Speed Dribble/Asst. Speed Dribble

If the athlete has any assistance from another person in dribbling the ball, the athlete must register for the asst. speed dribble competition.

1. Equipment
   a) Measuring tape
   b) Floor tape or chalk
   c) 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 510-567 grams [18-20 ounces] in weight may be used)
   d) Stopwatch
   e) Counter
   f) Whistle

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

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

4. Scoring
   a) 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
   a) 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
   b) Floor tape or chalk
   c) Regulation basketball goal (a shorter goal which has its ring 2.44 meters [8'] above the floor may be used for junior division competition)
   d) Score sheets
   e) Scoreboard

2. Set-up
   a) 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).
   b) Mark positions #5 two meters (6’ 6 3/4”) from a spot under the front of the goal’s ring.
   c) Teams should submit a roster prior to the start of the game.
   d) 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.