5 v 5 Basketball and Unified 5 v 5 rules, changes, and amendments specifically for Special Olympics Nebraska

The 2020 5 v 5 basketball and Unified 5 v 5 rules have come out, and there are a few changes to the rules and the way in which 5 v 5 and Unified 5 v 5 are run. We at Special Olympic Nebraska will adopt a few of these new rules and we will keep some of the old rules in place. We feel that keeping some of the old rules in place will keep the game going at a fair pace, will not allow any team an unfair advantage over the other teams.

Rule 6.1.8 Each team will be required to play every player in every game unless there is an injury to that player. The amount of time does not need to be equal for each player.

Rule 6.2.1 Special Olympics Nebraska will play (4) 6 minute quarters for all 5 v 5 and Unified 5 v 5 games. This will give teams more of an opportunity to sub in players

~~Rule 6.2.7 Two free throw awarded (non-shooting) foul after the 4~~~~th~~ ~~foul (includes player technical fouls)~~

Changing Rule 6.2.7 for Special Olympics Nebraska ONLY back to say two free-throws awarded (non-shooting) foul after the 7th foul (includes player-technical fouls) This is the way the rule used to be.

~~Rule 6.3.2 The composition of a team, including substitutes, may not exceed 10 players.~~

Rule 6.3.2 for Special Olympics Nebraska ONLY: The composition of a team, including substitutes may not exceed 10 players without the consent of the Director of Sports and Competition prior to the competition. This can be done by contacting the state office.

~~Rule 6.4.3 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)~~

Rule 6.4.3 Undershirts if worn, may match the color of the uniform or be white. But they can’t be a mix of both white ones and colored ones. All undershirts must be the same color. They may be worn by some or all of the players.