

Basketball

January 31st, 2024
Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome/Introductions
- Reminders
- Athlete Performance Training
- Sectional & State Events
- Rule Updates
- Training
- Questions



THANK YOU



Reminders

Special Olympics
Pennsylvania





Sport Management Teams

Special Olympics Pennsylvania Sport Management Teams are comprised of key regional leadership volunteers who represent each of SOPA's sponsored sports. These individuals represent a variety of levels within their respective sports, both inside and outside of Special Olympics.

Request or recommend someone for a Sport Management Team

- [Sport Management Interest Form](#)



Spring Season Updates

- Coaches should begin training at least 10 weeks prior to the state culminating event.
 - 10 weeks from Summer Games: March 29
- Athletes must be trained according to the minimum standards acceptable, for at least eight (8) weeks in the appropriate sport and must have several opportunities to compete during that period.
 - Athlete Attendance will be tracked in the Attendance Tracker
 - Early Season practice, Team workouts indoors, Athlete Performance Training activities, virtual training, fitness training, team walk/run, etc.

Attendance Trackers



- Age Calculator – Spring is determined as of **1/15/2024**
- Eligibility Tab: Deadline for all rostered individual to be eligible is **3/29/2024**
 - ▶ UPDATE: Only those Ineligible will be listed
 - ▶ Athletes need Medical
 - ▶ Volunteer/UPs need Background Check, Gen Orientation, Protective Behavior, Concussion Training
 - ▶ Sport Specific Rosters/Tabs:
 - ▶ Team Sports MUST complete Competition tab indicating team each athlete is on or skills
 - ▶ Team Rating Forms, must be completed by **March 29** if submitting age exemptions OR by registration for the first competition
 - ▶ Missing volunteer/athlete
 - ▶ Did they complete Sport Sign-up Form?
 - If Yes and you don't see them contact RSD

ADDITIONAL QUESTIONS? CONTACT YOUR REGIONAL SPORT DIRECTOR

Attendance Trackers



- **Coach will receive tracker when they submit Site Registration Form**
- **Site Attendance Tracker has 3 tabs: Directions, Attendance, Eligibility**
 - **Tab 1: Directions: How to complete the form**
 - **Tab 2 Attendance:**
 - Lists all participants that have signed up
 - Includes phone & Email
 - Attendance should be tracked after each practice
 - Interest in attending Sectionals & State Games will be used to advance for competitions
 - Data will be used to collect training numbers and ultimately future allocations
- **SAMPLE TRACKER**

Attendance Trackers



- ▶ **Tab 3: Eligible – NEW this will only list ineligible individuals - if participant is on this list, they cannot participate and should not be attending practice**

- Athletes: Must have current medical
- Volunteer: General Orientation, **Concussion** Protocol, Protective Behaviors, 18 and over current background check
- Highlighted **RED** out of date
- Highlighted **YELLOW** will expire prior to state competition
- Updated weekly by SOPA
- **IMPORTANT: Spring deadline March 29, 2024**

- **Tab 4: Competition – sport specific**

- ▶ **REQUIRED** - track athletes events and times throughout the season, event registration info will be pulled from here

Athlete & Volunteer Eligibility



Athlete Requirements: Medical on file WITH signature + expiration dates

- **Local Programs:** Athlete Medical under Certifications
- **Regions:** Athlete Registration Form & Health History under Certifications
 - **Valid for 3 years.**
 - Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Trainings + Background Check on file

- **Local Programs + Regions**
 - Background Results under Background Checks, **Valid for 5 years.**
 - General Orientation under Training, **Valid for life.**
 - Protective Behaviors, under Training, **Valid for 3 years.**
 - Concussion Training, under Training, **Valid for 3 years.**



Unified Partners Eligibility

Unified Partners do not need an athlete medicals.

- All Partners – Must have a VSys database record
- Ages 16 and up – must have General Orientation and Protective Behaviors Training
- Ages 18 and up - Must have General Orientation, Protective Behaviors and a Background check.

UCS: PIAA Medical



A Unified Champion School athlete may participate in a local program with their PIAA Medical. The participant must request a copy of the medical from their school.

The PIAA physical exam must be inputted into Vsys as an "athlete medical" and the medical form must be uploaded as an attachment.

UPDATE: The PIAA physical exam form is good for one year from the Dr's Signature date. If the date is 1/25/24 the exam expires on 1/25/25.

Volunteer Q & A



What is the minimum age for a Head Coach? **18**

What is the minimum age for a Class A? **16**

What is the minimum age for a Class B Assistant Coach? **14**

Can I be an assistant coach be 14?

