



- 3.1.2 Floor tape or chalk
- 3.1.3 One basketball (for women's and junior division competitions a smaller basketball, size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz] in weight may be used).
- 3.1.4 Stopwatch
- 3.1.5 Counter
- 3.1.6 Whistle
- 3.2 **Set-up:** Mark a circle with a 1.5 meter (4 ft 11 in) diam.
- 3.3 **Rules**
 - 3.3.1 Athlete may use only one hand to dribble.
 - 3.3.2 Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
 - 3.3.3 Athlete starts and stops dribbling at the sound of the whistle.
 - 3.3.4 There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
 - 3.3.5 Athlete must stay in the designated circle while dribbling.
 - 3.3.6 If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.
 - 3.3.7 Counting stops and the event ends when the basketball rolls out of the circle for the third time.
- 3.4 **Scoring**
 - 3.4.1 Athlete receives one point per legal dribble within the 60 seconds.

4. INDIVIDUAL SKILLS RULES

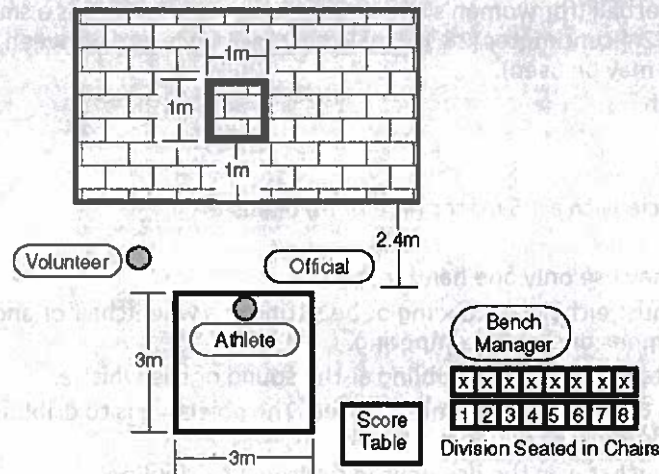
There are 2 levels of Individual Skills Competition

4.1 Level I:

Three events make up Level 1 Individual Skills Competition: Target Pass, 10 Meter Dribble and Spot Shot. The athlete's final score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisioned according to their total scores from these three events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.



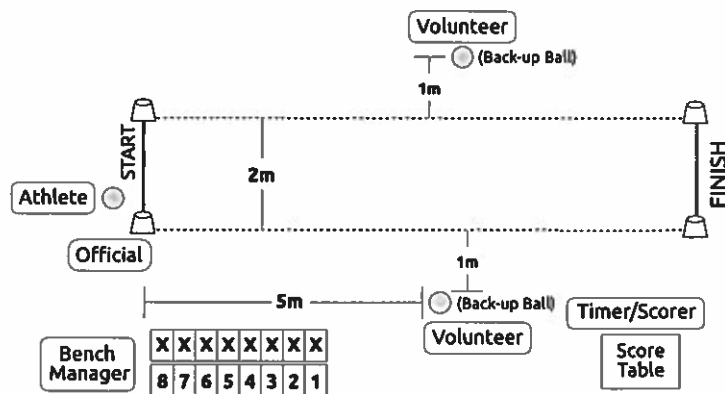
4.1.1 Event #1: Target Pass



- 4.1.1.1 Purpose: to measure an athlete's skill in passing a basketball.
- 4.1.1.2 Equipment: Two basketballs (for women's and junior division competitions, a smaller basketball, Size 6, which is 72.4 centimeters [28 1/2 in] in circumference and between 510–567 grams [18–20 oz] in weight may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.
- 4.1.1.3 Description: A 1 meter (3 ft 3 1/2 in) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 ft, 3 1/2 in) from the floor. A 3 meter (9 ft, 9 in) square will be marked on the floor 2.4 meter (7 ft) 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.
- 4.1.1.4 Scoring
 - 4.1.1.4.1 The athlete receives three points for hitting the wall inside the square.
 - 4.1.1.4.2 The athlete receives two points for hitting the lines of the square.
 - 4.1.1.4.3 The athlete receives one point for hitting the wall but not in or on any part of the square.
 - 4.1.1.4.4 The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
 - 4.1.1.4.5 The athlete receives zero points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

