

BASKETBALL SKILLS

GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics basketball skills competitions. As an international sports program, Special Olympics has developed these rules based upon Special Olympics, Inc. for basketball skills. Special Olympics, Inc. rules for basketball skills shall be employed. For more information, visit www.specialolympics.org.

OFFICIAL EVENTS OFFERED:

1. Individual Skills Contest Level 1 - consists of the Target Pass, 10m Dribble/ Speed Dribble and the Spot Shot. This event is for beginning athletes.
2. Individual Skills Contest Level 2 – consists of 12m Dribble, Perimeter Shooting, and Catch and Pass.

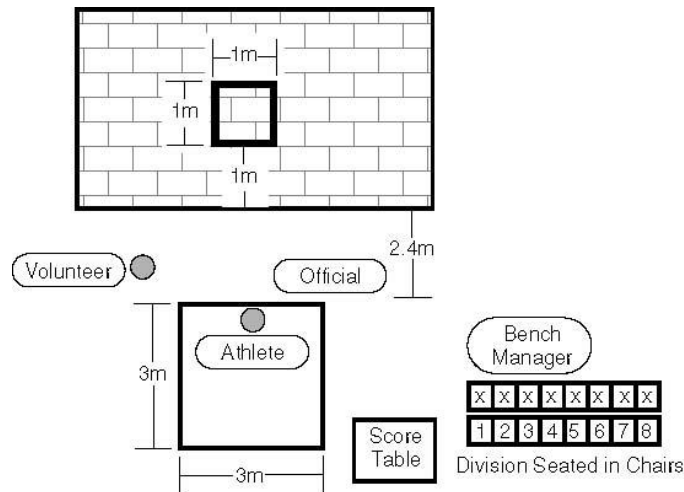
Level 1 Skills Minimum Standards: An athlete will need to have a minimum total score of 5 points or more in order to compete at the District/Regional Basketball Skills Competition. An athlete will need to have received a minimum score of 10 points or more in order to advance to the State Basketball Skills Competition.

SECTION A – GENERAL RULES

1. Uniform/Apparel
 - a. Athletes must wear flat rubber sole athletic shoes.
 - b. Shirts may not have any logos (i.e. professional team logos)
 - c. Shorts or sweatpants are acceptable competition bottoms. **NO DENIM.**

2. Individual Skills Level 1: Three events make up Level 1 Individual Skills Competition: Target Pass, 10 Meter Dribble or Speed 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.

- a. Event #1: Target Pass
- i. Purpose: to measure an athlete's skill in passing a basketball.
 - ii. Equipment: Two basketballs (for women's and junior division competitions, a smaller basketball, Size 6, which is 72.4 centimeters [28 1/2 in] in circumference and between 510–567 grams [18–20 oz] in weight may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.
 - iii. Description: A 1 meter (3 ft 3 1/2 in) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 ft, 3 1/2 in) from the floor. A 3 meter (9 ft, 9 in) square will be marked on the floor 2.4 meter (7 ft) from the wall. The athlete must stand within the square. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.
 - iv. Scoring
 1. The athlete receives three points for hitting the wall inside the square.
 2. The athlete receives two points for hitting the lines of the square.
 3. The athlete receives one point for hitting the wall but not in or on any part of the square.
 4. The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
 5. The athlete receives zero points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