Training yes; Events No

1-day events - 16

Overnight events - 18

What is the youngest age of a Unified Partner? **8**

What age do you need a Young athlete chaperone for?

Overnight events for 8 & 9 year olds



Volunteer Position Requirements

Class B

Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 & over may attend Training Schools)
Class B	Medical Volunteer - Student	Yes	No	No	No	No	No
Class B	General/Local Program/Team Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities 15 yrs. old and younger	Yes	No	No	No	No	No
Class B	One Day Volunteer	Yes	No	No	No	No	No
Class B	Bus Driver - Non-registered volunteer	No	No	No	No	No	No
Class B	Equestrian Horse Handler 14 and older – one day events	Yes	No	No	No	No	No

Last updated: July 2022



Volunteer Position Requirements

SPECIAL OLYMPICS PENNSYLVANIA VOLUNTEER POSITION REQUIREMENTS							
Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 and over may attend Training Schools)
Class A	HOD - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	No
Class A	Head Coach - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	Yes
Class A	Assistant Coach -	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
	16 to 17 yrs. old – one day events						
	18 yrs. old or older – overnight events						
Class A	Athlete as Coach -	Yes	Yes for 18 and over	Yes	Yes	Yes	No
	16 to 17 yrs. old – one day events						
	18 yrs. old or older – overnight events						
Class A	Unified Partner - 8 yrs. old or older	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
Class A	1:1- Chaperone Capacity Only	Yes	Yes	Yes	Yes	No but recommended	No
	Volunteer/Athlete are above the 1:4 ratio						
Class A	Group Home Chaperone - Chaperone capacity only	Yes	Yes	Yes	Yes	No but recommended	No
	Volunteer/Athlete are above the 1:4 ratio						
Class A	Equestrian Side Walker - 18 yrs. old or older	Yes	Yes for 18 and over	Yes	Yes	Yes	No
Class A	Equestrian Horse Handler	Yes	Yes for 18 and over	Yes	Yes	Yes	No
	14 to 17 yrs. old – one day events						
	18 yrs. old or older – overnight events						
Class A	Health and Fitness Coordinator - 18 yrs. old or older	Yes	Yes	Yes	Yes	No	No
Class A	Healthy Athlete Clinical Director	Yes	Yes	Yes	Yes	No	No
Class A	Delegation Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities	Yes	Yes	Yes	Yes for 16 and over	No but recommended	No
Class A	Young Athlete Chaperone - Overnight chaperone for athletes ages 8 and 9 yrs. old	Yes	Yes	Yes	Yes	No	No
Class A	Medical Volunteer - Professional	Yes	Yes	No	No	No	No

Spring Calendars & Responsibilities



- [Eastern Spring calendar](#)
- [Central Spring Calendar](#)
- [West Spring Calendar](#)
- Season start date:
 - Summer Games sports must begin training by April 12 (*and complete 8 weeks of training prior to Summer Games*)
 - Indoor training counts as training! Teams that can't access outdoor facilities early in the season should plan to begin indoor training by these dates.



Event Registration

- Mark interest in participating in Local/Invitational, Sectional and State competition in columns J, K, L respectively on the Attendance Tracker – **COMPLETE THIS ASAP into the season**

Google Registration:

- On the Coaches and Athletes tab, you will assign each role to their respective sport. That individual will then appear on the corresponding sport tab.
- On the Sport tab, you will add athletes' events and times.
- **Important:** Time entries should appear in the format **MM.SS.00**
 - ❖ Example: **12.14.05** = 12 minutes 14 seconds and 5 hundredths of a second.
 - ❖ Example: 00.15.08 = 15 seconds and 8 hundredths of a second

Google Registration Snapshot



Athlete Tab

Alternate - Y/N	1:1 Name	Sport	Updates to Athlete Information	Interest in Summer Games Drawing	Vaccine received	Date of last dose	Dietary Restrictions
		Swimming ▾		Summer Gar ▾	▾		
		▾		▾	▾		
		▾		▾	▾		
		▾		▾	▾		

Sport Specific Tab

Event 1	Event 1 - Time	Personal Best - Time	Event 2	Event 2 - Time	Personal Best - Time	Event 3	Event 3 - Time	Personal Best - Time	Non Diving/Outer Lane
25 Yard Freestyle - Traditional ▾	12.05.05		25 Yard Backstroke - Tradition ▾	12.05.05		25 Yard Breaststroke - Traditic ▾	12.05.05		ND ▾
▾			▾			▾			▾
▾			▾			▾			▾
▾			▾			▾			▾

SOPA Website - Sports Offered Page



Links to all the sport pages

- [Sports Offered](#)
- [Seasonal Sign-up](#)

Sport specific resources:

