

# Special Olympics Northern California and Nevada

## Basketball



## 2006 Guidelines & Rules



**Special Olympics**  
*Northern California & Nevada*



# **TABLE OF CONTENTS**

**SPECIAL OLYMPICS MISSION**

**SONC / SONV PLAYS BY THE RULES**

**SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA COACHES CODE OF CONDUCT**

**SPECIAL OLYMPICS NORTHERN CALIFORNIA ATHLETES' CODE OF CONDUCT**

**DIVISIONING CRITERIA**

**SONC / SONV BASKETBALL RULES AND REGULATIONS**

Section A - General Rules

Section B - Official Events

Section C - Divisions

Section D - Uniforms

Section E - Equipment

Section F - Game Roster

Section G - The Game

Section H - Violations

Section I - Players and Substitutes

Section J - Fouls and Penalties

Section K - Officials and Their Duties

Section L - Coaches and Their Responsibilities

Section M – Tie - Breakers

Section N - Individual Skills Contest

Section O - Basketball Skills Assessment (BSAT)

# **SPECIAL OLYMPICS**

## **MISSION STATEMENT**

**The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.**

## ***Training For Life***

### **SONC / SONV PLAYS BY THE RULES.....**

**All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of rules for each sport offered in our program. These rules are designed to protect the Athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.**

# Special Olympics Northern California and Nevada

## COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympic Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California that the coach shall:

### RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

### ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

### ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes in my care.

## **QUALITY SERVICE TO THE ATHLETES**

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s).

## **HEALTH AND SAFETY OF THE ATHLETES**

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of SONC / SONV Athletes or SONC / SONV Program, Special Olympics Northern California and Nevada may:

1. Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. Ban the coach or organization from participation in SONC / SONV indefinitely

# Special Olympics Northern California and Nevada

## ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

### SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

### TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

### RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

# **DIVISIONING CRITERIA**

## **(DEVELOPED BY SONC / SONV BASKETBALL SMT)**

### **LEVEL 1**

Competitive on High School level--could participate on this level

#### **Ability Level Indicators:**

Very high natural athletic ability in sports

Very good cognitive skills

Reacts extremely quickly & with speed to movement of basketball – switches quickly from offense to defense

Understands and plays offensive positions, switches and picks

Understands and plays man-to-man and/or zone defense, plays full court press (knows when to use and how to play)

Understands and plays by rules: traveling, double dribble, 3 second free throw lane, 10 seconds in backcourt, backcourt/frontcourt

Understands and sets up properly for free throws, jump balls, throw-ins

Can make move to shoot while closely guarded

Makes good lead passes around opponents

Moves to open space to receive pass

Dribbles around opponents using body to shield basketball

Catches rebounds while in air, blocks out opponents when preparing to rebound

Plays defense between opponent and basket, anticipates opponent's pass

### **LEVEL 2**

- Good understanding of rules--at least top 5 players
- Better athletes--physical ability
- Can play by High School rules

#### **Ability Level Indicators:**

Good natural athletic ability.

Good cognitive skills

Reacts fairly quickly after fraction of second to movement of ball, switches after fraction of second from offense to defense

Understands and plays several offensive positions

Understands and plays man-to-man and/or zone defense, plays full court press and understands when to use

Understands and plays by most rules: traveling, double dribble, 3 second free throw lane, 10 seconds in backcourt, backcourt/frontcourt

Understands and sets up properly for free throws, jumps balls, throw-ins

Can make move to shoot while guarded

Makes lead passes around opponents

Moves to open space to receive pass as ball is passed

Dribbles around opponents using body to shield basketball

Sometimes catches rebounds while in air, occasionally blocks out opponents when preparing to rebound

Plays defense between opponent and basket

### **LEVEL 3**

- Basic understanding of rules
- Ability to dribble
- On starting team, typically 2-4 good players
- Most players know where to go and where to be
- Understand concept of lane violation

