

SWEET HEAT TEAM BASKETBALL INFORMATION Updated January 2026

GENERAL INSTRUCTIONS

1. Brackets are developed with divisions of male and female teams (if enough female teams sign-up). A team that is composed of both males and females will compete in a male division.
2. Only roster players, 1 coach per 4 athletes and (1) team manager will be allowed on the player's bench.
3. Game balls will be furnished; teams will use their own practice balls. Junior Division will use the KSHSAA girl's ball (smaller).
4. The use of alcohol, tobacco, including chewing tobacco of any kind, is prohibited in all competition venues. This includes vaping.

PLAYERS

1. Each team roster may have a maximum of twelve (12) players. Exception: If your organization has only one team competing in team play, then there is no limit.

RULES

1. A game will consist of **four quarters, each six (6) minutes long.**
2. The clock will stop during all free throw situations. In addition, all dead ball situations in the last minute of each quarter.
3. The game will be forfeited when a team fails to report to play within five (5) minutes after the completion of the previous game on that court.
4. No Dunking ... basket scored from dunking the ball does not count.
5. A jump ball will be used at the start of the game and overtime periods. Alternate possessions will be used for all other situations.
6. Teams will shoot free throws starting at the 5th team foul in each quarter.
7. Overtime: The **first two overtimes will be two minutes in length with the clock running the first minute and stopping for all dead ball situations in the last minute.** If, **after two overtimes the score is still tied, sudden death (first team to scores wins) will be in effect.**
8. Each team will be given **two time-outs per half.** Each team will receive **an additional time-out for each overtime period.** Time-outs from the second half to overtime do carry over.
9. THE GAMES MANAGEMENT TEAM (RULES COMMITTEE) SHALL RULE ON ALL PROTESTS. ALL DECISIONS BY THE MANAGEMENT TEAM ARE FINAL.

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SPECIAL OLYMPICS KANSAS BASKETBALL ABILITY DIVISIONS

The following age groups will be used for the Blazers Sweet Heat Tournament:

LEVEL III – Court 1 all day and Court 2 until 1PM

Players have a general understanding of the game. The games are much slower in pace than Level II games. Athletes are much closer together around the ball. Coaches tell many of the players where to pass and when to shoot. Players have little understanding of how to use a pivot foot. **Teams do not fast break.**

Upper Level III – Courts 1 & 2

One player who dominates the team
Players shuffle feet while holding the ball or when defensive pressure is applied
Cradle the ball after rebounds

Lower Level III - Court 1 & 2

Players dribble with two hands and advance the ball very slowly
Stands in place and shuffle their feet when there is no defensive pressure

1. 5-second lane violation rule.

2. Traveling/double dribbling will be called when a player gains an advantage by picking up ball and running with it to avoid defensive steal. An inadvertent travel will not be called. No more than five consecutive steps will be allowed.

3. Full court press will not be allowed - officials may help get the defense back before the offense brings the ball down.

4. 10-second rule will begin when all defensive players are on their half of the court.

5. There will be no fast-breaking offensive plays (all defensive players must be allowed to get back).

6. If teams choose, they can shoot at the same goal in both halves. If both teams do not agree, then teams must shoot at different goals each half.

LEVEL IV - Court 3 all day and Court 2 after 1PM

This is a training level of play. Participants will be those who do not comprehend the team concept of play.

Officials will give instruction during the course of the game. Generally, use two handed set shots and attempt to catch the ball in any manner off the backboard; lack of team play skills. Players tend to double dribble and travel often. Level IV teams will play KSHSAA rules with the following adaptations:

1. 7-second lane violation rule

2. Traveling/double dribble will not be officiated as strictly, however, the shuffling of feet more than 7 steps while carrying ball will be called. Officials will watch for advantages gained.

3. A maximum of 8 points (could be 9 or 10 if the athlete has scored 7 points, and then scores a 2 or 3 pointer) scored will be allowed per player per half - an athlete can score/shoot the 2nd free throw if the first made free throw is the athletes 8th point of the half. Once this happens, the athlete must sit out the rest of the half. If the game goes into overtime, any athlete that has scored 8 points in the 2nd half CANNOT reenter the game. An athlete that scores their 8th point during OT must sit for the rest of the game.

4. Full court press will not be allowed - officials may help get the defense back before the offense brings the ball down.

5. 10-second rule will begin when all defensive players are on their half of the court.

6. There will be no fast-breaking offensive plays, (all defensive players must be allowed to get back on defense)

7. Two coaches per team will be allowed to be on the court with their team (except for Unified games because partners can serve this function). All other team personnel must stay in the team box area in front of the team members sitting on the bench. A coach is considered on the floor if they are not sitting in the bench area with the substitute - this includes out of bounds area behind the goal.

8. Teams can substitute on the fly, which means there doesn't need to be a stoppage in game play for a substitute to enter the game.

9. Athletes using a wheelchair or other adaptive equipment can compete in this division, but not in any other division. A coach (or non-playing Unified Partner) is allowed to push the wheelchair for the athlete or assist the athlete as needed.

10. If teams choose, they can shoot at the same goal in both halves. If both teams do not agree, then teams must shoot at different goals each half.