- Warm-Up/Cool Down resources
- PDF & recording of this webinar
- Link to Sport Rules/SOI Resources
- Scoresheets
- Best Practices

Athletics	>
Basketball	>
Equestrian	>
Golf	>
Gymnastics	>
Softball	>
Swimming (Aquatics)	>
Tennis	>

Brand and Uniform Guidelines



- New Resource that include SO brand and uniform guidelines
- Includes mock-ups of sport specific uniforms

[SOPA Brand and Uniform Guidelines](#)



Brand and Uniform Guidelines



Basketball

- All players must wear basketball attire with identifying numbers
- Each team must wear a uniform shirt.
 - Team shirts shall be of the same solid color, front and back.
 - Each player shall be numbered on the front and back of the shirt with plain Arabic numbers of at least 20 centimeters (6-8 in) high on the back and 10 centimeters (4 in) high on the front and not less than 2 centimeters (3/4 in) in width.
 - All numbers are to be per NGB specifications.
- Teams may only use numbers 0 and 00 and from 1 to 99.
- Team uniform shirts and shorts must be identical in trim color
- Undershirts, if worn, must match the color of the body of the uniform (not the trim) and must be identical in color.
- Undershirts may be worn by some or all of the players, and may be short sleeve or tank top (no cut or ragged edges are allowed).
- Long Sleeve Shirts are not permitted.
- The shorts must end above the knee.

Medication Reminders - All events

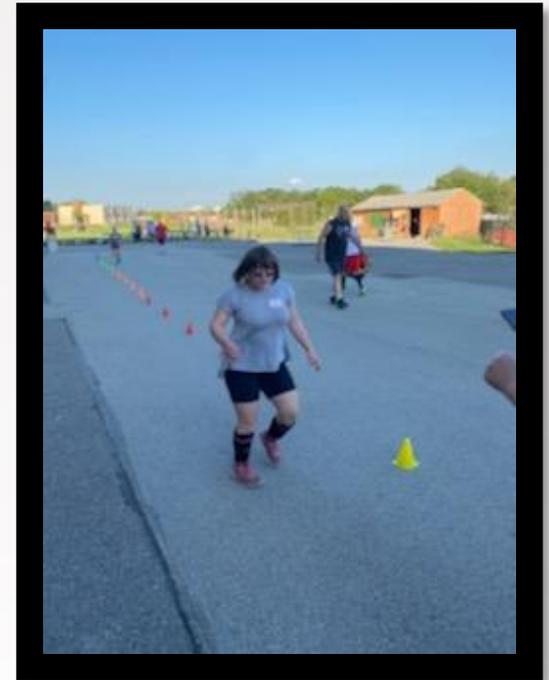


- **FORMS:** Medication Assistance Best Practices, Consent Form and Tracker - forms are located on SOPA website: <https://specialolympicspa.org/get-involved/resource-library>
- Coaches should be sharing this information with athletes, parents/guardians prior to all full day or overnight events. SOPA will no longer be emailing this information to all participants.
- Please ensure your athletes are completing the Medication Assistance Consent Form and your Class A volunteers traveling with the delegation are completing the Medication Assistance Tracker.
- Please reach out to chammell@specialolympicspa.org directly with any questions or concerns on the process.

Athlete Performance Training (APT)



- APT is an in-season fitness program.
- Health education and fitness evaluations are embedded into sports practice for 8-weeks.
- Athlete Performance Training happens on the field of play.
- Any sport, any size team should implement.
- **Physical fitness is a key part of the Special Olympics mission. Physical activity, adequate nutrition and hydration enhance athletes' sports performance and improve health and overall quality of life.**



Athlete Performance Training Outcomes



- APT works!
- Since the start of APT in Fall 2023 over **22%** have seen an improvement in their fitness assessment,
- **14.5%** of athletes who participated in APT have seen an improvement in their weight.
- Of those athletes who have participated and whose blood pressure was taken, over **16%** saw an improvement in their results by the end of the season.

