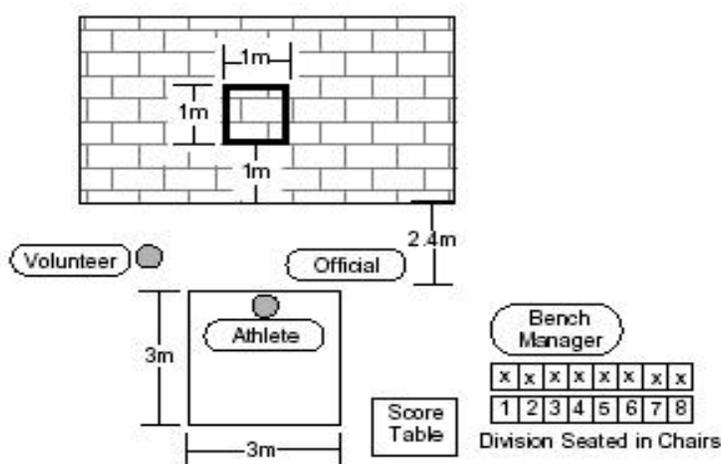


## INDIVIDUAL SKILLS

- This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
- Three events comprise the Individual Skills Competition: Target Pass, Ten-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.

### 1. Target Pass



#### 1) Purpose

- a) To measure an athlete's skill in passing a basketball.

#### 2) Equipment

- a) 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

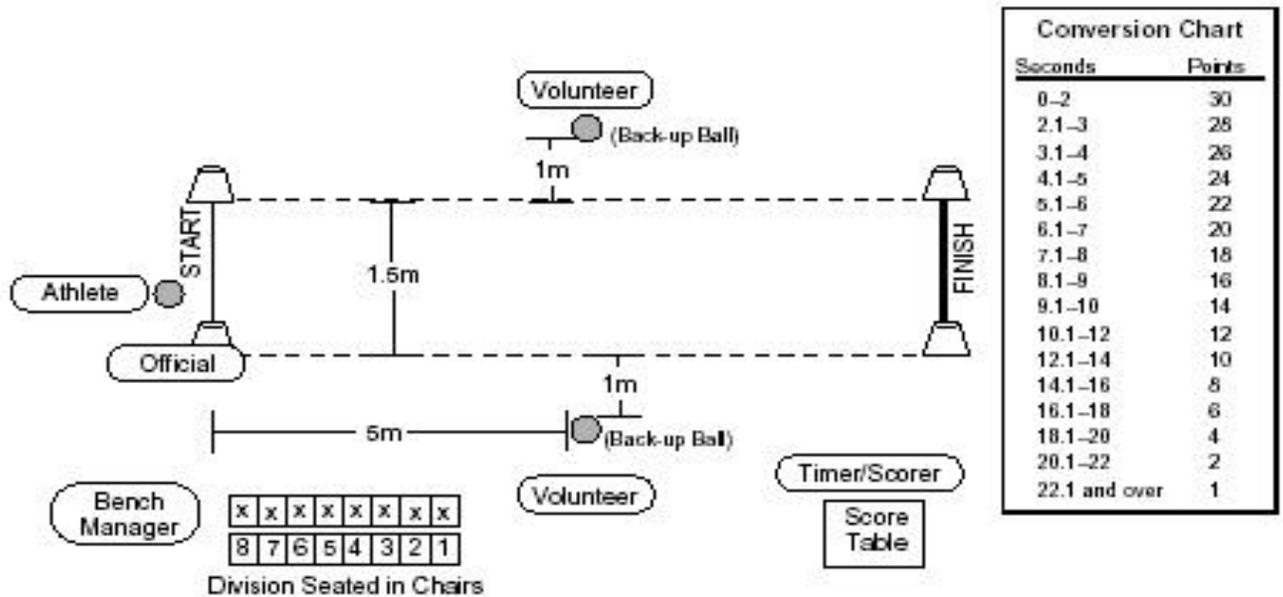
- a) A 1m (3'3 1/2") square is marked on a wall using chalk or tape.
- b) The bottom line of the square shall be 1m (3'3 1/2") from the floor.
- c) A 3m (9'9") square will be marked on the floor and 2.4m (7') from the wall.
- d) The athlete must stand within the square.
- e) The leading wheel axle of an athlete's wheelchair may not pass over the line.
- f) The athlete is given five passes.

#### 4) Scoring

- a) The athlete receives 3 points for hitting the wall inside the square.
- b) The athlete receives 2 points for hitting the lines of the square.
- c) The athlete receives 1 point for hitting the wall but not in or on any part of the square.
- d) The athlete receives 1 point for catching the ball in the air or after one or more bounces while standing in the box..
- e) The athlete receives 0 points if the ball bounces before hitting the wall.

