

## SOBC – BASKETBALL INDIVIDUALS SKILLS CONTEST

### EVENT ONE – TARGET PASS

#### Equipment

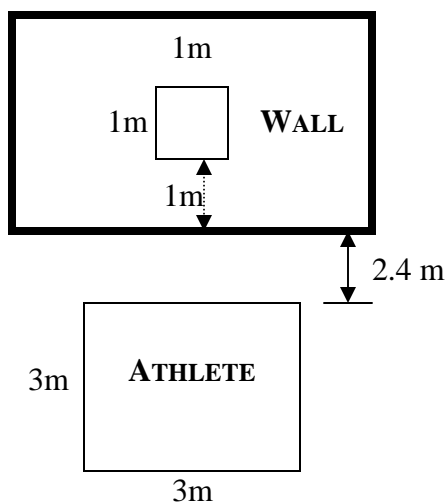
- 2 basketballs, flat wall, chalk or floor tape, and measuring tape.

#### Description

- A 1 meter (3 feet 3 ½ inches) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meters from the floor. A 3 meter (9 feet 9 inches) square will be marked on the floor 2.4 meters (7 feet) from the wall. The athlete must stand within the square. The athlete is given five passes.

#### Scoring

- The athlete's score will be the sum of the points from all five passes.
  - a) The athlete receives three points for hitting the wall inside the square.
  - b) The athlete received two points for hitting the lines of the square.
  - c) The athlete receives one point for hitting the wall but not in or on any part of the square.
  - d) The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
  - e) The athlete receives zero points if the ball bounces before hitting the wall.



## EVENT TWO – TEN METER DRIBBLE

### Equipment

- 3 basketballs, 4 traffic cones, floor tape or chalk, measuring tape and a stopwatch.

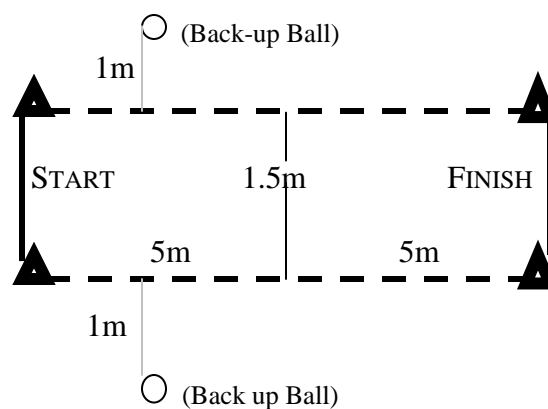
### Description

- 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 10 meters (32 feet 9 ¾ inches). 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 meter 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.
- A one-second penalty will be added every time the athlete illegally dribbles (e.g., 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).

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	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1	01



## EVENT THREE – SPOT SHOT

### Equipment

- 2 basketballs, floor tape or chalk, measuring tape and a 3.05 meter (10 feet) regulation goal with backboard.

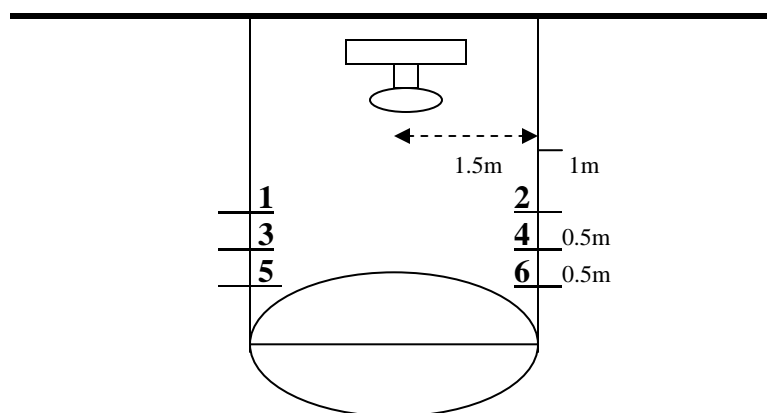
### Description

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 and #2 = 1.5 meters (4 feet 11 inches) to the left and right plus 1 meter (3 feet 3 ½ inches) out.
- #3 and #4 = 1.5 meters (4 feet 11 inches) to the left and right plus 1.5 meters (4 feet 11 inches) out.
- #5 and #6 = 1.5 meters (4 feet 11 inches) to the left and right plus 2 meters (6 feet 6 ¾ inches) 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.

### 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.



## **EVENT FOUR – SPEED DRIBBLE**

### **Equipment**

- 1 basketball, measuring tape, floor tape or chalk, stopwatch, counter, whistle.

### **Description**

- Mark a circle with a 1.5 meter (4 feet 11 inches) diameter. Athlete stands in circle. Athlete starts and stops dribbling at the sound of the whistle. There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period. Athlete must stay in the designated circle while dribbling and may use only one hand to dribble. If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.

### **Scoring**

- The athlete receives one point per legal dribble within the 60 seconds. Counting stops and the event end when the basketball rolls out of the circle for the third time.

