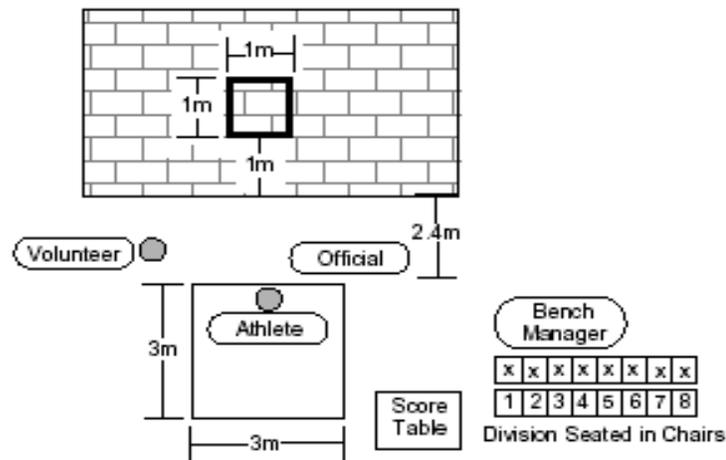


INDIVIDUAL SKILLS

- 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-divided according to their total scores from these three events.

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

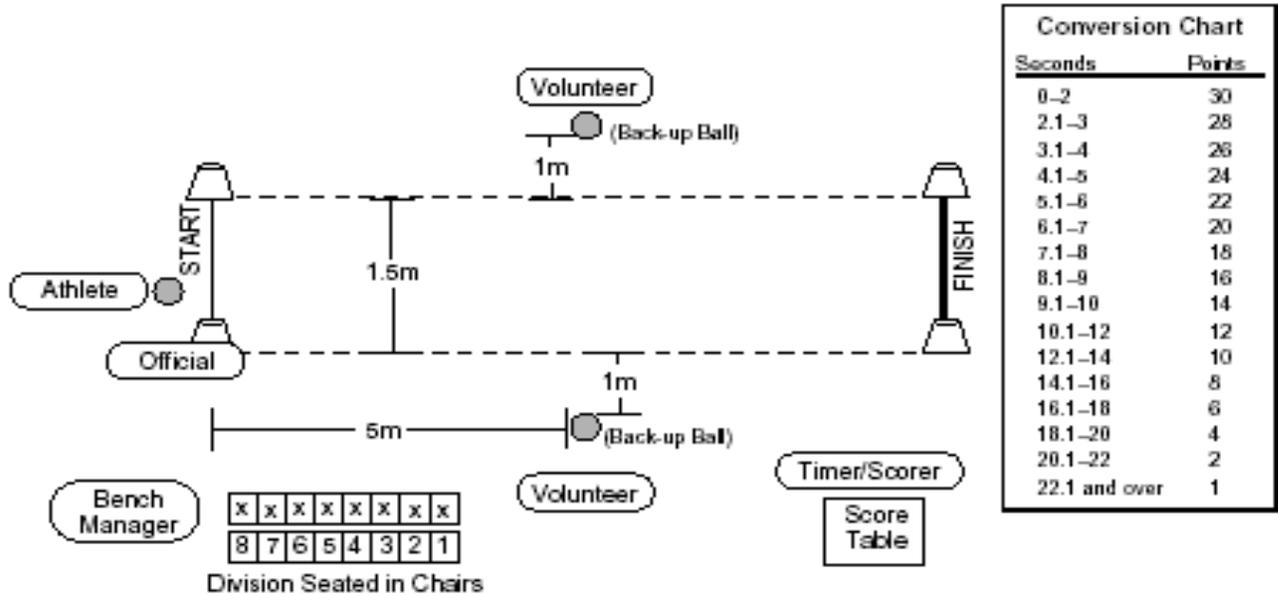
- a) A 1m (3'3 1/2") square is marked on a wall using chalk or tape.
- b) The bottom line of the square shall be 1m (3'3 1/2") from the floor.
- c) A 3m (9'9") square will be marked on the floor and 2.4m (7') from the wall.
- d) The athlete must stand within the square.
- e) The leading wheel axle of 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.

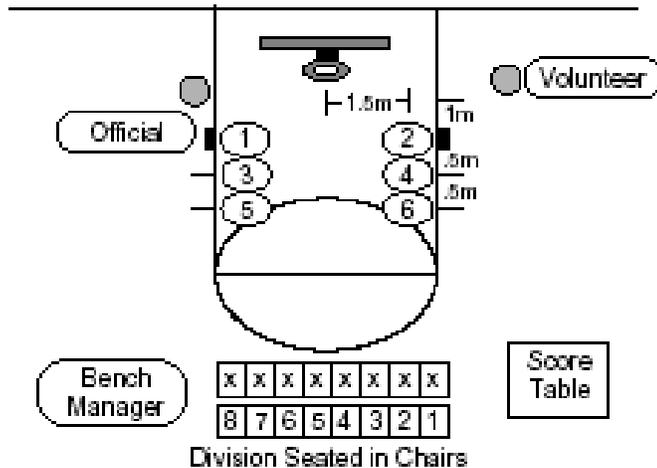
4) Scoring

- 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

- a) The athlete's score for the event is his/her best of the two trials converted into points.

