Special Olympics Oklahoma

BASKETBALL SKILLS COMPETITION RULES

The Basketball Individual Skills Competition consists of three ability levels. Athletes should compete at the level that best matches their skill and ability.

General Notes

- Junior or women's basketballs are used for Levels 1 and 2.
- Athletes should compete only at the level that matches their ability.
- Safety, proper technique, and sportsmanship are expected at all times.

Level 1: Low Level

1. Target Pass

- Athlete makes **5 passes** at a 1-meter (3.3 ft.) square marked on a wall.
- Athlete stands **2 meters (6.5 ft.)** from the wall.
- Ball must hit the wall in the air to count.
- **Scoring:** 3 points for each pass that hits inside or on the square.

2. Field Goal Shooting

- Athlete takes **12 shots** (2 shots from each of 6 locations around the key).
- Point values:
  - Spots 1-2 = 2 points
  - Spots 3-4 = 4 points
  - Spots 5-6 = 6 points
- **Scoring:** Total points from all successful shots.

3. 10-Meter Dribble

- Athlete dribbles a basketball **10 meters (33 ft.)** without stopping.
- **Scoring:** Time is subtracted from 70 points.

4. Rebounding

- Official tosses the ball above a 10-foot mark on the wall.
- Athlete must catch the ball before it hits the floor.
- **10 attempts.**
- **Scoring:** 2 points for each successful catch.

Level 2: Intermediate Level

1. Pass

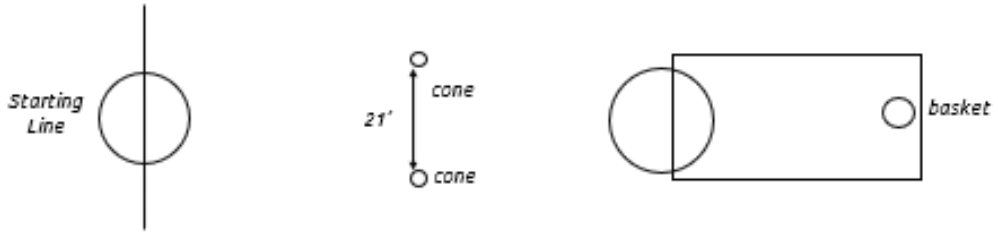
- Athletes make **5 passes** at a 1-meter square on the wall.
- Square is **1.5 meters (5 ft.)** from the floor.
- Athlete stands **2 meters (6.5 ft.)** away.
- **Scoring:** 3 points for each successful pass.

2. Field Goal Shooting

- Athlete takes **1 shot from each of 6 positions** around the key.
- **Scoring:** 6 points for each successful basket.

3. Dribbling and Lay-Up

- Athlete dribbles from half-court through 2 cones and finishes with a lay-up.
- **Scoring:** Time is subtracted from 30 points.
- **Bonus:** 5 points for a successful lay-up.



4. Rebounding

- Athlete catches a ball tossed above a 10-foot mark before it hits the floor.
- **10 attempts.**
- **Scoring:** 2 points for each successful catch.

Level 3: High Level

1. Field Goal Shooting

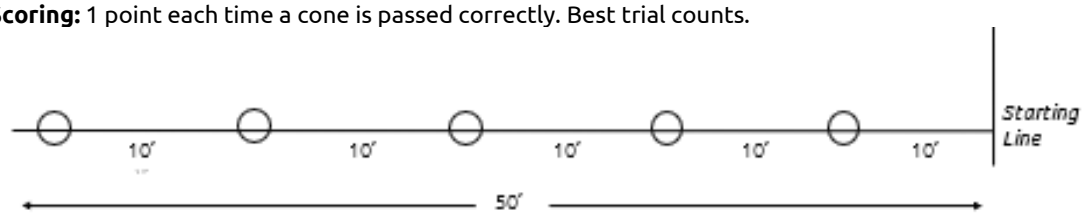
- Athletes shoot from any distance for **30 seconds**.
- Two trials are given.
- **Scoring:** 1 point per basket. Best trial counts.

2. Speed Pass

- Athlete passes the ball against a wall for **30 seconds** from 8 feet away.
- Ball must hit the wall in the air and be caught by the athlete.
- Two trials are given.
- **Scoring:** 1 point per successful pass and catch. Best trial counts.

3. Dribbling

- Athlete dribbles through **5 cones** in a figure-eight pattern for **30 seconds**.
- Two trials are given.
- **Scoring:** 1 point each time a cone is passed correctly. Best trial counts.



4. Rebounding

- Athlete throws the ball against a regulation backboard and rebounds it.
- Athlete must catch the ball while airborne and land with control.
- Two 30-second trials are given.
- **Scoring:** 1 point per successful rebound. Best trial counts.