



# BASKETBALL INDIVIDUAL SKILLS CONTEST

---

## GENERAL INFORMATION

This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game. Three events make up the Individual Skills Contest: Target Pass, 10-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 divisioned according to their total scores from these three events. The rules for each of these events are described on the following pages.

Athletes in the following Age Groups can only compete using the basket height described in the following graph:

Young Athlete Program:	4 ft., 6 ft., or 8 ft. baskets only
Elementary School Students:	6 ft., 8 ft., or 10 ft. baskets only
Middle School Students:	8 ft. or 10 ft. baskets only
High School Students:	10 ft. baskets only
Adults:	10 ft. baskets only

## Registration Procedures:

**Participation:** Athletes may only participate in one of the Skills Competitions offered at Special Olympics Delaware. Athletes may register for ONE of the following events at each competition:

1. *Individual Skills Competition*
2. *Modified Individual Skills Competition*
3. *Training Division Level 1: Team Skills Competition*

**For Competition:** Each team will need to submit a Basketball Skills Competition Registration Form as their registration for the specific competition they will be attending. This form will require preliminary scores for athletes ages 8 and over.

- a. Preliminary Scores should be acquired through competition experience at practice
- b. When providing scores through team's own practice the scores submitted should be taken from trials taken within 1 week of the registration deadline.
  - i. Trials should be conducted in a competition like atmosphere
  - ii. Conduct multiple trials and submit the best score
  - iii. Do not assist the athlete physically or verbally (you will not be able to prompt at the event)

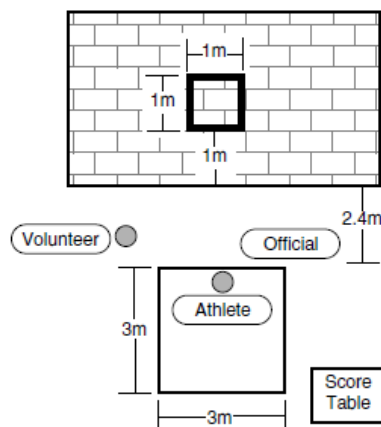
## PEER PARTNERS

- Only the athlete will be scored in Peer Partner events in the Skills Competition for Basketball. When submitting scores for this event only record the Athlete's score.
- If the Peer Partner scratches on the day of the event the Athlete is permitted to participate alone or with another Peer Partner that is already registered for the event. The athlete will still remain in the Peer Partner event for which he/she is registered.
- If the Athlete scratches on the day of the event the Peer Partner may compete with another Peer Partner team that is already registered for your program. The Peer Partner may not participate on his/her own or be scored.



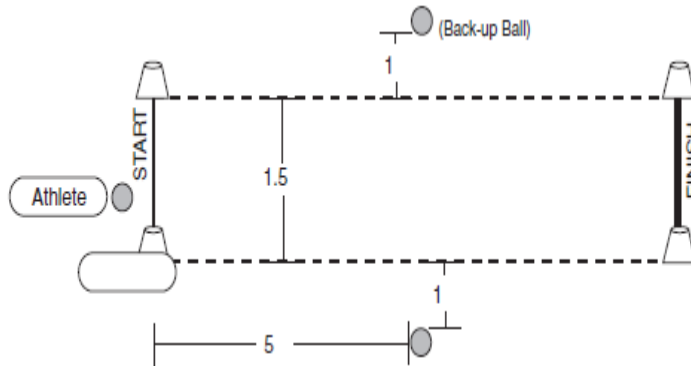
# BASKETBALL INDIVIDUAL SKILLS CONTEST

## Individual Skills Event #1: Target Pass



1. Purpose: to measure an athlete's skill in passing a basketball.
2. Equipment
  - a. Two Regulation Size Basketballs
    - i. for women's and junior division competitions, a smaller basketball, size 28.5, may be used as an alternative
  - b. flat wall
  - c. chalk or floor tape or cones
  - d. measuring tape
3. Description
  - a. A 1 meter (3 feet 3 1/2 inches) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 feet 3 1/2 inches) from the floor. A 3 meter (9 feet 9 inches) square will be marked with tape or by cones on the floor 2.4 meters (7 feet) from the wall.
  - b. The athlete must stand within the square.
    - i. The leading wheel axle of an athlete's wheelchair may not pass over the line.
  - c. The athlete is given five passes.
4. Scoring
  - a. The athlete receives three points for hitting the wall inside the square.
  - b. The athlete receives two points for hitting the lines of the square.
  - c. The athlete receives one point for hitting the wall but not in or on any part of the square.
  - d. The athlete receives zero points if the ball bounces before hitting the wall.
  - e. The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
  - f. The athlete's score will be the sum of the points from all five passes.