- Understand fouls—body contact
- Division 3 High—good fundamentals
- Division 3 High—Pretty Good Team Concept
- Division 3 Low—Basic Team Concept

**Ability Level Indicators:**

Limited natural athletic ability and/or cognitive skills  
 Reacts slowly to movement of ball, switches slowly from offense to defense  
 Understands and plays 1 offensive position  
 Plays zone defense, certain individuals play full court press  
 Plays by some rules: traveling and double dribble are a common occurrence, does not understand 3 second free throw lane, 10 seconds in backcourt, backcourt/frontcourt  
 With some assistance sets-up for free throws, jump balls, throw-ins  
 Shoots anytime and anywhere when not guarded  
 Passes to teammates whether they are open or not  
 Doesn't move to open space until ball is passed there  
 Dribbles around opponents sometime using body to shield basketball  
 Catches rebounds with feet on ground, doesn't block out opponents when preparing to rebound  
 Plays defense but not always between opponent and basket

**LEVEL 4**

- Slightly better ability to dribble, but will see shuffles, double dribbles, etc.
- Limited concept of rules
- Pass ball only to get rid of ball
- Higher level 4 passing ability
- 1 or maybe 2 players stand or score all points
- Low understanding of fouls
- Limited Team Concept

**Ability Level Indicators:**

Extremely limited natural athletic ability and/or cognitive skills  
 Some athletes don't react to movement of ball, switches slowly from offense to defense when told to  
 Plays 1 offensive spot  
 Plays a spot (as opposed to a zone) on defense, doesn't take ball held by opponent, may get ball just laying on court  
 Plays by a few rules, just a few dribbles taken over the length of the court, does not understand 3 second free throw lane, 10 seconds in backcourt, backcourt/frontcourt  
 With full assistance sets-up for free throws, jump balls, throw-ins  
 Shoots only when close to basket and not guarded  
 Occasionally passes when told to  
 Hard to catch passes, usually have to go retrieve loose ball  
 Dribbles/walks through opponents  
 Catches rebounds after ball had hit ground a few times, doesn't necessarily know who opponent is or how to block out  
 Defense usually plays as statues

**LEVEL 5**

- All players--limited ability to dribble & low understanding of rules
- No team concept
- If only one really good player dominates the game, you could still possibly be a Division 5 team.

**Utilizing the individual skills assessment will assist you in determining the level of play for each Athlete. However keep in mind Basketball is a team sport and teams will be divisioned based on total team composition.**

**USE THE ABOVE CRITERIA KEEPING YOUR FIVE BEST PLAYERS IN MIND.**

# SONC / SONV RULES AND REGULATIONS

The Official Special Olympics Rules shall govern all Special Olympics Basketball competitions. As an International sports program, Special Olympics has created these rules based upon The National Federation of High School Rules (NFSHS) for Basketball. NFSHS rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

## SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH TEAM IS REQUIRED TO PLAY ALL TEAM MEMBERS IN EVERY GAME PLAYED.
3. EACH TEAM IS REQUIRED TO PLAY AT LEAST THREE (3) GAMES PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP. THEY MUST PARTICIPATE IN A REGIONAL EVENT.

## SECTION B - OFFICIAL EVENTS

The following are Official Basketball Events offered by SONC / SONV:

1. Traditional 5-A-Side
2. Individual Skills Competition
3. **Unified® Sports Team Competition (Modifications – determined by traditional levels.)**

## SECTION C - DIVISIONS

1. Competitors in basketball will compete in one of four age groups:
  - a) Junior: ages 15 and under
  - b) Senior: ages 16-21
  - c) Masters: ages 22 and over
  - d) Open Age Group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division.
2. Within these FOUR age groups, there will be five Levels:  
**MALE AND FEMALE**  
**Level 1 - Regulation Rules**  
**Level 2 - Regulation Rules**  
**Level 3 - Regulation Rules**  
**Level 4 - Adaptive Rules**  
**Level 5 - Adaptive Rules**
3. Players under the age of 16 may play on a senior team, but players age 16 or over may not play on a junior team.
4. Divisions will be established according to ability.
5. All coed teams will compete in male divisions based on the age of the oldest athlete on the team. Every effort will be made to provide appropriate competition.