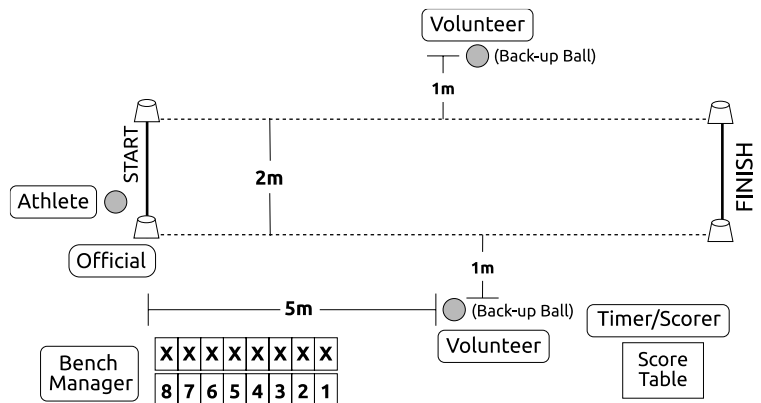


b. Event #2: 10m Dribble OR Speed Dribble

i. 10m Dribble

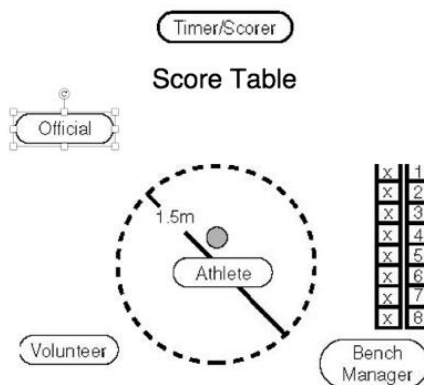
1. Purpose: to measure an athlete's speed and skill in dribbling a basketball.
2. Equipment: Cones, tape, ball, stopwatch
3. Description: The athlete begins from behind the start line and between the cones. The athlete starts dribbling and moving when the official signals. The athlete dribbles the ball with one hand for the entire 10 meter (32 ft 9 ¾ in). A wheelchair athlete must alternate, taking two 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 2 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).

CONVERSION CHART			
SECONDS	POINTS	SECONDS	POINTS
0 – 2	30	10.1 – 12	12
2.1 – 3	28	12.1 – 14	10
3.1 – 4	26	14.1 – 16	8
4.1 – 5	24	16.1 – 18	6
5.1 – 6	22	18.1 – 20	4
6.1 – 7	20	20.1 – 22	2
7.1 – 8	18	22.1 & Over	1
8.1 – 9	16	If not completed or fail to dribble	0
9.1 – 10	14		



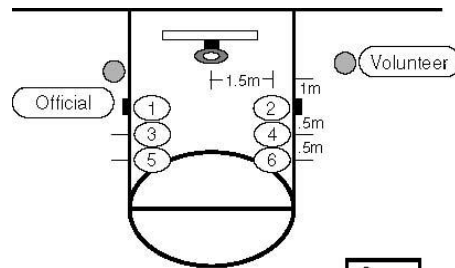
ii. Speed Dribble: Speed Dribble will be an alternate option from the 10-meter dribble. By adding Speed dribble as an option, it allows those athletes with mobility issues, Wheelchair, walker, canes, etc. or athletes under the age of 15 the option to select. The athlete must designate on their registration form which option they choose so that they are division accordingly.

1. Purpose:
2. Equipment:
 - a. Measuring tape
 - b. Floor tape or chalk
 - c. One basketball (for women's and junior division competitions a smaller basketball, size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510–567 gram [18–20 oz] in weight may be used).
 - d. Stopwatch
 - e. Counter
 - f. Whistle
3. Description:
 - a. Athlete may use only one hand to dribble.
 - b. Athlete must either be standing or be sitting inside the marked 1.5 diameter circle 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.



c. Event #3: Spot Shot

- i. Purpose: To measure an athlete's skill in shooting a basketball.
- ii. Equipment: Two basketballs (for women's and junior divisions competitions, a smaller basketball, Size 6, which is 72.4 centimeter [28 1/2 in] in circumference and between 510-567 gram [18-20 oz] in weight may be used as an alternative), floor tape or chalk, measuring tape and a 3.05 meter (10 ft) regulation basket with backboard (for junior division competitions, a 2.44 meter [8 ft] basket may be used as an alternative).
- iii. Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the basket. The athlete attempts two field baskets from each of six spots. The attempts are taken at spots #2, #4 and #6, and then at spots #1, #3 and #5. The spots are marked as follows:
 1. #1 & #2 = 1.5 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out.
 2. #3 & #4 = 1.5 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out.
 3. #5 & #6 = 1.5 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.
- iv. Scoring
 1. For every field basket made at spots #1 and #2, two points are awarded.
 2. For every field basket made at spots # 3 and #4, three points are awarded.
 3. For every field basket made at spots # 5 and #6, four points are awarded.
 4. For any shot attempt that does not pass completely through the rim but does hit either the backboard and/or the rim, one point is awarded.
 5. The athlete's score will be the sum of the points from all 12 shots.
 6. The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

