Basketball

Level 1 - Individual Skills Competition Score

Special Olympics Washington

Athlete Name: _____ Division: _____

Team Name: _____ **Grand Total (all 3 events)** ☐

Target Passing

- **Athlete stands in a 3-meter square on the floor and throws the ball at a 1-meter square on the wall.**

(0 Points) if the ball bounces before hitting the wall (1 Point) for hitting the wall or catching the ball upon its return
(2 Points) for hitting the line of square on wall (3 Points) for hitting inside the square on wall

Score all five attempts and add together for total score:

☐ + ☐ + ☐ + ☐ + ☐ = ☐ **Total**

1st Attempt	2nd Attempt	3rd Attempt	4th Attempt	5th Attempt
Max: 4 points	Max: 4 Points	Max: 4 Points	Max: 4 points	Max: 4 points

Max Total: 20 points

Spot Shot

- **Athlete will have 2 attempts at each spot for a total of 12 attempts.**

Total = ☐

(1 Point) For hitting the rim or backboard but the ball doesn't go in.
(2 Points) Spots 1 & 2 (3 Points) Spots 3 & 4 (4 Points) Spots 5 & 6

Score all 12 attempts and add together for total score:

Spot (2)	☐	+	☐	**Spot (4)**	☐	+	☐	**Spot (6)**	☐	+	☐
	Max: 2 Points		Max: 2 Points		Max: 3 points		Max: 3 Points		Max: 4 Points		Max: 4 Points
Spot (1)	☐	+	☐	**Spot (3)**	☐	+	☐	**Spot (5)**	☐	+	☐
	Max: 2 Points		Max: 2 Points		Max: 3 Points		Max: 3 Points		Max: 4 Points		Max: 4 points

Ten Meter Dribble

- **Athlete will be timed from start to finish. Distance will be set at 10 meters.**
- **A 1-second penalty will be added for each illegal dribble *(Double dribble or carries the ball)***
- **Athletes in a wheelchair must alternate two pushes followed by two dribbles for legal dribbling.**
- **Athlete must pick up ball after 10 meters and have it under control for time to stop**

Score 2 attempts. The best time is used to determine final score.
(Use Conversion Chart to compute scores)

☐ OR ☐ = ☐ **Total**

1st Attempt	2nd Attempt	
		Best Score Only

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 - 12	12
12.1 - 14	10
14.1 - 16	8
16.1 - 18	6
18.1 - 20	4
20.1 - 22	2
22.1 and over	1

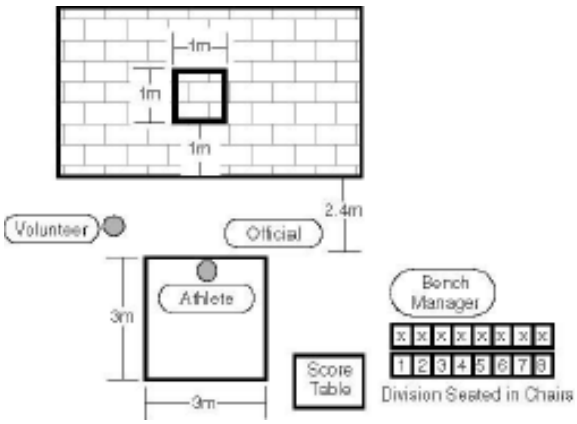
Basketball

Level 1 – Individual Skills Key Rules

Special Olympics Washington

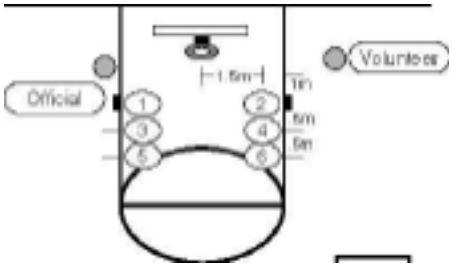
Target Passing

- 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.
- The max score per attempt is 4 points (a pass that hits inside the square and is caught upon return)



Spot Shot

- 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. The spots are marked as follows:
- #1 & #2 =1.5 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out.
- #3 & #4 =1.5 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out.



- #5 & #6 = 1.5 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.
- Start measurements from the middle of the rim of the hoop.
- One foot has to be touching the spot the athlete is shooting from. The athlete's body and other foot can't be any closer to the hoop.

Speed Dribble

- 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. **Both trials need to start at the Start Line!**
- Distance should be at 10 meters and the dribbling lane should be 2 meters wide.
- If the ball goes outside the 2 meter lane, the athlete (not the coach) can either pick up the nearest back-up basketball (staged at the 5 meter mark) or recover the errant ball to continue the event. The athlete will get to start again when they return to the place they lost the ball.
- Any travel, double dribble or carry will be a 1 second penalty added to the attempt.
- 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 the place.