



RULES - BASKETBALL INDIVIDUAL SKILLS COMPETITION

LEVEL 1—LOW LEVEL

1. Target Pass

- ❖ *Description*— Athlete is given 5 attempts to pass a Jr. Or Women's basketball at a 1 meter (3.3') square marked on the wall. The bottom line of the square should be 1 meter from the floor. The ball must hit the wall on the fly to count as a legal pass. The athlete should stand behind a line 2 meters (6.5') away from the wall to pass.
- ❖ *Scoring*—Athlete receives 3 points each time the ball hits inside the square or on any part of the lines which form the square. The score is the total number of points after all 5 passes. No points are given if the pass is outside of the square or if the ball fails to reach the wall.

2. Field Goal Shooting

- ❖ *Description* - Athlete takes 2 shots with a Jr. or Women's basketball from each of the 6 hash marks around the key. Assign 2 points for spots 1 & 2 (closest to the basket); 4 points for spots 3 & 4 and 6 points for spots 5&6 (furthest from the basket). A total of 12 shots, in any order will be taken.
- ❖ *Scoring* - The score is the total number of points from all 12 shots.

3. 10 Meter Basketball Dribble

- ❖ *Description* - At the starting whistle, the athlete starts walking and dribbling the ball with 1 or 2 hands for a distance of 10 meters (33'), crossing the finish line. The athlete must dribble the ball without stopping. A Jr. or women's basketball will be used for this skill.
- ❖ *Scoring* - Athlete will be timed from the starting whistle until the ball and athlete cross the finish line. The athletes time is subtracted from 70 for the score.

4. Rebounding

- ❖ *Description* - The official tosses a Jr. or women's basketball above a 10' line on the wall. The athlete must catch the ball as it bounces off the wall before it hits the floor. The athlete is given 10 attempts to catch the ball.
- ❖ *Scoring* - The athlete will receive 2 points for each successful catch. No points are scored if the ball hits the floor before it is caught.

LEVEL 2 - INTERMEDIATE LEVEL

1. Pass

- ❖ *Description* - Athlete is given 5 attempts to pass a jr. basketball at a 1 meter (3.3') square marked on the wall. The ball must hit the wall on the fly to count as a legal pass. The bottom line of the square is 1.5 meters (5') from the floor. The athlete will stand behind a line 2 meters (6.5') away from the wall.
- ❖ *Scoring* - Athlete receives 3 points each time the ball hits inside the square or on any part of the lines which form the square. The score is the total number of points after all 5 passes. No points are given if the pass is outside of the square or if the ball fails to reach the wall.

2. Field Goal Shooting

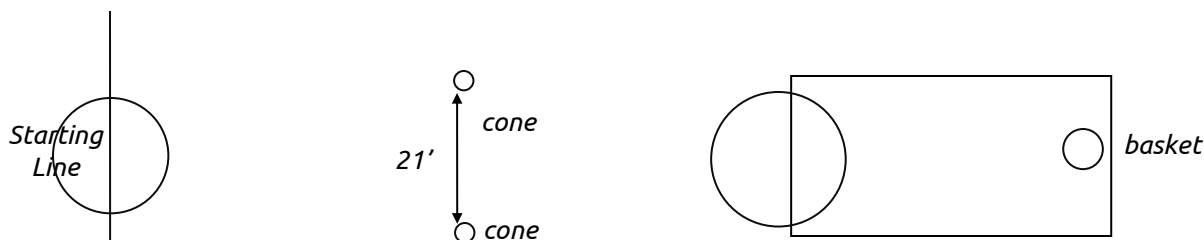
- ❖ *Description*— Athlete will take 1 shot from each of the 6 hash marks on the key. A jr. or women's basketball will be used.
- ❖ *Scoring*—Athlete receives 6 points for each successful basket from each hash mark. The score will be the total of the 6 shots.

3. Dribbling

- ❖ *Description*— Athlete will start dribbling the ball from the center circle @ halfcourt & dribble through 2 cones to end with a lay-up shot. Athletes may go either left or right to begin dribbling from the start.

