unified Partner, SO athlete
- In the event of a three-way tie, once a team has been eliminated from the tie, the tie breaking process for the remaining two teams will start at the beginning.

### 1b. Uniforms

- All teams must supply their own uniforms. T-shirts or sport uniforms are permitted as long as all uniforms are identical for all players. Numbers on uniforms are not required.

### 1c. Equipment

- **\*Indoor running shoes are required for play.**
- Teams are not required to bring their own practice balls, however, they can if they would like. All game balls will be supplied/approved by SOO.

### 1d. Game Forfeit

- Should a team forfeit a game, the following point allocation will be used:
  - Game not started: A score of 1-0 will be recorded
  - Game started: The non-forfeiting team's score will be recorded as 24, or their current score at the time if larger than 24, and the forfeiting team's score will be the current score when the forfeit occurred.

## 2. Rules of Play

### 2a. Divisioning

- The Head Coach must include a team ranking during online registration for each team.
  - Team rankings are meant as an overall rating of your team ability. Refer to our [Skill Assessments](#) if needed and make a judgement on your teams overall competitive ability. A - Indicates your team is established, has several strong players and would be placed in the most competitive division, B - Team has an all-around understanding of the sport would be placed with some higher level teams, C - Middle of the pack team that has basic skills down for most players, D - Means your athletes are learning the sport and would be placed in the lowest ability division
- Traditional
  - Recreational: Teams in the recreational category have athletes who are relatively new to the sport or are just there for fun and do not want to compete/advance to the 2024 School Championships.
  - Competitive: Competitive Traditional athletes intend to compete at the School Championships if selected or have a mid-high skill level.
- Unified
  - Unified Partners are there to compete alongside SO Athletes. Unified Partners are **intended to score points, impact the game in a meaningful way** and compete in this category. This includes passing, shooting/scoring and defence. **Note: Unified Partners are not permitted to take over games but are expected to contribute.**
    - Teams are grouped in divisions according to their team ranking (A,B,C,D)
  - Each team will be required to ensure all their players barring injury play during each game.

### 2b. Team and Players

- Traditional teams: **minimum 3 and maximum 6 athletes** with an ID (3 players and 2 substitutes)
- Unified teams: **minimum 3 and maximum 6 athletes (max 2 mainstream Unified Partners).**
  - During competition, the 3-person team on the court must be made up of 2 athletes with an ID, and 1 Unified Partner.

- **Half-court basketball is a game of 3-on-3** (both teams shoot on the same net). Each team must start the game with 3 players or forfeit the game. If a team falls below 3 players once the game has started due to injury, the team will be permitted to continue with 2 players on the floor. If a team falls below 3 players due to player ejection, the team will forfeit that game.

## 2c. Unified Sport/Teams

- Unified Sports brings people with intellectual challenges and disabilities together on the same team as people without intellectual disabilities. This program is dedicated to promoting inclusion through shared sports training and competition experiences.
- Unified Sports looks to develop **meaningful competition** where coaches work together to create a balanced competitive environment. **Coaches are responsible for ensuring the meaningful involvement of all players in the game.**
- Please review our principle of meaningful involvement to understand and apply the Unified Competition Model: [SO Unified Sports Principle of Meaningful Involvement](#)
- Also, see our Unified Coaching Guides and Training Resources
  - [Guiding Unified Sport Principles](#)
  - [Unified Sports Coach Guidelines](#)
  - [Unified Coach Course \(Option A\)](#)
  - [Unified Coaching Course \(Option B\)](#)

## 2d. The Game

- The game will be played for 25 minutes, with two 12-minute halves and a 1-minute halftime.
  - There will be a **running clock** applied for the full 25 minutes.
  - **One 60-second timeout is allowed per team per game.** When a timeout is called, the clock will be stopped. The referee may stop the clock at his/her discretion and is advised to do so at any time.
- A field goal from any area on the court will count for **two points**.
- The game will start with a flip of a coin for possession. There is no jump ball.
- There is a max point differential of 20 points (games will be played out to the end in their entirety – however recorded scores will go no higher than a 20-point score difference)
- All Games will be played with a 28.5 sized basketball.
- **Substitutions:** Coaches can make substitutions after any whistle, including balls going out of bounds, goals, after a timeout, after a penalty and after halftime. Officials will whistle in substitutions.
- Note: During play, **coaches and support staff cannot participate in the competition** in any way beyond physically supporting individuals who need one-on-one support or guidance to compete (**cannot participate in active play**).
  - If a coach participates in the game, the team will be given a **technical foul** and free hit for each infraction.

## 2e. Competition

- The referee will handle the ball on all out-of-bounds plays.
- The ball is dead after a foul or violation is called, a field goal is made or any other time the referee blows his/her whistle.
- **Teams change possession of the ball after a field goal.** However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the scoring/offended team retains possession of the ball.
- The throw-in spot for all non-shooting fouls (fouls, violations, out-of-bounds, made field goals, timeouts) **will be at the top of the key** (behind the 3-point line). The **player inbounding the ball at the top of the key must make one pass before any scoring attempt** can be made. **No free throws will be permitted.**
- For all shooting fouls, the ball will be inbounded along the baseline at a designated spot.
- On any change of possession, the team that just gained possession of the ball must take the **ball back behind the foul line extended** before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.



- A violation/foul has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended. This foul will result in loss of possession for the offending team.
- Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be beckoned into the game by the referee.
- A held ball is called when opposing players have one or both hands so firmly on the ball that possession can be gained only by force. The ball is awarded on the basis of **alternate possession**. First possession is granted to the team that loses the coin toss at the start of the game.

## 2f. Fouls & Penalties

- A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behaviour. It is charged against the offender.
- There are no individual or team foul limits in 3-on-3 half-court competition. However, misconduct will result in a warning to the player and coach. Continual misconduct or flagrant and intentional fouling will result in player ejection.
- An offensive player, including the shooter, may remain in the free throw lane for no longer than three seconds. The penalty for this infraction is loss of possession.
- A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.

## 2g. Points of Emphasis

- It is a violation for the player to "double dribble".
- Concerning optional adaptations: A player may take two steps beyond what is allowable. However, if the player scores, "travels," or escapes the defense as a result of these extra steps, an advantage has been gained. A violation is called as per the official's discretion.