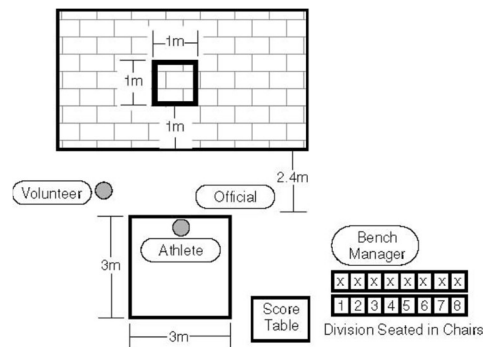


Individual Skills



#1 - TARGET PASS - MODIFICATION AVAILABLE- 1) "SHORTER TARGET PASS"



1) Purpose: to measure an athlete's skill in passing a basketball.

2) Equipment

Two basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.

3) Description

A 1-meter (3 feet 3 1/2 inches) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 feet 3 1/2 inches) from the floor. A 3-meter (9 feet 9 inches) square will be marked on the floor 2.4 meters (7 feet) from the wall. For the shorter target pass, there will be a mark 1.2 meters (3.5 feet) from the wall. The athlete must stand within the square. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.

4) Scoring

The athlete receives three (3) points for hitting the wall inside the square.

The athlete receives two points (2) for hitting the lines of the square.

The athlete receives one (1) point for hitting the wall but not in or on any part of the square.

The athlete receives one (1) point for catching the ball in the air or after one or more bounces while standing in the box.

The athlete receives zero (0) points if the ball bounces before hitting the wall.

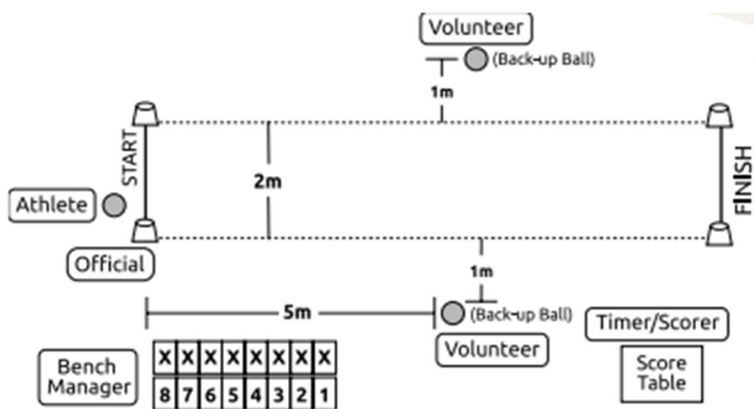
The athlete's score will be the sum of the points from all five passes.

SCORING BOX ON NEXT PAGE

Attempts	1	2	3	4	5	SCORE
Target Pass						

Maximum score possible – 20

#2 - TEN-METER SPEED DRIBBLE - MODIFICATION AVAILABLE- 1) “ASSISTED SPEED DRIBBLE”



Conversion Chart			
Seconds	Points	Seconds	Points
0-2	30	9.1 - 10	14
2.1 - 3	28	10.1 – 12	12
3.1 – 4	26	12.1 – 14	10
4.1 - 5	24	14.1 – 16	8
5.1 – 6	22	16.1 – 18	6
6.1 – 7	20	18.1 – 20	4
7.1 – 8	18	20.1 22	2
9.1 - 9	16	>22	1

1) Purpose: to measure an athlete’s speed and skill in dribbling a basketball.

2) Equipment:

Three basketballs, four traffic cones, floor tape or chalk, measuring tape and a stopwatch.

3) Description

The athlete begins from behind the start line and between the cones.

The athlete starts dribbling and moving when the official signals.

The athlete dribbles the ball with one hand for the entire 10 meters (32 feet 9 ¾ inches).

A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.

The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.

If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 2-meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

- For an athlete in the assisted speed dribble, coaches may provide assistance with balance and movement, if necessary. A coach may also assist with the initial dribble of the basketball.

4) Scoring

The athlete will be timed from the signal “Go” to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.

A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).

The athlete will receive two trials. Each trial is scored by adding penalty points to the time elapsed and converting the total to points based on the Conversion Chart.

The athlete’s score for the event is his/her **best** of the two trials converted into points. (In case of a tie, the actual time will be used to differentiate place).

Attempts	1 st Time	Penalty Points	Score	2 nd Time	Penalty Points	Score	BEST SCORE
Ten Meter Dribble							

#3 - SPOT SHOT- “MODIFICATIONS AVAILABLE- 1) “8-FOOT RIM” 2) “GARBAGE CAN SHOT”

1) Purpose: to measure an athlete’s skill in shooting a basketball.

2) Equipment

Two basketballs (for women’s and junior divisions competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight may be used as an alternative), floor tape or chalk, measuring tape and a 3.05-meter (10 feet) regulation goal with backboard. When modifications are needed, an 8-foot rim and/or 55-gallon garbage can may be utilized as a shooting target.

3) Description

Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:

#1 & #2 =1.5 meter (4 feet11 inches) to the left and right plus 1 meter (3 feet 3 ½inches) out.

#3 & #4 =1.5 meter (4 feet11 inches) to the left and right plus 1.5 meter (4 feet 11 inches) out.

#5 & #6 = 1.5 meter (4 feet 11 inches) to the left and right plus 2 meters (6 feet 6 ¾inches) out.

The athlete attempts two field goals from each of six spots. The attempts are taken at spots **#2, #4 and #6**, and then at spots **#1, #3 and #5**.

4) Scoring

For every field goal made at spots #1 and #2, two (2) points are awarded.

For every field goal made at spots # 3 and #4, three (3) points are awarded.

For every field goal made at spots # 5 and #6, four (4) points are awarded.

For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the ring, one point (1 point) is awarded.

The athlete's score will be the **sum of the points from all 12 shots**.

	Spot 2 (2 pts.)	Spot 4 (3 pts.)	Spot 6 (4 pts.)	Spot 1 (2 pts.)	Spot 3 (3 pts.)	Spot 5 (4 pts.)	
Spot Shot							Total Score
Totals							

Maximum score possible - 36