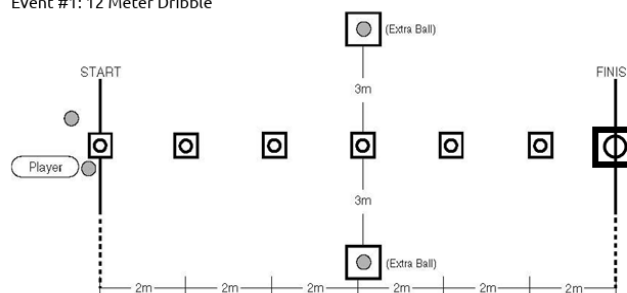


3. Individual Skills Level II: Three events make up the Level 2 Individual Skills Competition: 12 Meter Dribble, Catch & Pass and Perimeter Shooting. The athlete's final individual score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisioned 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.

a. Event #1: 12 Meter Dribble

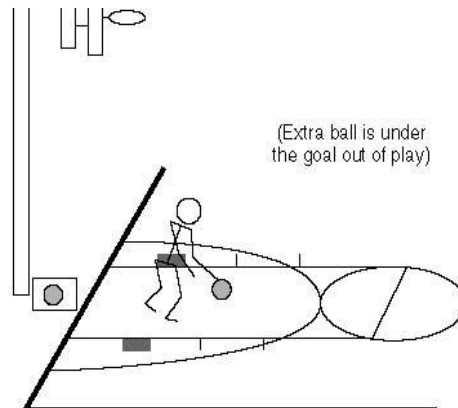
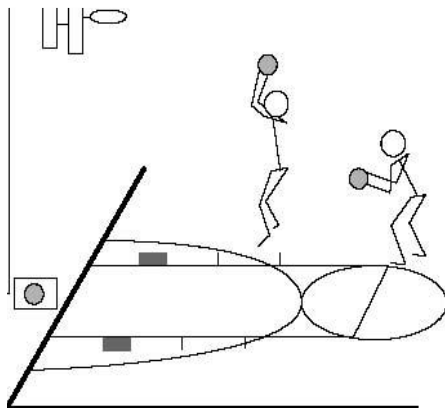
1. Purpose: to measure an athlete's speed and skill in dribbling a basketball.
2. Equipment: A basket, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
3. Description:
 1. A player is instructed to dribble the ball while passing alternately to the right and to the left of seven obstacles placed in a line, two meters apart, on a 12-meter course.
 2. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
 3. When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called.
 4. The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
 5. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
 6. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
4. Timing: 60 seconds for one trial.
5. Scoring: One point is awarded for every midpoint that the athlete crosses. The player must use legal dribbles and must have control of the ball in order to get credit for the midpoint of the cones being successfully passed. The player's score is how many cone midpoints that he/she successfully passes in 60 seconds.
6. Staging
 1. Volunteers administer the test and are not to interfere with any player who is competing. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds.
 2. Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

