



WASHINGTON SPECIAL OLYMPICS BASKETBALL INDIVIDUAL SKILLS COMPETITION



NAME _____	TEAM NAME _____
AGE _____ SEX _____	DIVISION _____

PRELIMINARIES FINALS GRAND TOTAL _____

TARGET PASS

*ATHLETE WILL STAND IN A 3 M SQUARE AND THROW THE BALL AT A 1 M SQUARE ON THE WALL
 3 PTS FOR HITTING INSIDE 1 M SQUARE 2 PTS FOR HITTING THE LINE
 1 PT FOR HITTING THE WALL OR CATCHING THE BALL 0 PTS IF THE BALL BOUNCES BEFORE HITTING THE WALL

SCORE ALL FIVE ATTEMPTS

+ + + + =

SPOT SHOT

*12 ATTEMPTS WITH TWO ATTEMPTS AT 6 DIFFERENT SPOTS
 SPOT 1 AND 2 = 2 POINTS SPOT 3 AND 4 = 3 POINTS
 SPOT 5 AND 6 = 4 POINTS 1 POINT FOR HITTING RIM OR BACKBOARD BUT NOT GOING IN THE BASKET

SCORE ALL 12 ATTEMPTS

SPOT 1 AND 2 + + +

SPOT 3 AND 4 + + + =

SPOT 5 AND 6 + + +

TEN METER DRIBBLE

*ATHLETE WILL BE TIMED FROM START TO FINISH OF 10 METERS
 *A 1 SECOND PENALTY WILL BE ADDED FOR EACH ILLEGAL DRIBBLE (DOUBLE DRIBBLE OR CARRIES THE BALL)
 *A WHEELCHAIR ATHLETE MUST ALTERNATE TWO PUSHES FOLLOWED BY TWO DRIBBLES FOR LEGAL DRIBBLING.

SCORE TWO ATTEMPTS - CONVERT THE TIMES ON THE CONVERSION CHART
 THE BEST TIME IS USED TO DETERMINE FINAL SCORE
 SEE THE CONVERSION CHART ON RIGHT SIDE TO COMPUTE SCORE

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

TRIAL #1 TRIAL #2 CONVERTED SCORE =