

Target Pass

- The athlete receives three points for hitting the wall inside the square.
- The athlete receives two points for hitting the lines of the square.
- The athlete receives one point for hitting the wall but not in or on any part of the square.
- The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
- 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.

Sum

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Ten-meter Dribble

Conversion Chart

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
11.1-12	11
12.1-14	10
14.1-16	8
16.1-18	6
18.1-20	4
20.1-22	2
Over 22	1

- 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 meters (32 feet 9 3/4 inches).
- 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 1.5 meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

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 (e.g., 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.
- 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).

Please record Time and Score for both trials

1

Time _____ Score _____

2

Time _____ Score _____

Best

OR

Speed Dribble

- Athlete may use only one hand to dribble.
- Athlete must either be standing or be 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.

Scoring

- Athlete receives one point per legal dribble within the 60 seconds.
- Counting stops and the event ends when the basketball rolls out of the circle for the third time.

Score

Spot Shot

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 = 1.5 meter (4 feet 11 inches to the left and right plus 1 meter (3 feet 3 1/2 inches) out.
- #3 & #4 = 1.5 meter (4 feet 11 inches to the left and right plus 1.5 meter (4 feet 11 inches) out.
- #5 & #6 = 1.5 meter (4 feet 11 inches to the left and right plus 2 meters (6 feet 6 3/4 inches) out.

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.

Sum

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____

Final Score

The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.