3.7.1 Event #1: 12 Meter Dribble



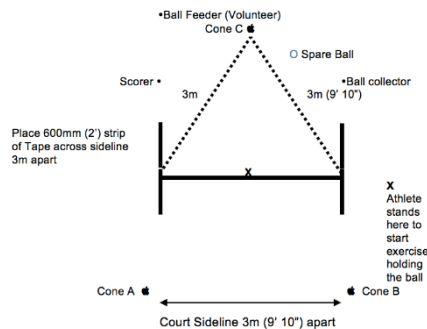
b. Event #2: Perimeter Shooting

1. Purpose: to measure an athlete's skill in shooting a basketball.
2. Equipment: Floor tape, six cones, and four basketballs, one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away.
3. Description
 1. A player stands anywhere along the free-throw line within the free throw circle.
 2. The player dribbles toward the rim and attempts a shot of his/her choice outside the 2.75 meter arc (9 ft). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
 3. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another shot.
 4. The player shall make as many shots as described above in one one-minute trial.
4. Timing: 60 seconds for one trial.
5. Scoring: Two points are awarded for each shot/basket made within the one-minute trial.
6. Staging
 1. Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
 2. Volunteer A will give a basketball to the player who will take the test signal by raising their arm that the test is about to begin and low a low whistle to indicate that the test has begun, and will count how many field baskets the player makes in one minute.
 3. Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.
 4. Each volunteer is to administer the test and manage the area only.



c. Event #3: Catch and Pass

1. Purpose: to measure an athlete's skill in passing and catching a basketball.
2. Equipment
 1. 3 Cones, 2 Basketballs, Floor Tape, Air horn/Whistle, Score Bench and Clock.
 2. Two strips of tape 600 millimeter (2 ft) long are laid across the court sideline three meters apart (9 ft 10 in) at Cones A & B. Cone C is laid out three meter from each end of the sideline forming a triangle.
 3. A small cross made of tape is laid in the middle of Cones A and B where the athlete stands holding the basketball ready to begin the exercise.
 4. The ball feeder stands behind Cone C.
 5. A spare ball is placed near Cone C.
3. Description
 1. On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
 2. As the player approaches or reaches, the end line the feeder passes the ball to the athlete to catch.
 3. The player **MUST** have at least **ONE** foot over the end line at the point of catching the ball.
 4. The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but both must be behind the line at the moment of passing the ball back to the feeder.
 5. When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass.
 6. The player continues passing, moving along the line and catching the ball for 60 seconds.
 7. A bounce pass maybe used with lower ability/less able athletes.
4. Timing: 60 seconds for one trial.
5. Scoring
 1. One point is scored for each good pass made to the feeder (the pass must be catchable).
 2. One point is scored for each good catch made by the athlete (i.e. no fumbles).
 3. The athletes must have the ball under control or no point can be scored.



- d. **FINAL SCORING:** THE ATHLETE'S FINAL SCORE FOR THE INDIVIDUAL SKILLS LEVEL 2 IS DETERMINED BY ADDING TOGETHER THE SCORES ACHIEVED IN EACH OF THE THREE EVENTS. USE THIS SCORE FOR THE QUALIFYING SCORE ON DISTRICT REGISTRATIONS.

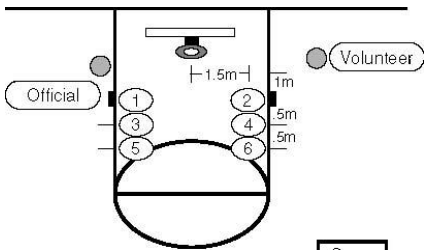
SCORECARD: LEVEL 1 (ages 8-15)

Basket: 10 foot
8 foot

Ball Size: Men's
Women's

Dribbling: 10m Dribble
Speed Dribble

SPOT SHOT
1 Point NO Basket BUT Ball hits backboard and/or rim



SUM OF
1 - 6

SIX TRIALS – TWO SHOTS PER SPOT

SPOT 2 – 2		SPOT 4 – 3		SPOT 6 – 4		SPOT 1 - 2		SPOT 3 - 3		SPOT 5 - 4	
Points for Made Basket		Points for Made Basket		Points for Made Basket		Points for Made Basket		Points for Made Basket		Points for Made Basket	

TARGET PASS	
3 Points	Hits wall inside square
2 Points	Hits lines of the square
1 Point	Hits wall (not in or on square)
0 Points	Ball bounces before hitting wall
*Extra 1 Point	Controlled catch of rebounding ball