## SECTION D - UNIFORMS

**In instances of uniform violations, NFSHAA rules will be enforced.**

1. All players must wear numbered uniforms. Only the digits 0-5 should be used with the highest possible number being 55.
2. All players should wear **flat** gym, court, or tennis shoes. Encourage your players not to wear black soft sole shoes, as they will leave black marks on the court. All members of a team must wear the same color uniform. **If a T-shirt is worn under a tank top, it should be the same or a similar color.**

3. **No undergarments or tights, which extend below the pants will be allowed.** Except-compression shorts which are unadorned and a single color similar to the predominant color of the pants (NFSHSA Rule). Players will be asked to remove undergarments deemed illegal by the officials and our Tournament Directors.
4. Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place.
5. No jewelry, head bands or head decorations are allowed.

## SECTION E - EQUIPMENT

1. Special Olympics Basketball calls for the use of NFSHSA standard basketball equipment including the regulation basketball, baskets, and basket heights.
2. A smaller basketball (28 ½" in circumference and between 18-20 oz. in weight) **WILL** be used for **BOTH** women's and junior competition. A standard size ball shall be used for all other divisions.
3. All levels and divisions will play with a regulation 10 ft. goal.

## SECTION F - GAME ROSTER

1. All team members must be listed on the Official Team Roster. **Regional Event Rosters will be considered official team rosters. They will be utilized for the Program Championship.**
2. All team members and coaches must be listed in the scorebook and available to the official scorekeeper and opposing team. Failure to list a roster player in the official scorebook will result in a technical foul. **In Unified play, the team must have an adult non-playing coach responsible for the line-up and conduct of team during play.**
3. A team must have at least five players to start a game with a maximum roster size of ten. **In Unified play, the roster may include up to 6 athletes and 4 partners.**
4. **TEAM ROSTERS ARE CONSIDERED FROZEN WHEN SUBMITTED TO THE REGIONAL EVENT. THE PROGRAM OFFICE MUST APPROVE ANY REQUESTS FOR A ROSTER CHANGE.**

## SECTION G - THE GAME

1. In cases not specifically covered by the rules in this manual, the National Governing Body of rules will govern. (National Federation of State High School Associations, NFSHSA).
2. The Games Rules Committee shall make all final decisions.
3. **Levels (1, 2, & Unified) – Games will consist of up to four eight (8) minute quarters. The event will determine the length of game, due to time constraints and number of courts and facilities. The clock will run as follows:**

*Levels (1, 2, & Unified) – The clock will run just as it does in regular high school play -time will stop on all dead ball situations.*

4. **Levels (3, 4, & 5) - games will consist of up to four eight (8) minute quarters. The event will determine the length of game, due to time constraints and number of courts and facilities. The clock will run as follows:**

*Levels (3, 4, & 5) - The clock will be a running clock except for shooting fouls and the last two minutes of the second and fourth quarters. During these final two minutes the clock will stop at all dead ball situations. There will be a one-minute break between the first and the second quarter and between the third and the fourth quarter.*

5. A ten-minute half-time will be called between the second and third quarters.
6. Each team is entitled to four time-outs during a regulation game. Unused time-outs accumulate and may be used at any time. Each team is entitled to one extra time-out during each extra period.
7. Overtime periods will be two minutes in duration with clock stopped at all dead ball situations.
8. Players must report to the scorer's table and must wait for the referee to motion them onto the court.

## SECTION H - VIOLATIONS

1. **Levels 1, 2 and 3** - Fouls and violations will be called in accordance with NFSHSA standards.