Athlete Performance Training



Interested Coaches

- Learn More by visiting the [APT webpage](#)
- Participation qualifies coaches for Bronze level certification

How to sign-up

- **Contact Charla Stein, cstein@specialolympicspa.org**
- Watch a short video, take the quiz and then complete the registration form

Benefits of APT

- FREE to programs/teams
- Turn-key, easy to execute
- HQ will provide coaches and athletes with materials
- Provide health, fitness and wellness education to athletes and coaches

2024 Sectional & State Events

Special Olympics
Pennsylvania





Qualifiers

- **Basketball (3x3, 5v5, individual skills)**
- Golf (all levels including individual skills)
- Tennis (all levels including individual skills)
- Softball (team and individual skills)
 - Athletes/Unified Partners are not required to attend Sectional to participate in State Games.
 - All athletes **MUST** have competition at the local, regional level before competition in a State Games

2026 USA Games



- 2026 Special Olympics USA Games
 - June 20-26
 - University of Minnesota – Minneapolis/St. Paul, MN
 - 2024 SOPA State Games will be qualifiers for USA Games, SOPA will not be allocated specific slots until late 2024
 - Coach applications will be available July 1



SPECIAL OLYMPICS
USA GAMES
MINNESOTA 2026



Allocations

- Spring Allocations can be found on the SOPA Website, State Games tab
 - [SOPA State Games Paperwork Webpage](#)
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)

Spring Sectionals



- West: Carnegie Mellon University
 - Saturday April 20th

- Central: Saint Francis University
 - Sunday, April 28th
 - Athletics will be held at Central Cambria HS



- East: Kutztown University
 - Saturday May 4th



[2024 Competition Calendar: Important Dates](#)

Summer Games: June 6 - 8th



- Penn State University
- Important Dates:
 - Reg Info: Will be out by **4/12**
 - LOI: Due **5/2**
 - Final Allocations: **5/3**
 - VSys Rosters: Due **5/7**
 - Google links sent: **5/9**
 - Registration: Due **5/16**
 - Scratch/Activation: Due **5/30**
- **Arrival 6/8, 9 a.m. - 12 p.m.**
- **Departure 6/10 3 – 6 p.m.**



Basketball Rule Updates

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Team Sport Age Groups

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Team Sport Age Groups

SOPA sponsored Team Sports include:

- Fall Season: soccer, flag football, volleyball;
- Winter Season: floor hockey;
- Spring Season: softball, basketball

UPDATE: Age groups for 22-40 and 40+ will be combined into one 22+ group.

[Team Sport Age Group Resource](#) outlines the guidelines.

- This document includes links to two supporting documents: [Why Age Groups are Important](#) and [Exemption Process](#).
- Please review all documents for a full understanding of the age groups and how to submit exemptions. This [video](#) will explain these documents and how to submit exemption in more detail.

If you have questions, please contact your Regional Sport Director or Michelle Boone (mboone@specialolympicspa.org).

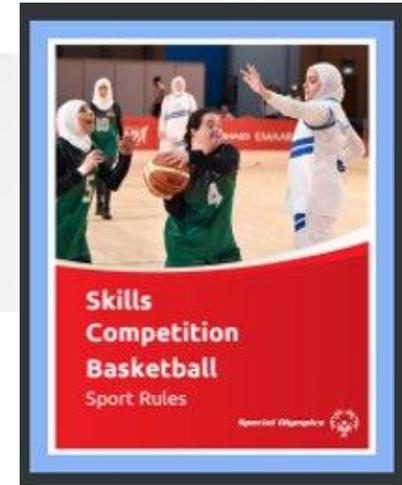
Basketball Rules Book



5 v 5 Rules 2022 (PDF)



3 x 3 Rules 2022 (PDF)



Individual Skills 2022 (PDF)

Rules are broken up into 3 sections:

1. 5v5 Rules
2. 3x3 Rules
3. Individual Skills

<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/basketball>

Basketball - New Player Assessment

Team and Players A team shall consist of five players. The composition of a team, including substitutes, may not exceed 10 players.



Basketball - Player Competency Rating Form

Player Role - Athlete or Unified Partner: For Unified teams, please circle the Unified partner's initials in the squares below

Program/Team Name:

Team Composition (circle): Male, Female or Coed/Mixed Gender

Team Type (circle): Traditional, Unified, Unified - Interscholastic, Unified - Intercollegiate

Event Type (circle): 3v3 or 5v5

Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player. Please enter the player's initials in the boxes below the point value that most closely matches their skill competency. For the three Levels shown across the top, these correspond to the Team Level information that was previously provided. All information will be input into SmartSheets to produce an overall team report.

		Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced	
		1	2	3	4	5
Competency - Offense	Ball Handling	Has difficulty with controlling/protecting dribble; may be called for double-dribble/walk during games	Has some ball handling skills but they are limited and mostly with dominant hand	Can control/protect dribble with dominant hand regularly and occasionally with off hand	Can handle ball with both hands and occasionally switch speeds/direction while maintaining dribble	Has ability to go either direction on the dribble; proficient with controlling/protecting dribble
	Passing	Has difficulty with completing/receiving short passes; rarely creates a passing lane	Can occasionally complete/receive passes to/from a teammate with token	Regularly completes/receives passes to/from a teammate; occasionally creates a	Consistently completes/receives passes to/from a teammate and regularly creates	Controls game with ability to complete/receive an advanced pass; consistently creates



Team Minimums & Maximums

5v5 - A team shall consist of five players.