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

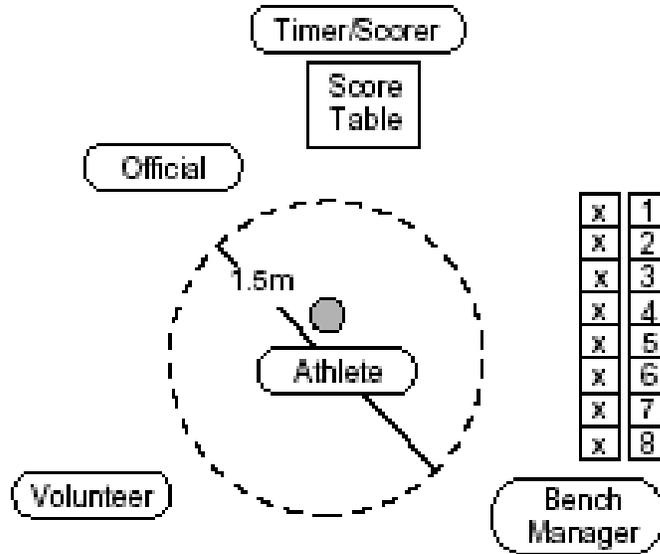
- Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
- #1 & #2 = 1.5m (4'11" to the left and right plus 1 m (3'3 1/2") out.
- #3 & #4 = 1.5m (4'11" to the left and right plus 1.5m (4'11") out.
- #5 & #6 = 1.5m (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.

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.

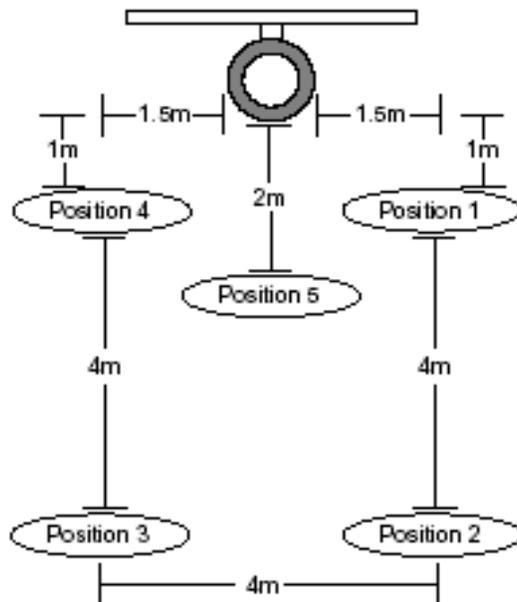
4. Scoring

- Athlete receives one point per legal dribble within the 60 seconds.

- b) Counting stops and the event ends when the basketball rolls out of the circle for the third time.

Team Skills Basketball

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



1. Equipment

- Two basketball (for women's and junior division competitions, a smaller basketball which is 72.4 centimeters [28 1/2 inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used as an alternative). Metric tape measure
- Floor tape or chalk
- Regulation basketball goal (a shorter goal which has its ring 2.44 meters [8'] above the floor may be used for junior division competition)
- Score sheets
- Scoreboard

2. Set-up

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

3. Rules

- a) 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.
- b) The game is comprised of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- c) Each player on the first five-member team attempts to catch the ball and then throws it accurately to the player stationed at the next position.
- d) The official shall hand the ball to the player in position #1 to begin each round.
- e) 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.
- f) 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.
- g) If the ball is thrown past an athlete, the athlete or official may retrieve the ball. However, the athlete must return to his/her position before throwing the ball to the next player. A correct pass is defined as a ball that is thrown within reach of the receiving player.
- h) When the ball reaches the player in position #5, he/she then attempts a field goal.
- i) Slam dunks are not permitted. The athlete shall not receive any points if a slam dunk is taken.
- j) Athletes stationed in position #5 shall only be given one attempt at scoring.
- k) After the field goal attempt by the player in position #5, the round ends.
- l) Following the completion of the round by the first team, the second team will conduct their initial round.
- m) Players shall rotate in numerical sequence to the next position after each round.
- n) Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends.
- o) A five minute half-time intermission follows.
- p) Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal for the second half.
- q) Substitutes are allowed into the game only after a round has been completed.
- r) Coaches shall remain on the sideline which is at least 4 meters (13' 1/2') to the side of position #2 and #4. Coaches may give verbal or signed instructions to players. Deaf athletes may receive assistance in positioning.

4. Scoring

- a) Team receives one point for each correct pass.
- b) Team receives one point for each successful catch.
- c) Team receives two points for each successful field goal.
- d) A bonus of one point is awarded for each complete successful round of passing and catching the ball.
- e) The maximum number of points that can be accumulated by a single team during one half is 55.
- f) The final team score is determined by adding the scores from each of the ten rounds.
- g) The team with the highest score is the winner.
- h) If the teams are tied at the end of regulation play, additional rounds are conducted.
- i) The first team to score more points in a round than their opponent is the winner.