

Basketball

2021 Season. Updated 11/23/2020





Return to Play 2020

- Practice
- Scrimmages
- All Star Challenge



Basketball Season Time Line

- Season
 - November 1st - April 4th
- Session One
 - November – January
- Session Two
 - February - March
- Session Three
 - March - April



Session Outcomes

Session One

- Practice
- Conditioning & Fitness

Session Two

- Continue with session one outline
- Gather scores for All Star Challenge and submit to SOMA
- Scrimmages may be set up between teams

Session Three

- Continue with session one outline
- All Star Challenge competition begins
- Scrimmages between teams may be set up
- Awards will be awarded at end of session three

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- No more than 25 people indoors, this headcount includes everyone
- Masks must be worn at all times by everyone
- Social distancing protocols must be followed at all times
- Groups must be formed and may not exceed 10 people per group and groups must be separated by minimum of 14 feet
- Recommended use same groups for every practice session



Practice

- No spectators allowed
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Scrimmages





Scrimmages

Teams may scrimmage vs other teams following Massachusetts guidelines for COVID 19

- No more than 25 people indoors, this includes everyone
- Masks must be worn at all times by everyone
- No spectators allowed
- Activities must end by 9:30pm
- May only play one per team per day, may play multiple games vs that team
- All players and coaches must wash and sanitize hands upon arrival, during and after scrimmage
- All equipment must be sanitized prior to, frequently during and after scrimmage
- All individuals attending must take a COVID 19 screening prior to start of scrimmage, (refer to return to play power point on [coaches resources section](#) of SOMA website)



Scrimmages

Modified rules for scrimmages

- No locker rooms
- All indoor gathering guidelines are to be followed, slide #9.
- For any intra team scrimmages rosters will be limited to:
 - If organized between teams: 10 players per team and 2 coaches
 - If organized by SOMA: 9 players and 2 coaches
- Benches – individuals must be seated 6 ft from one another. All personal items, gym bags, must be placed at intervals of 6ft
- Masks must be worn at all times and may be only removed for water breaks or for breathing comfort when you can socially distance from others. Masks with valves are not permitted
- No team huddles, post game handshakes, high fives or helping other players up off floor unless player is injured.
- Player must provide own water bottle



Scrimmages

Modified rules for scrimmages

- Divide game into four quarters. No half time. Game ball to be changed at start of each quarter
- No Jump ball to start game. Coin toss will determine possession and then alternate through out game on jump ball situations
- Substitutions – only one player allowed to check in at scorers table, however mass substitutions are allowed once official allows substitution. All players must sanitize hands before entering game
- Free throws are limited to four people on lane. Players only enter lane on final free throw attempt
- All dead ball situations inbounds will be from sideline at extending foul line and players must remain 6ft from in boulder

All Star Challenge





Goals of All Star Challenge

- Can be done anywhere where player has access to a basketball hoop: team practice/gathering, at home, local park
- Competition Opportunity beyond skills and drills
- Provide teams with a basketball outline that meets COVID -19 guidelines
- Allows for personal skill progression and growth
- Provides wellness and conditioning



Competition Opportunities

- At Practice
 - Teams designate a practice in which players on team compete against each other. Special Olympics MA to provide awards based on predetermined divisions
- Virtual
 - Players are divisioned against others from across state in a virtual competition. Awards provided at conclusion of season
- Designated Events
 - Player registers to attend a regional event



The Challenges

- Free Throw Shooting
- Three Point Shot
- Mikan Drill
- Obstacle Course
- Fit5



How All Star Challenge will work

Session Two

- Players begin to compete in all five challenges and collect scores. Either at practice or at home
- Players or coaches submit scores to Special Olympics MA
- Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge
- Special Olympics MA will use final score to division players vs other players from across the state



How All Star Challenge will work

Session Three

- All Star Challenge final round begins. Either at practice or at home
- Players divisioned vs other players from across the state.
- Divisions will follow SOI divisioning guidelines and no fewer than 3 and no more than 8 per division
- Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge
- Leaderboard will be posted weekly on Special Olympics MA website so players may see where they stand in relation to others with in their division
- Awards to be given out at end of session three based on final standings with in each division



The Challenges -Free Throw Shooting

- Player gets 10 shoots from free throw line
- Each shot made is worth 1 point
- Final shot \$\$\$ Money Ball \$\$\$\$ is worth 3 points
- Keep track of how many shots are made



The Challenges - 3 Point Shot

- Set up three locations around three point arc
 - Right wing, Top of key, Left wing
- Player has one minute to complete challenge
- Player gets 5 shots from each location
- Each shot made is worth 1 point
- Final shot on rack or 5th shot from location \$\$\$ Money Ball
\$\$\$\$ is worth 3 points
- Keep track of how many shots are made in one minute. Player must stop shooting once time has expired
- Modification if needed
 - If shot is not appropriate based on athletes skill level move each spot in 5 feet to 15 feet (*distance of free throw line*)



The Challenges - Mikan Drill

- Each participant has 30 seconds to make as many layups as possible.
- 1 point per layup made
- Layup from each side of the hoop, keeping ball above shoulders and switching hands when you switch sides
- <https://www.youtube.com/watch?v=Q1LiWKc8-Ls>



The Challenges - Obstacle Course

- This is a timed event. How fast can player go through the course?
- Player starts at baseline, dribbles to half court (45ft) and switch's hands dribbles to opposite baseline (45ft)
 - *Add two seconds to final time for failure to change hands*
- Once at baseline must complete four passes to an established target. Two chest passes, two bounce passes. May not advance through course until all four passes hit the intended targets
- Dribble to opposite baseline (90ft) through 8 cones set up every 10 feet. Player must change hands at each cone
 - *Add two seconds to final time for failure to change hands*
 - *Add two seconds to final time for each cone player fails to dribble weave through*
- Reach baseline must make layup with each hand. Once layups are made course is complete
- Stop time and add in any plenty's to get players total time



The Challenges - Fit 5

Player must participate in all five (5) aspects of the fitness challenge to receive points

1) Three (3) Cone Drill

- Timed event. How fast can participant complete task?.
- Set up 3 cones at 5 yards apart from each other
- Participant gets in athletic stance. Touches cone #2 and goes back to start cone (#1). Touches cone #1 runs to cone #2, rounds cone on outside and sprints to cone #3 goes around cone on inside and backtracks to cone #1 by sprinting to cone #2 touching top and rounding it on outside then sprint though to cone #1. End watch once player runs past cone #1. <https://www.youtube.com/watch?v=rLtvdHEwnus>

2) Box Jump

- How many times can participant jump over the object in 30 seconds
- Use a box or a basketball. Box should be roughly 12"x12". *Modification: if an athlete can jump over a 12" box, modify size of box to a smaller box or if that is too difficult, put a strip of tape on the floor and have them jump over the line.*

3) Nutrition

- Submit the Fit5 chart showing you ate 5 fruits and or vegetables a day
- 1 point for each piece of fruit or vegetable you ate



The Challenges -Fit 5

4) 5 Minute Core Exercise

- Submit once a week, a chart showing you completed the following exercises. One point for each repetition participant is able to do in a minute. Participants must do each of the 5 exercises. Receive points each time athlete does exercise. May do it multiple times a week.
- Chair Squat
- Push Ups
- Curl Ups
- Jumping Jacks
- March and Swing Arm

5) Hydration

- Submit the Fit5 chart showing you drank 5 glasses/bottles of water a day
- 1 point for each glass/bottle of water you drank

Questions?

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or

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