4.1.2 Event #2: 10 M Dribble

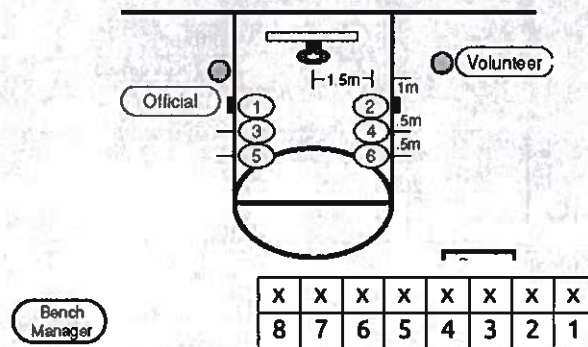
Conversion Chart	
Seconds	Points



0-2	30
2.1-3	28
3.1-4	26
4.1-5	24
5.1-6	22
6.1-7	20
7.1-8	18
8.1-9	16
9.1-10	14
10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1andover	01

- 4.1.2.1 Purpose: to measure an athlete's speed and skill in dribbling a basketball.
- 4.1.2.2 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 meter (32 ft 9 3/4 in). 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.
- 4.1.2.3 Scoring:
 - 4.1.2.3.1 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.
 - 4.1.2.3.2 A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).
 - 4.1.2.3.3 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.
 - 4.1.2.3.4 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).

4.1.3 Event #3: Spot Shot



Division Seated in Chairs

- 4.1.3.1 Purpose: To measure an athlete's skill in shooting a basketball.
- 4.1.3.2 Equipment: Two basketballs (for women's and junior divisions competitions, a smaller basketball, Size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510-567 gram [18-20 oz] in weight may be used as an alternative), floor tape or chalk, measuring tape and a 3.05 meter (10 ft) regulation goal with backboard (for junior division competitions, a 2.44 meter [8 ft] goal may be used as an alternative).
- 4.1.3.3 Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. 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. The spots are marked as follows:
 - 4.1.3.3.1 #1 & #2 = 1.5 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out.
 - 4.1.3.3.2 #3 & #4 = 1.5 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out.
 - 4.1.3.3.3 #5 & #6 = 1.5 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.
- 4.1.3.4 Scoring
 - 4.1.3.4.1 For every field goal made at spots #1 and #2, two points are awarded.
 - 4.1.3.4.2 For every field goal made at spots # 3 and #4, three points are awarded.
 - 4.1.3.4.3 For every field goal made at spots # 5 and #6, four points are awarded.
 - 4.1.3.4.4 For any field goal attempt that does not pass completely through the basket but does hit either the backboard and/or the ring, one point is awarded.
 - 4.1.3.4.5 The athlete's score will be the sum of the points from all 12 shots.
 - 4.1.3.4.6 The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

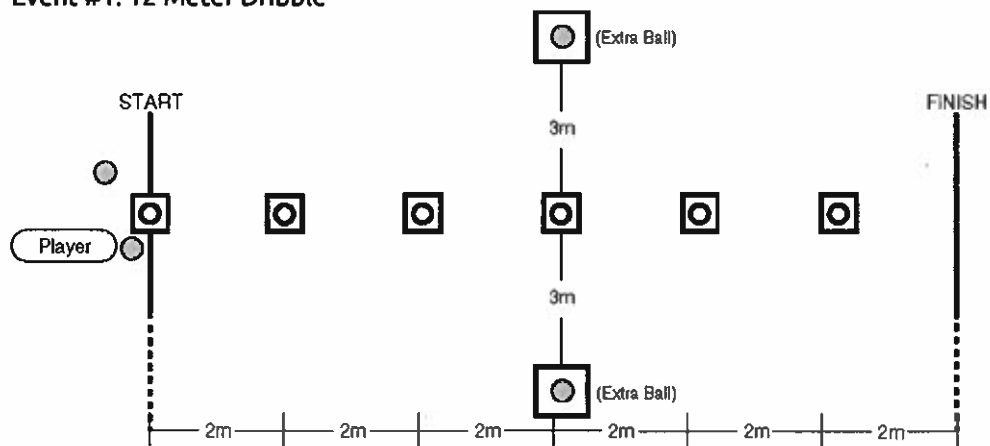
4.2 Level II

Three events make up the Level 2 Individual Skills Competition: 12 Meter Dribble, Catch & Pass and Perimeter Shooting. The athlete's final individual score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisioned according to their total scores from these three events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also



suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

4.2.1 Event #1: 12 Meter Dribble



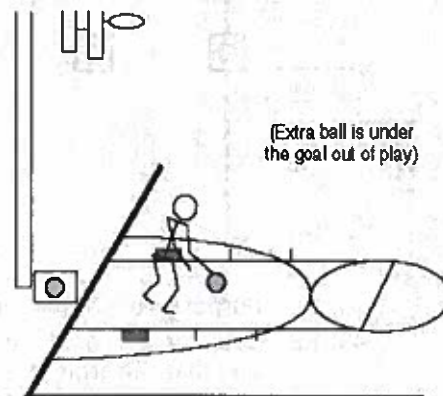
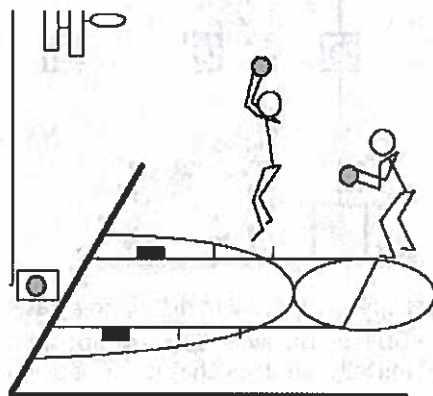
- 4.2.1.1 Purpose: to measure an athlete's speed and skill in dribbling a basketball.
- 4.2.1.2 Equipment: A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
- 4.2.1.3 Description:
 - 4.2.1.3.1 A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, two meters apart, on a 12-meter course.
 - 4.2.1.3.2 The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
 - 4.2.1.3.3 When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called.
 - 4.2.1.3.4 The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
 - 4.2.1.3.5 The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
 - 4.2.1.3.6 The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- 4.2.1.4 Timing: 60 seconds for one trial.
- 4.2.1.5 Scoring: One point is awarded for every midpoint that the athlete crosses. The player must use legal dribbles and must have control of the ball in order to get credit for the midpoint of the cones being successfully passed. The player's score is how many cone midpoints that he/she successfully passes in 60 seconds.
- 4.2.1.6 Staging
 - 4.2.1.6.1 Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if



ready, will then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds.

- 4.2.1.6.2 Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

4.2.2 Event #2: Perimeter Shooting



- 4.2.2.1 Purpose: to measure an athlete's skill in shooting a basketball.
- 4.2.2.2 Equipment: Floor tape, six cones, and four basketballs, one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away.
- 4.2.2.3 Description
 - 4.2.2.3.1 A player stands anywhere along the free-throw line within the free throw circle.
 - 4.2.2.3.2 The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 ft). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
 - 4.2.2.3.3 The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
 - 4.2.2.3.4 The player shall make as many field goals as described above in one one-minute trial.
- 4.2.2.4 Timing: 60 seconds for one trial.
- 4.2.2.5 Scoring: Two points are awarded for each field goal made within the one-minute trial.
- 4.2.2.6 Staging
 - 4.2.2.6.1 Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
 - 4.2.2.6.2 Volunteer A will give a basketball to the player who will take the test signal by raising their arm that the test is about to begin and low a low