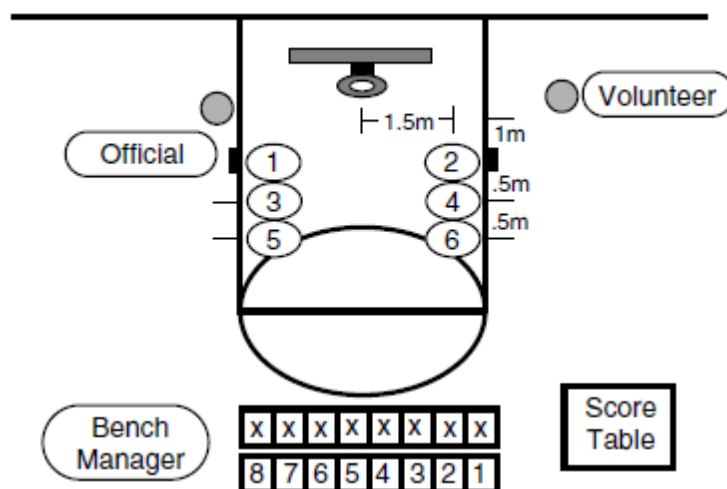
## Individual Skills Event #2: Ten-meter Dribble



Seconds	Points
0-2	30
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
10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1v r	01

1. Purpose: to measure an athlete's speed and skill in dribbling a basketball.
2. Equipment
  - a. Three Regulation Size Basketballs
    - i. for elementary and middle school/junior competitions, a smaller basketball, size 28.5, may be used as an alternative
  - b. Four traffic cones
  - c. Floor tape
  - d. Measuring tape
  - e. Stopwatch
3. Description
  - a. The athlete begins from behind the start line and between the cones.
  - b. The athlete starts dribbling and moving when the official signals. The official commands should be "Ready", "Set", "Go".
  - c. The athlete dribbles the ball with one hand for the entire 10 meters (32 feet 9 3/4 inches).
    - i. A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
  - d. The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
  - e. 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 1.5 meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.
4. Scoring
  - a. 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.
  - b. A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.).
  - c. 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.
  - d. 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).

### Individual Skills Event #3: Spot Shot



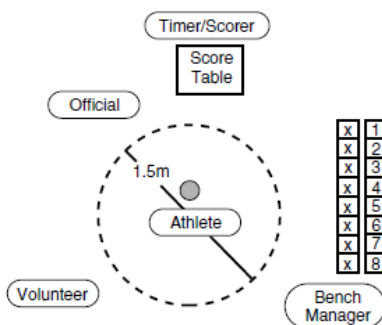
1. Purpose: to measure an athlete's skill in shooting a basketball.
2. Equipment
  - a. Two Regulation Size Basketballs
    - i. for elementary and middle school/junior division competitions, a smaller basketball, size 28.5, may be used as an alternative
3. Description
  - a. Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
    - i. #1 & #2 = 1.5 meter (4 feet 11 inches) to the left and right plus 1 meter (3 feet 3 1/2 inches) out.
    - ii. #3 & #4 = 1.5 meter (4 feet 11 inches) to the left and right plus 1.5 meters (4 feet 11 inches) out.
    - iii. #5 & #6 = 1.5 meter (4 feet 11 inches) to the left and right plus 2 meters (6 feet 6 3/4 inches) out.
4. 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.
5. Scoring
  - a. For every field goal made at spots #1 and #2, two points are awarded.
  - b. For every field goal made at spots # 3 and #4, three points are awarded.
  - c. For every field goal made at spots # 5 and #6, four points are awarded.
  - d. 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.
  - e. The athlete's score will be the sum of the points from all 12 shots.



## BASKETBALL MODIFIED INDIVIDUAL SKILLS CONTEST

### **Modified Individual Skills Event #1: Speed Dribble**

This event replaces the 10-meter dribble in the Modified Skills Event. Athletes who register for Modified Skills will compete in Speed Dribble, Target Pass and Spot Shot events.



1. Equipment
  - a. Measuring tape
  - b. Floor tape or chalk
  - c. One Regulation Size Basketball
    - i. for women's and junior division competitions, a smaller basketball, size 28.5, may be used as an alternative
  - d. Stopwatch
  - e. Counter
  - f. Whistle
2. Set-up
  - a. Mark a circle with a 1.5 meter (4 feet 11 inches) diameter.
3. Rules
  - a. Athlete may use only one hand to dribble.
  - b. Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
  - c. Athlete starts and stops dribbling at the sound of the whistle.
  - d. There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
  - e. Athlete must stay in the designated circle while dribbling.
  - f. If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.
  - g. Counting stops and the event ends when the basketball rolls out of the circle for the third time.
4. Scoring
  - a. Athlete receives one point per legal dribble within the 60 seconds.

**Modified Individual Skills Event #2: Target Pass:** See rules and information contained in the Individual Skills section.

**Modified Individual Skills Event #3: Spot Shot:** See rules and information contained in the Individual Skills section.