SUM OF 1 -- 5

FIVE TRIALS – Four Points Maximum Per Trial

1		2		3		4		5	
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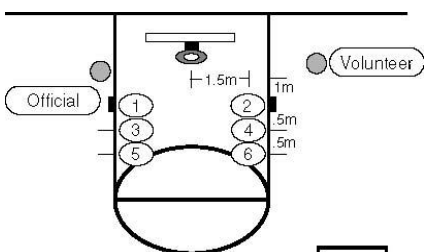
TEN METER DRIBBLE			
SCORING INSTRUCTIONS			
Minimum: 1 Point Penalty: 1 second for each illegal dribble. 60 second time trial. Take the BEST score of Trial #1 or #2.			
TRIAL #1		TRIAL #2	
CONVERSION TABLE			
Seconds	Points	Seconds	Points
0 – 2	30	10.1 – 12	12
2.1 – 3	28	12.1 – 14	10
3.1 – 4	26	14.1 – 16	8
4.1 – 5	24	16.1 – 18	6
5.1 – 6	22	18.1 – 20	4
6.1 – 7	20	20.1 – 22	2
7.1 – 8	18	22.1+	1
8.1 – 9	16	Incomplete	0
9.1 – 10	14		

SPEED DRIBBLE
Minimum: 1 point 1 point per dribble. 60 second time trial. One trial only.
POINTS

FINAL SCORE	
Spot Shot	
Target Pass	
10m Dribble OR Speed Dribble	
	=
SUM OF 3 SKILLS	

SCORECARD: LEVEL 1 (ages 16+)

SPOT SHOT
1 Point NO Basket BUT Ball hits backboard and/or rim



SUM OF
1 - 6

SIX TRIALS – TWO SHOTS PER SPOT

SPOT 2 – 2 <i>Points for Made Basket</i>		SPOT 4 – 3 <i>Points for Made Basket</i>		SPOT 6 – 4 <i>Points for Made Basket</i>		SPOT 1 - 2 <i>Points for Made Basket</i>		SPOT 3 - 3 <i>Points for Made Basket</i>		SPOT 5 - 4 <i>Points for Made Basket</i>	

TARGET PASS	
3 Points	Hits wall inside square
2 Points	Hits lines of the square
1 Point	Hits wall (not in or on square)
0 Points	Ball bounces before hitting wall
*Extra 1 Point	Controlled catch of rebounding ball

SUM OF 1 -- 5

FIVE TRIALS –Four Points Maximum Per Trial

1		2		3		4		5	
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TEN METER DRIBBLE			
SCORING INSTRUCTIONS			
Minimum: 1 Point Penalty: 1 second for each illegal dribble. 60 second time trial. Take the BEST score of Trial #1 or #2.			
TRIAL #1	TRIAL #2		
CONVERSION TABLE			
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5.1 – 6	22	18.1 – 20	4
6.1 – 7	20	20.1 – 22	2
7.1 – 8	18	22.1+	1
8.1 – 9	16	Incomplete	0
9.1 – 10	14		

SPEED DRIBBLE
Minimum: 1 point 1 point per dribble. 60 second time trial. One trial only.
POINTS

TOTAL POINTS	
Spot Shot	
Target Pass	
10m Dribble OR Speed Dribble	
	=
SUM OF 3 SKILLS	

SCORECARD: LEVEL 2

CATCH AND PASS	ONE TRIAL	
One point for each good pass One point for each good catch	Passes	Catches

POINTS

DRIBBLING	TRIAL
1 point each time athlete reaches midpoint between two cones.	1
One-Minute Trial	

POINTS

PERIMETER SHOOTING		TRIAL
2 Points Per Basket	One Minute Trial	1
After a made or missed shot, the athlete must dribble anywhere outside the arc before attempting another shot.		
If the athlete does not dribble out before taking a shot, the basket does not count and the athlete must return to original rebound spot and dribble out before taking the next shot.		

POINTS

TOTAL POINTS (Sum of all three events)