2. **Levels 4 and 5** - Calling of fouls and violations will be relaxed for the lower division games. The following modifications will be allowed:
  - a) The three-second lane will be eased. Officials will look at whether or not a player is gaining an advantage.
  - b) Players will be allowed continuous on or two hand dribbles with minimal hesitation. Once the ball is picked up and held, the player must shoot or pass. **An attempt to dribble again will be a violation.**
  - c) Players will be allowed two extra steps in starting or stopping a dribble. A stationary player will be allowed to shuffle his/her feet as long as no offensive advantage is gained.
  - d) Backcourt pressure will **NOT** be allowed. The defensive team must retreat to mid-court without attempting defensive resistance. Any attempt to guard an offensive player prior to crossing half court will be considered pressing. The referee will stop play and give a warning to the defensive team. Each team will be allowed two warnings per half. A third violation will result in a technical foul.
  - e) A player may be allowed to shuffle his/her feet while holding the ball without changing position on the court.
  - f) **A player may take steps beyond what is allowable. However, if the player scores or escapes the defensive pressure as a result of these extra steps, an advantage has been gained. Therefore, a violation is called immediately.**

## SECTION I - PLAYERS AND SUBSTITUTES

1. A team must start the game with five players. **In Unified Team play the team must have 3 Athletes and 2 partners at all times during the game.**
2. The roster turned into the Program office must consist of at least five players and no more than ten. Ten players will be the maximum number of players a team may bring to the Regional Event and the Program Championship. If the manager is a registered Special Olympic Athlete, he/she must be dressed as a team manager. For example, a similar color shirt as coaches.
3. Substitutions may be made any time the referee's whistle is blown to stop play, during time-outs or prior to the beginning of a quarter. Substitutes will report to the scorer who will then notify the referee of substitutions.
4. The coach must submit to the official scorekeeper must their line-up, at least ten minutes prior to the scheduled game time.
5. **Each team is required to play all team members in every game played.**

## SECTION J - FOULS AND PENALTIES

1. Each player will be allowed five fouls per game. The fifth foul will result in removal of that player from the game.
2. The one-and-one bonus free throw situation will be in effect on the seventh team foul of each half. On the tenth foul, 2 free throws will be taken. **\* In the Junior Divisions, the free throw line will be moved closer to the goal. The distance will be 18 inches closer.**
3. Technical fouls will be assessed for unsportsmanlike conduct by any coach, player, team attendant or follower. Technical fouls committed by a player shall result in one free throw. If bench personnel commit the technical foul, the offended team is awarded two free throws. If the foul is flagrant (violent, vulgar, or abusive), two free throws shall be awarded and the offender shall be ejected from the game. Any third technical foul for the above reasons is considered a flagrant foul and will be treated as such.
4. The game will be forfeited when a team fails to report for play within 10 minutes past the scheduled game time.

**\* THERE ARE NO ADAPTATIONS ON FOULS. FOULS WILL BE CALLED IN ALL DIVISIONS.**

## SECTION K - OFFICIALS AND THEIR DUTIES

1. Referees shall have the power to make all decisions on any point not specifically covered in the rules.
2. The referee shall toss the ball just above the heads of the two centers at the **start** of the game and any **overtime periods** only. All other jump ball situations will be administered with the alternate possession rule, beginning with the team that failed to control the jump ball at the start of the game. The official scorer is responsible for keeping track of alternate possessions.