The composition of a team, including substitutes, may not exceed 10 players.

3x3 - A team may have up to five players, which includes three starters and two substitutes. 3x3 basketball is a game of three-on-three.

Each team must start the game with three players.

A team may drop below three after the start of the game due to player injury or illness but must have three to start the game.

There must be a minimum of two players on the court

Basketball - Individual Skills 1



3 Skills

#1 - Target Pass

#2 - 10 Meter Dribble

2 versions -

Version 1 is modified for athletes using Wheelchairs, or those who are not capable of dribbling while moving forward)

Version 2 is athletes who can run and dribble at the same time

#3 - Spot Shot

Basketball - Individual Skills 2



3 Skills

#1 – 12 Meter Dribble in and out of cones

#2 - Perimeter Shooting

#3 – Catch and Pass



3x3 Rule update

3.5 The Game

3.5.1 The game will be played for 10 minutes or until one-team scores 21 points. A made field goal counts one point unless attempted from behind the arc, then it counts 2 points. A made free throw counts one point.

3.5.2 There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts). There will be a stop clock applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls and time-outs).

- 10 minutes or one-team scores 21 points
- Field Goal - 1 pt - if made behind the arc - 2 pts
- Free Throw - 1 pt
- Running Clock - Except Final Minute
- Final Minute - Clock stops for all Dead Ball Situations

Basketball 5v5



- The game will consist of four 6-minute quarters, with a running clock.
- There will be a running clock applied until the final 2 minutes of the 2nd and 4th quarter. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts).
- A shot clock will not be used during Sectionals and Summer Games.

Training

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Be Prepared for the Season!



- Get everyone eligible
- Understand and be aware of Air Quality levels
- Keep a pulse on illness/disease outbreaks within your community, remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Air Quality



If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete as Coach



Do you have an athlete who would like to be a coach?

- Link to [Athlete as a Coach Webinar](#)

[Athlete as Coach Request form](#) to be completed by athletes who wish to apply to be trained as a coach

[Athlete as Coach FAQ](#)

Questions contact: Jordan Schubert, jschubert@specialolympicspa.org

Coaching Requirements



- **As of January 2021, Coach requirements for **training and competition:****
- **Team Sports:**
 - Must have at least one (1) certified coach per team
- **Individual Sport (and Skills):**
 - Must have at least one (1) certified coach per 25 athletes



Get Certified!



SUMMER SPORTS

Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

- Coach trainings will be held regionally based on need
- **If you need coaches trained let your Regional Sports Director know ASAP**
- Trainings are currently being scheduled for February/March, check the SOPA Website and SOPA Coaches Facebook page for announcements – these will also be shared in the Weekly Team Leader email
- **Training School registration will now be done within survey format, no longer within the Vsys portal**
- Registration will close Wednesday at 11:59pm prior to Saturday or Sunday training. You MUST register to attend.

Continuing Education Update



- **Protective Behavior and Concussion Training** has been removed from the list of approved courses for Continuing Education and from the Continuing Education Request form.
 - Effective February 1, 2023, these two courses will not be accepted for continuing education
- There are plenty of Continuing Education options available on the [SOPA website](#).

Job Description and Levels of Responsibility



HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance

Full position descriptions for both head and assistant coaches can be found here: **SOPA Website on the Resources/Training** | <https://specialolympicspa.org/resources>

Coaching Progression



Certified Coach

- Class A volunteer with at least 1 sport certification

Bronze

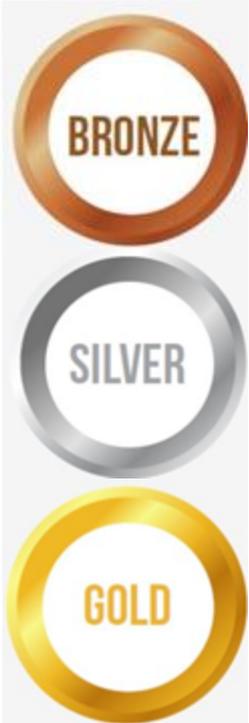
- Adds: Athlete Performance Training activation, personal best performance goals, **Coaching Special Olympics Athletes** course

Silver

- Adds: Athlete goal setting, training minimum of 10 weeks, **Principles of Coaching** course, **Coaching Unified Sports**

Gold

- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes



Improving Communication



Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



☺ Which SOPA local program do you coach for?

☺ What sport/sports do you coach?

**THANK YOU
COACHES!!!**

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