## 2. Ten-meter Dribble

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



### 1) Purpose

- To measure an athlete's speed and skill in dribbling a basketball.

### 2) Equipment

- Three 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, four traffic cones, floor tape or chalk, measuring tape, and 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 10m (32'9 3/4").
- A wheelchair athlete must alternate taking 2 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 1.5m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

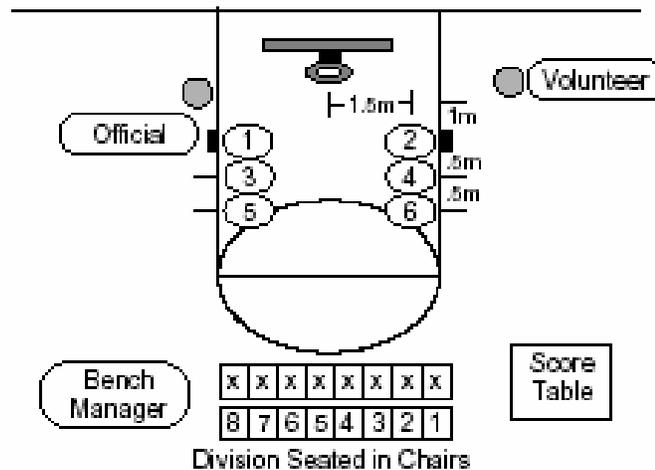
### 4) Scoring

- 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 (i.e. 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.

### Finish

- 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.)

### 3. Spot 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 centimeter's [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 3.05m (10 feet) regulation goal with backboard (for junior division competitions, a 2.44m [8 feet] goal may be used as an alternative).

#### 3) Description

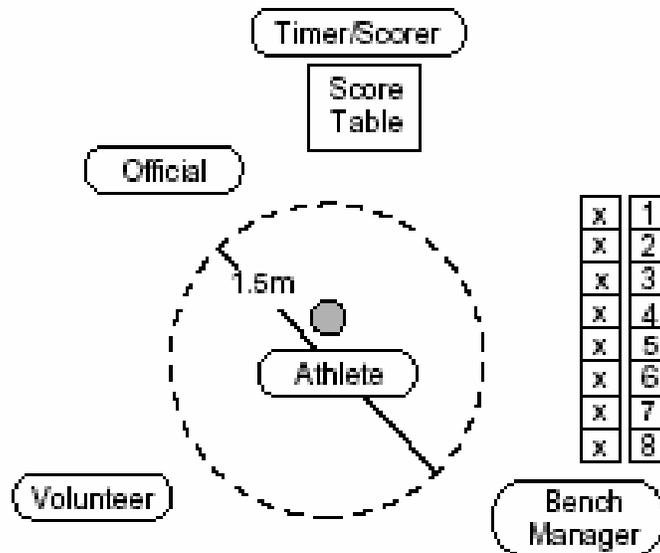
- Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
- #1 & #2 = 1.5m (4'11" to the left and right plus 1 m (3'3 1/2") out.
- #3 & #4 = 1.5m (4'11" to the left and right plus 1.5m (4'11") out.
- #5 & #6 = 1.5m (4'11" to the left and right plus 2m (6'6 3/4") 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 points are awarded.
- For every field goal made at spots #3 and #4, three points are awarded.
- For every field goal made at spots #5 and #6, four 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 is awarded.
- The athlete's score will be the sum of the points from all 12 shots.
- The athlete's final score for the Individual Skills Competition is determined by adding together the scores achieved in each of the 3 events.

## 4. Speed Dribble

This event provides meaningful competition for athletes with lower ability levels.



### 1. Equipment

- Measuring tape
- Floor tape or chalk
- One basketball (for women's and junior division Competitions a smaller basketball which is 72.4 centimeters [28 1/2 inches] in circumference and between 510-567grams [18-20 ounces] in weight may be used)
- Stopwatch
- Counter
- Whistle

### 2. Set-up

- Mark a circle with a 1.5m (4'11") diameter.

### 3. Rules

- Athlete may use only one hand to dribble.
- Athlete must either be standing or sitting in a wheelchair or another type of chair with similar dimensions while competing.
- Athlete starts and stops dribbling at the sound of the whistle.
- There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- Athlete must stay in the designated circle while dribbling.
- If the basketball rolls out of the circle, it may be handed back to the athlete who continues to dribble.

### 4. Scoring

- Athlete receives one point per legal dribble within the 60 seconds.
- Counting stops and the event ends when the basketball rolls out of the circle for the third time.