

# Basketball Skills Competition Guidelines

## Event #1: Target Pass (5 attempts) Medium Skill Level

**Purpose:** to measure the skill of passing a basketball.

**Equipment:** Two basketballs, flat wall, floor tape, and measuring tape.

Description: A 1.5 ft square is marked on a wall using chalk or tape. The bottom line of the square shall be 4 ft from the floor. A foul line will be marked on the floor 10 ft from the wall. The athlete must stand behind the foul line. For wheelchairs, the leading wheel axle may not pass over the foul line.

### **Target Pass Scoring:**

Hitting the wall inside the square = 3 points

Hitting the lines of the square = 2 points

Hitting the wall but not in or on any part of the square = 1 point

If the ball bounces before hitting the wall = 0 points

The passing score will be the sum of the points from all five passes.

**LOW SKILL LEVEL – move foul line to 5 ft. from the wall.**

**HIGH SKILL LEVEL – must use a BOUNCE PASS.**

## Event #2: 100ft Dribble (50ft Back and Forth)

**Purpose:** to measure speed and skill of dribbling a basketball.

**Description:** The athlete begins from behind the start line and between two cones. The athlete starts dribbling and moving when the official signals to “GO”. The athlete dribbles the ball with either hand for the entire 50ft going around the cone and dribbling back to the start/finish line. The athlete must cross the finish line between the cones and pick up the basketball before the timer is stopped.

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.

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 6ft lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

### **Scoring:**

**Points per time: (seconds)**

Time = points	8.1 – 10 = 26 pts	14.1 – 16 = 20 pts	20.1 – 22 = 14 pts	26.1 – 28 = 8 pts	32.1 – 34 = 3 pts
4.1 – 6 = 30 pts	10.1 – 12 = 24 pts	16.1 – 18 = 18 pts	22.1 – 24 = 12 pts	28.1 – 30 = 6 pts	34.1 – 36 = 2pts
6.1 – 8 = 28 pts	12.1 – 14 = 22 pts	18.1 – 20 = 16 pts	24.1 – 26 = 10 pts	30.1 – 32 = 4 pts	36.1 up = 1pt

\*\*If the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc (for an extended time), 5 seconds will be added to the time.

**LOW SKILL LEVEL – Stationary Dribble for 1 minute. Scoring: 1 point per dribble (bounce).**

**HIGH SKILL LEVEL – Weave dribble. Use above time chart for scoring.**

### **Event #3: Spot Shot**

**Purpose:** To measure the skill of shooting a basketball.

**Description:** Five spots are marked on the floor.

Start each measurement from a spot on the floor under the front of the rim on the “Blocks” on both sides. The next two “hashes” on each side will make up the other four spots.

The athlete attempts two shots from each of five spots.

**Scoring:**

Baskets made from spots #1 and #2 = 2 points

Baskets made at spots # 3 and #4 = 3 points

Baskets made at spots # 5 = 4 points

For any attempt that does not pass through the basket but does hit either the backboard and/or the rim = 1 point

The shooting score will be the sum of the points from all 10 shots.

**LOW SKILL LEVEL - 5 shots will be made to a target taped to the wall.**

**Scoring:**

Hitting the wall inside the square – 3 points

Hitting the lines of the square – 2 points

Hitting the wall but not in or on any part of the square – 1 point

If the ball bounces before hitting the wall – 0 points

The low level score will be the sum of the points from all 5 shots.

**HIGH SKILL LEVEL – Shots will be taken from the 3 point line.**

**The final score for the Basketball Individual Skills Competition is determined by adding together the scores achieved in each of the three events.**

