TEAM 5-ON-5 BASKETBALL COMPETITION RULES

Level 1: Traditional 5-on-5 (Low Level)

Designed for teams that need a coach on the court to facilitate play.

Key Rules

- 5 Special Olympics athletes on the court.
- Four 6-minute quarters; 5-minute halftime.
- Jump ball starts the game.
- 3-minute overtime if tied.
- 1 timeout per half and 1 in overtime (coach only).
- Clock stops on every whistle.
- 3-point shots allowed.
- Running without dribbling and blatant double dribbling are not allowed.
- Continuous lane advantage may result in a lane violation.
- No backcourt defense.
- No fast breaks.
- Junior or women's basketball may be used.
- Teams switch baskets at halftime.
- NFHS rules apply unless otherwise modified.

Level 2: Traditional 5-on-5 (Intermediate)

For teams that can play without a coach on the court.

Key Rules

- 5 Special Olympics athletes on the court.
- Four 6-minute quarters; 5-minute halftime.
- Jump ball starts the game.
- 1 timeout per half and 1 in overtime (coach only).
- Clock stops on every whistle.
- 3-point shots allowed.
- Traveling called after more than 2 steps without dribbling.
- 5-second lane violation enforced.
- Coaches may stand at mid-court on their bench side.
- No backcourt defense.
- No fast breaks.
- Regulation-size basketball used.
- Teams switch baskets at halftime.
- NFHS rules apply unless otherwise modified.

Level 3: Unified 5-on-5

Competitive Unified Sports format.

- 3 Special Olympics Athletes
- 2 Unified Partners

Key Rules

- 3 Special Olympics Athletes & 2 Unified Partners on the court
- Four 6-minute quarters; 5-minute halftime.
- Jump ball starts the game.
- 1 timeout per half and 1 in overtime (coach only).
- 3-second lane violation enforced.
- Traveling and double dribble called.
- Fast breaks are allowed.
- Backcourt defense allowed.
- Athlete substitutes must replace athletes.
- Unified Partner substitutes must replace Unified Partners.
- Referees may warn or remove players who dominate play and fail to include teammates.
- High School Federation rules apply unless otherwise modified.

Quick Comparison

Rule	Level 1	Level 2	Level 3
Team Format	5 Athletes	5 Athletes	3 Athletes + 2 Partners
Coach on Court	Yes	No	No
3-Point Shots	Yes	Yes	Yes
Fast Breaks	No	No	Yes
Backcourt Defense	No	No	Yes
Lane Violation	Advantage-Based	5 Seconds	3 Seconds
Traveling Called	Limited	Yes	Yes
Double Dribble Called	Flagrant Only	Standard	Standard
Ball Size	Junior/Women's	Regulation	Regulation