## SECTION L - COACHES AND THEIR RESPONSIBILITIES

1. Coaches shall remain within the designated “coaches’ box” while the game is in progress.
2. In all 5 Division games, coaches will be allowed to accompany a player to the scorer’s table when substituting.
3. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also high school basketball rules. The National Governing Body of rules for Special Olympics Basketball is **National Federation of State High School Associations, (NFSHSA)**. To acquire your own NFSHSA Rules Book, write to:

**NFSHSA**  
 11724 NW Plaza Circle  
 P.O. Box 20626  
 Kansas City, MO 64195-0626  
 (816) 464-5400

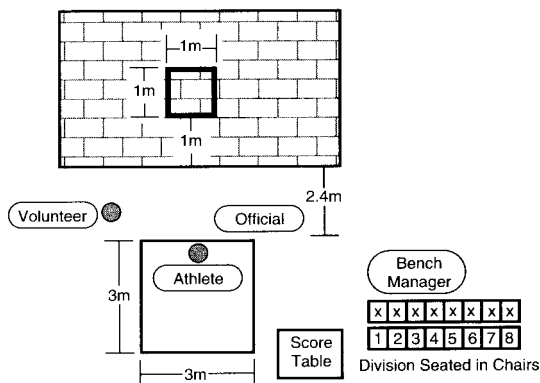
## SECTION M – TIE BREAKERS: In Order

1. In case of a tie for awarding purpose, divisioning games, or seeding for medal play, the following procedures will take place:
  - A. **Head to head competition results (with (2) teams only)**
  - B. **Lowest total defensive points allowed in all games played that count towards the standings. (no divisioning or play games)**
  - C. **Games Rules Committee will make final decision on outcome of the tie.**

## SECTION N – INDIVIDUAL SKILLS CONTEST (ISC)

- This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
- Three events comprise the Individual Skills Contest: Target Pass, Ten Meter Dribble, and Spot Shot.
- The athlete’s final score is determined by adding the scores achieved in each of these three events.
- Athletes will be pre-divisioned according to their total scores from these three events.
- Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

### ISC Event #1: Target Pass



1. Purpose

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

2. Equipment

Two basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510-567 grams [18-20 ounces] in weight) may be used as an alternative, flat wall, chalk or floor tape, and measuring tape.

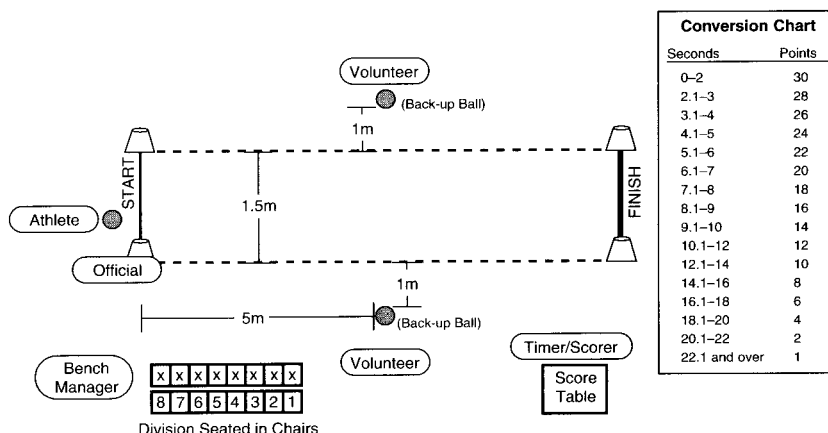
3. Description

- A 1m (3'3 1/2") square is marked on a wall using chalk or tape.
- The bottom line of the square of the line shall be 1m (3'3 1/2) from the floor.
- A 3m (9'9") square will be marked on the floor and 2.4m (7") 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.

4. Scoring

- The athlete receives 3 points for hitting the wall inside the square.
- The athlete receives 2 points for hitting the lines of the square.
- The athlete receives 1 point for hitting the wall but not in or on any part of the square.
- The athlete receives 1 point for catching the ball in the air or after one or more bounces while standing
- The athlete receives 0 points if the ball bounces before hitting the wall.
- The athlete's score will be the sum of the points from all five passes.

**ISC Event #2: Ten-meter Dribble**



1. Purpose

To measure an athlete's speed and skills in dribbling a basketball.

