



Unified 3x3 Basketball Rulebook



Unified 3 on 3 Basketball

Teams and Uniforms

A Unified 3x3 Basketball team consists of the following players:

- Unified Athletes - student athletes with an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.
- Unified Partners - student athlete without an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.

A Unified Basketball team consists of roughly 6 players. A single line must consist of 2 athletes and 1 partner. The goal of the games is to score points by getting the basketball in the hoop. Games can be played to 21 points or in most Unified tournaments the highest score after the designated time wins.

Each team must be wearing a distinct jersey that distinguishes teammates from opponents. Teams may also wear similar coloured shirts or school merch if jerseys are not available. Ensure that each team is different from one another prior to the start of the game to assist athletes and partners to better identify their team.

Unified Partners are encouraged to maintain the integrity of the game and make baskets as the game dictates, but to not dominate the play in any way to defeat the intention of Unified Sport.

Scoring:

Scoring will be counted as followed:

- Any shot inside of the arc will be counted as 1 point.
- Shots behind the arc will be scored as 2.
- In the case of a tie, both teams will play until one team scores to 2 points first.
- Final scores should not go over 23 total points for one team.

The Game:

- Games will start with a coin toss to gain first possession.
- All games will be played with a 28.5 sized basketball.
- 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 made field goals. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the 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. For all shooting fouls, the ball will be inbounded along the base line at a designated spot.
- On any change of possession, the team which 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 defence 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.
- One 60-second timeout is allowed per team. When a timeout is called, the clock will be stopped.
- A player injury timeout may be called by the referee. The referee may stop the clock at his/her discretion and is advised to do so at any time.

Practice Ideas:

Get to know your athletes and what skill level they are at to know what kind of skills and drills will be beneficial. Practices do not have to be complex as they can simply work on the fundamentals of basketball. Similar routines and structure may yield better results.

Try these:

- Jump stops
- Pivots
- Passing: bounce, chest, overhead, passes on the move
- Dribbling: either hand, varying levels, not looking at the ball
- Catching: proper hand positions
- Shooting: proper hand and body positions, grip, release, follow through
- Drills with half court: clearing, shooting around the key, lay ups
- Dribbling to jump stop then to pivot
- Dribbling to passing Catching to dribbling
- Defence: shuffling, staying between the opponent and the basket
- Rebounding
- Footwork: work in and around cones

See Appendix A for sample practice plans

See Appendix B for a practice plan template

Appendix A: Example Basketball Practice Plans

Practice Plan 1: Fundamentals Focus

Objective:

Develop fundamental basketball skills and teamwork.

Warm-Up (10 minutes)

1. Dynamic Stretching - Light jogging, high knees, butt kicks, arm circles, etc...
2. Dribbling Drills - Partners dribble around each other while calling out instructions.

Team Building Activity (10-15 minutes)

We suggest you designate team building challenges in to every practice or every other. This can be activities that or un-related to the sport that encourage collaboration, communication and problem-solving.

(See team building examples: [Click me!](#))

Skill Development (20 minutes)

1. Dribbling Relays - Set up cones and have players dribble through them in a relay format
2. Passing Drills - Focus on chest passes, bounce passes, and overhead passes in pairs.
3. Incorporate movement and calling out the name of the teammate before passing

Teamwork and Strategy (15 minutes)

1. 3-on-3 Scrimmage - Play short games with rotating teams. Emphasize spacing, communication, and basic strategies like passing and moving without the ball.

Cool Down and Review (5 minutes)

1. Stretching - Light stretching focusing on major muscle groups.
2. Review and Feedback - Discuss what went well and areas for improvement.

Note: These practice plans can and should be adapted to your student athletes and team needs.

Practice Plan 2: Skill Building and Teamwork

Objective: Foster team spirit and ensure inclusive participation.

Warm-Up (10 minutes)

1. Group Games - Activities like "Simon Says" with basketball moves to warm up and build team cohesion.
2. Passing in Circles - Players form a circle and pass the ball around, emphasizing accuracy and communication.

Team Building Activity (10 - 15 minutes)

Skill Development (20 minutes)

Skill Stations - Rotate through stations focusing

- dribbling - athletes can practice dribbling in and around pylons. Get them comfortable with the movements of a half court game
- passing - in partners have them practice the types of passes (bounce pass, chest pass, overhead pass).
- shooting - play around with different shooting distances and positions to make a basket from
- blocking - how to block safely and without getting a foul

Note: Each station should be adapted to accommodate different skill levels.

Game Play (10 minutes)

Modified 3-on-3 Games - Play games with modified rules to ensure everyone is engaged and having fun.

Cool Down and Reflection (5 minutes)

1. Relaxation Exercises - Deep breathing and stretching.
2. Team Reflection - Everyone share something positive about the practice today.

Practice Plan 3: Offensive and Defensive Skills

Objective:

Improve offensive strategies and defensive skills.

Warm-Up (10 minutes)

1. Cone Drills - Dribble through a series of cones to work on control and agility.
2. Passing and Shooting Warm-Up - Partners pass the ball to each other, progressively increasing the distance.

Team Building Activity (10-15 minutes)

Offensive Skills (20 minutes)

1. Shooting Drills - Practice different types of shots (e.g., layups, jump shots) from various positions. (Make a basketball golf or scavenger hunt challenge, have players try all types of shots.)
2. Pick and Roll Drill - Teach the basic pick and roll concept, with one player setting a screen and the other using it to get open.

Defensive Skills (15 minutes)

1. Defensive Stance and Footwork - Practice proper defensive posture and lateral movement.
2. 1-on-1 Defence Drill - Players take turns playing defence against each other, focusing on staying between their opponent and the basket.

Scrimmage and Application (10 minutes)

3-on-3 Scrimmage - Apply offensive and defensive skills in a game situation, emphasizing teamwork and strategy.

Cool Down and Reflection (5 minutes)

1. Stretching - Gentle stretching and deep breathing exercises. (have each teammate lead a stretch)
2. Group Discussion - Talk about what was learned and how it can be used in games.

Practice Plan 4: Game Situations and Conditioning

Objective:

Prepare for game situations and improve fitness.

Warm-Up (10 minutes)

1. Tag Game - Fun, active game that gets players moving and ready.
2. Dribbling Warm-Up - Focus on control and speed. Being able to dribble with both hands, pivot while dribbling, dribbling with a block arm up, etc....

Team Building Activity (10-15 minutes)

Conditioning Drills (15 minutes)

1. Gassers - Short sprints back and forth to build endurance.
2. Speed and Agility Ladder - Use a ladder for quick foot movements and agility. Try relay ladder drills to encourage teamwork and light competition.

Game Situations (20 minutes)

1. Inbounds Plays - Practice different types of inbounds plays, both offensive and defensive
2. End-of-Game Scenarios - Work on strategies for close game situations, such as last-second shots or defensive stands.

Scrimmage (10 minutes)

Full-Court 3-on-3: Play a game with full-court pressure to simulate game conditions and improve stamina.

Cool Down and Review (5 minutes)

1. Stretching - Full-body stretching to relax muscles.
2. Debrief - Discuss the practice, what was learned, and how it can be applied in future games

Appendix B: Basketball Practice Plan Template

Activity	Description
Introduction & Warm-up	
Drill #1:	
Drill #2:	
Drill #3:	
Cooldown & Conclusion	