



Athlete Name: _____

Heat #: _____ **Level 1 or 2:** _____

TARGET PASS- The athlete is given 5 passes at the target.	Max Pts.	Trial #1	Trial #2	Trial #3	Trial #4	Trial #5
1. Hitting the wall inside the square	3	3	3	3	3	3
2. Hitting the lines of the square	2	2	2	2	2	2
3. Hitting the wall, but not the square	1	1	1	1	1	1
4. Catching the ball in the air or on the bounce in the square	1	1	1	1	1	1
5. Ball bounces before hitting the wall	0	0	0	0	0	0
TARGET PASS Total Score: _____						

Conversion Chart		TEN METER DRIBBLE- The athlete will dribble 10 meters, 2 times. One second penalty will be added every time the athlete illegally dribbles.
Seconds	Points	
0-2	30	FIRST TRIAL Seconds: _____ + # of Illegal Dribbles: _____ = _____ FIRST TRIAL SCORE: _____ Use conversion chart
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	SECOND TRIAL Seconds: _____ + # of Illegal Dribbles: _____ = _____ SECOND TRIAL SCORE: _____ Use conversion chart
10.1-12	12	
12.1-14	10	
14.1-16	8	
16.1-18	6	
18.1-20	4	
20.1-22	2	
22.1 & Over	1	
		(Max Points 30) BEST OF THE TWO SCORES: _____

SPOT SHOT- The athlete will shoot from 6 different spots, with 2 trials from each spot.									
	Distance	Made	Board/Rim			Distance	Made	Board/Rim	
Spot #1	1m	2	1		Spot #2	1m	2	1	
Spot #1	1m	2	1		Spot #2	1m	2	1	
Spot #3	1.5m	3	1		Spot #4	1.5m	3	1	
Spot #3	1.5m	3	1		Spot #4	1.5m	3	1	
Spot #5	2m	4	1		Spot #6	2m	4	1	
Spot #5	2m	4	1		Spot #6	2m	4	1	
TOTALS:					TOTALS:				
(Max Points 36) SPOT SHOT TOTAL SCORE: _____									

FINAL SCORE (total of three events): _____