2. Equipment

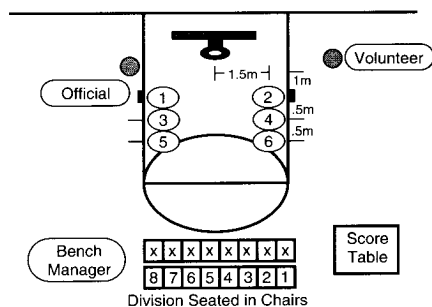
Three basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510-567 grams [18-20 ounces] in weight) may be used as an alternative, four traffic cones, floor tape or chalk, measuring tape, and stopwatch.

3. Description

- The athlete begins from behind the start line and between the cones.
- The athlete starts dribbling and moving when the Official signals.
- The athlete dribbles the ball with one hand for the entire 10m (32'9 3/4).
- A wheelchair athlete must alternate taking 2 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 1.5m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.
4. 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.
  - A one-second penalty will be added every time the athlete illegally dribbles (i.e. two-hand dribbles, carries the ball, etc.).
  - 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.
  - 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 place.)

**ISC Event #3: Spot Shot**



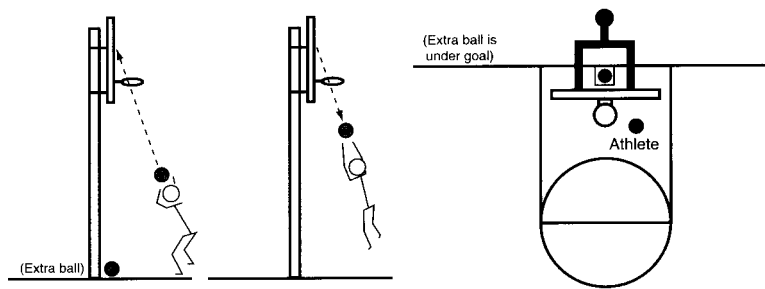
1. Purpose  
To measure an athlete’s skill in shooting a basketball.
2. Equipment  
Two basketballs (for women’s and juniors division competitions, a smaller basketball of 72.4 centimeter’s [28 1/2 inches] in circumference and between 510-567 grams [18-20 ounces] in weight) may be used as an alternative, floor tape or chalk, measuring tape and a 3.05m (10 feet) regulation goal with backboard (for junior division competition, a 2.44m [8 feet] goal may be used as an alternative).
3. Description
  - Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
    - #1 & #2 = 1.5m (4’ 11” to the left and right plus 1m (3’ 3 1/2”)) out.
    - #3 & #4 = 1.5m (4’ 11” to the left and right plus 1.5m (4’ 11”)) out.
    - #5 & #6 = 1.5m (4’ 11” to the left and right plus 2m (6’ 6 3/4”)) out.
  - 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.
4. 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 ring, one point is awarded.
  - The athlete’s score will be the sum of the points from all 12 shots.

*The athlete’s final score for the Individual Skills Contest is determined by adding together the scores*

*achieved in each of the three events.*

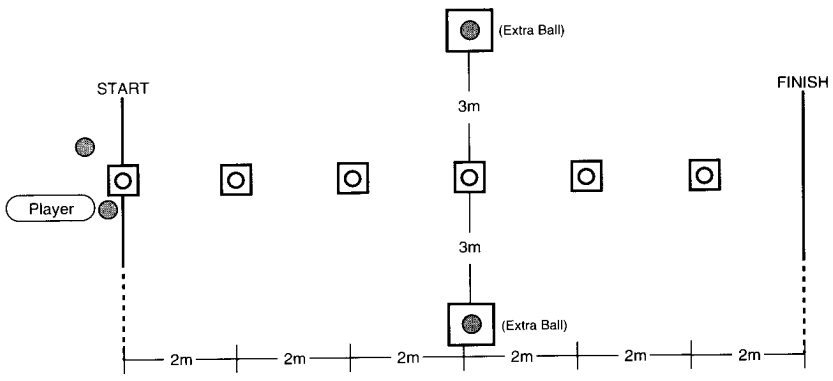
## SECTION O – BASKETBALL SKILLS ASSESMENT (BSAT)