- ❖ *Scoring*—Athlete will be timed from start to finish and that time will be subtracted from 30 to determine the score. 5 bonus points are awarded if the Lay-up is made.

LEVEL 2—DRIBBLING Diagram



4. Rebounding

- ❖ *Description*—The official tosses a junior or women’s basketball above a 10’ line marked on the wall. The athlete must catch the ball before it hits the floor. The athlete is given 10 attempts.
- ❖ *Scoring*—The athlete will receive 2 pints for each successful catch. No points are scored if the ball touches the floor before being caught.

LEVEL 3—HIGH LEVEL

1. Field Goal

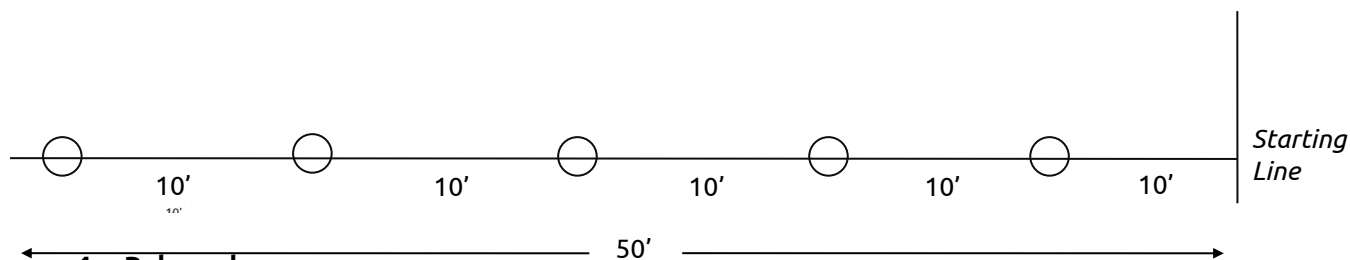
- ❖ *Description*— The athlete is instructed to shoot the ball at the goal, in any fashion, from any distance, for 30 seconds. The athlete will be given two 30 second trials.
- ❖ *Scoring* - One point is given for each basket the athlete makes during a 30 second trial. The best score of the 2 trials is counted as the athlete’s score.

2. Speed Pass

- ❖ *Description*—The athlete is instructed to pass the ball in any fashion against a wall for 30 seconds. The athlete stands behind a line marked 2.4 meters (8’) away from and parallel to the wall. The ball must hit the wall on the fly to count as a legal pass. The athlete passes the ball against the wall as many times as possible during the 30 second time period. The athlete is given two 30 second trials.
- ❖ *Scoring*—One point is given for each time the pass hits the wall in the air and is caught - either in the air or after one bounce - by the athlete. The best score of the 2 trials is counted as the athletes score.

3. Dribbling

- ❖ *Description*—The athlete is instructed to dribble the ball for 30 seconds while passing alternately to the right and left of 5 cones in a figure 8 fashion. The cones are placed in a straight line 3.1 meters (10’) apart on a 15.5 meter (50’) course. When the last cone in the line has been reached, the athlete will circle that cone and continue dribbling up and back through the cones until the 30 seconds has ended. The athlete is given two 30 second trials.
- ❖ *Scoring*—One point is given each time the athlete passes a cone as he/she dribbles up and down the course in a figure 8 pattern. The best score of the 2 trials is counted as the athlete’s score.



4. Rebound

- ❖ *Description*—The athlete is instructed to stand in front of a regulation backboard, either to the right or left of the rim and to pass the ball against the backboard. As the ball rebounds off the backboard, the athlete must jump into the air and catch the ball and return to the floor with it. An athlete will complete as many rebounds as possible in a 30 second time period. An athlete will be given two 30 second trials.
- ❖ *Scoring*—One point is given each time the athlete successfully rebounds the ball. To count as a legal rebound, the athlete must be in the air when he/she catches the ball off the backboard and must return to the floor with the ball. If the athlete cannot perform the skill correctly, no score is given. The best of 2 trials is counted as the athlete’s score.