

Event #1: Target Pass

Purpose: To measure an athlete's skill in passing a basketball.

Equipment: Two basketballs, flat wall, chalk or floor tape, and measuring tape.

Description: A 1.5 ft square is marked on a wall using chalk or tape. The bottom line of the square shall be 4 ft from the floor. A foul line will be marked on the floor 10 ft from the wall. The athlete must stand behind the line. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.

Scoring: 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 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.

Event #2: 100ft Dribble (50ft Back and Forth)

Purpose: To measure an athlete's speed and skill in dribbling a basketball.

Description: The athlete begins from behind the start line and between two cones. The athlete starts dribbling and moving when the official signals. The athlete dribbles the ball with either hand for the entire 50ft. The athlete then turns around and dribbles back for the entire 50ft. The athlete will **not** be penalized for picking up the ball when they turn around. 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 6ft 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. If the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball for an extended time, etc.) a significant time penalty will be added.

Points per time (in seconds):

0-4: 40	8.1-10: 34	14.1-16: 28	20.1-22: 22	26.1-28: 16	32.1-34: 10
4.1-6: 38	10.1-12: 32	16.1-18: 26	22.1-24: 20	28.1-30: 14	34.1-36: 8
6.1-8: 36	12.1-14: 30	18.1-20: 24	24.1-26: 18	30.1-32: 12	36.1 up: 6

Event #3: Spot Shot

Purpose: To measure an athlete's skill in shooting a basketball.

Description: Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim on the "blocks" on both sides. The next two "hashes" on each side will make up the other four spots. 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.

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 rim, one point is awarded. The athlete's score will be the sum of the points from all 12 shots.

Event #4: Free Throw (12ft) (Three feet in front of standard)

Purpose: To measure an athlete's skill in shooting a basketball from a 12ft free throw line.

Description: Two attempts at a free throw.

Scoring: Made shot worth 5 points a piece. The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the four events.