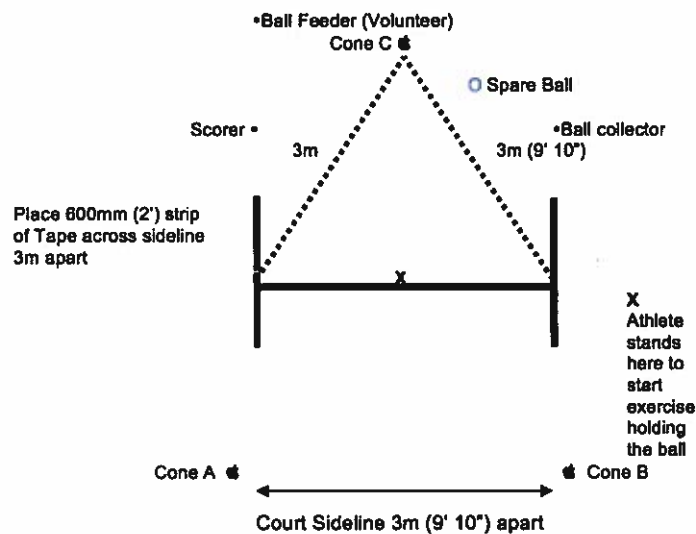


whistle to indicate that the test has begun, and will count how many field goals the player makes in one minute.

4.2.2.6.3 Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.

4.2.2.6.4 Each volunteer is to administer the test and manage the area only.

4.2.3 Event #3: Catch and Pass



4.2.3.1 Purpose: to measure an athlete's skill in passing and catching a basketball.

4.2.3.2 Equipment

4.2.3.2.1 3 Cones, 2 Basketballs, Floor Tape, Airhorn/Whistle, Score Bench and Clock.

4.2.3.2.2 Two strips of tape 600 millimeter (2 ft) long are laid across the court sideline three meters apart (9 ft 10 in) at Cones A & B. Cone C is laid out three meter from each end of the sideline forming a triangle.

4.2.3.2.3 A small cross made of tape is laid in the middle of Cones A and B where the athlete stands holding the basketball ready to begin the exercise.

4.2.3.2.4 The ball feeder stands behind Cone C.

4.2.3.2.5 A spare ball is placed near Cone C.

4.2.3.3 Description

4.2.3.3.1 On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.

4.2.3.3.2 As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch.

4.2.3.3.3 The player MUST have at least ONE foot over the end line at the point of catching the ball.

4.2.3.3.4 The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but both must be behind the line at the moment of passing the ball back to the feeder.



- 4.2.3.3.5 When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass.
- 4.2.3.3.6 The player continues passing, moving along the line and catching the ball for 60 seconds.
- 4.2.3.3.7 A bounce pass may be used with lower ability/less able athletes.
- 4.2.3.4 Timing: 60 seconds for one trial.
- 4.2.3.5 Scoring
 - 4.2.3.5.1 One point is scored for each good pass made to the feeder (the pass must be catchable).
 - 4.2.3.5.2 One point is scored for each good catch made by the athlete (i.e. no fumbles).
 - 4.2.3.5.3 The athletes must have the ball under control or no point can be scored.

5. TEAM SKILLS BASKETBALL RULES

5.1 Equipment

- 5.1.1 Two basketballs (for women's and junior division competitions, a smaller basketball, size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz] in weight may be used as an alternative).
- 5.1.2 Metric tape measure
- 5.1.3 Floor tape or chalk
- 5.1.4 Regulation basketball goal (a shorter goal which has its ring 2.44 meter [8 ft] above the floor may be used for junior division competition).
- 5.1.5 Score sheets
- 5.1.6 Scoreboard

5.2 Set-up

- 5.2.1 Mark five spots around the floor, similar to a 2–1–2 zone defense with players positioned 4 meters (13 ft 1 1/2 in) apart from each other.
- 5.2.2 Mark position #5 2 meters (6 ft 6 3/4 in) from a spot under the front of the goal's ring.
- 5.2.3 Teams should submit a roster prior to the start of the game.
- 5.2.4 Teams should wear numbered uniforms or shirts.

5.3 Rules

- 5.3.1 The Event Director shall determine how many games should be played. Two five-member teams are positioned on opposite ends of the playing court. Only one team shall conduct a round at a time.
- 5.3.2 The game is made up of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- 5.3.3 Each player on the first five-member team attempts to catch the ball and then throw it accurately to the player stationed at the next position.
- 5.3.4 The official shall hand the ball to the player in position #1 to begin each round.
- 5.3.5 The player in position #1 throws the ball to the player at position #2. The player at position #2 throws the ball to the player at position #3. This sequential throwing rotation continues until the ball reaches the player at position #5.
- 5.3.6 Athletes may pass the ball in any manner, but each player must pass in numerical sequence. A bounce pass is allowed provided that there is only one bounce.