### BSAT - Rebounding



1. Set-up  
A goal and two basketballs - one that the athlete is provided initially, another that is for back up in case the basketball rebounds away.
2. Test
  - Time: 30 seconds for each of two trials.
  - A player stands in front of the backboard, either to the left or right of the ring.
  - That player passed the ball against the backboard.
  - As the ball rebounds from the backboard, the player jumps into the air and catches the ball.
  - The ball must be caught in the air while the athlete is also in the air.
  - The player can return the ball to the backboard while in the air, or the player can return to the floor before returning the ball to the backboard.
  - The player shall complete as many rebounds as described above in each of two, 30-second trials.
  - If the ball bounces away, the clock continues to run.
  - The player can recover the errant ball or can pick up the back-up ball to continue the trial. This back-up ball is provided directly under the goal on the endline and out of play.
3. Scoring  
One point is awarded each time the player catches the ball which has rebounded from the backboard and while the player is off the floor. The best trial of the two trails is used.
4. Staging  
Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrated the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: "Ready, Go," and will count how many rebounds the player makes in 30 seconds. Volunteer B who is standing behind the extra ball will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score. **Each volunteer is to administer the test and manage the area only.**

### BSAT - Dribbling



### Set-up

An area of the basketball court (preferably along a side-line or down the center line), six cones, floor tape, and four basketballs - one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.

#### 1. Test

Time: 60 seconds for one trial.

A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters (6'6 3/4") apart, on a 12-meter course. The player can start to the right or to the left of the first obstacle but must pass each obstacle alternately, thereafter. When the last obstacle is passed and the FINISH line reached, the player puts the ball down, sprints back to the START for the next ball, and repeats the slalom. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

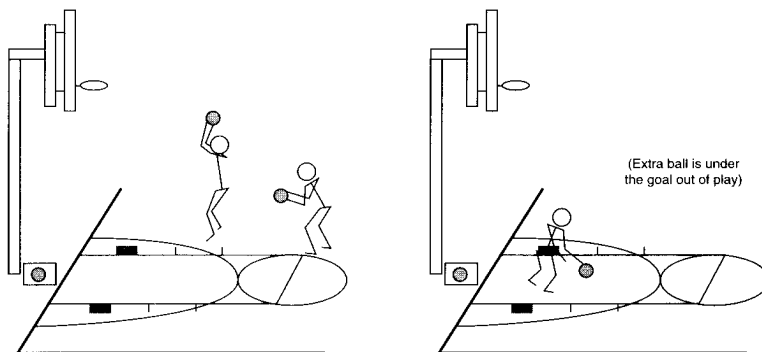
#### 2. Scoring

One point is awarded each time the midpoint between two obstacles is crossed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed.) The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.

#### 3. Staging

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrated the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: "Ready, Go," and will count how many cones the player passes in 60 seconds. Volunteers B and C who are standing behind the extra balls will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. **Each volunteer is to administer the test and manage the area only.**

### BSAT - Perimeter Shooting



#### 1. Set-up

A goal, the official NGB free throw lane, floor tape, and two basketballs - one that the athlete is provides initially, and another that is for back up in case the basketball rebounds away.

#### 2. Test

Time: one trial of two minutes.

- A player stands at the juncture of the free-throw line and lane, either to the left or right.
- The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter (9') arc. This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. (This arc intersects with the free-throw restraining circle.)

- The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
  - The player shall make as many field goals as described above in one two-minute trial.
3. Scoring  
Two points are awarded for each field goal made within the two-minute trial.
4. Staging  
Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: “Ready, Go,” and will count how many field goals the player makes in two minutes. Volunteer B who is standing behind the extra ball will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete’s score. **Each volunteer is to administer the test and manage the area only.**