

Level 2 Basketball Skills Information

This document is created to be a user-friendly resource to explain the Level 2 Individual Skills that will be introduced in 2024 regional and state competitions. This will be an event in addition to the Level 1 skills (Target Pass, Spot Shot, 10-Meter Dribble) that have been, and still will be, available at competitions.

Official rules from SOI can be found via the [SOI Basketball Rulebook](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Skills-Competition-Basketball-Rules-2022-v2.pdf) (If viewing this document via print, the URL is as follows: <https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Skills-Competition-Basketball-Rules-2022-v2.pdf>).

Three events make up the Level 2 Individual Skills competition:

- Catch and Pass
- 12-Meter Dribble
- Perimeter Shooting

The athlete's final score is determined by adding together the scores achieved in each of these three events. In each event, the athlete will have two attempts. When calculating the final scoring, the higher of the two attempt scores will be used.

The scoresheet used at competition will consist of these items:

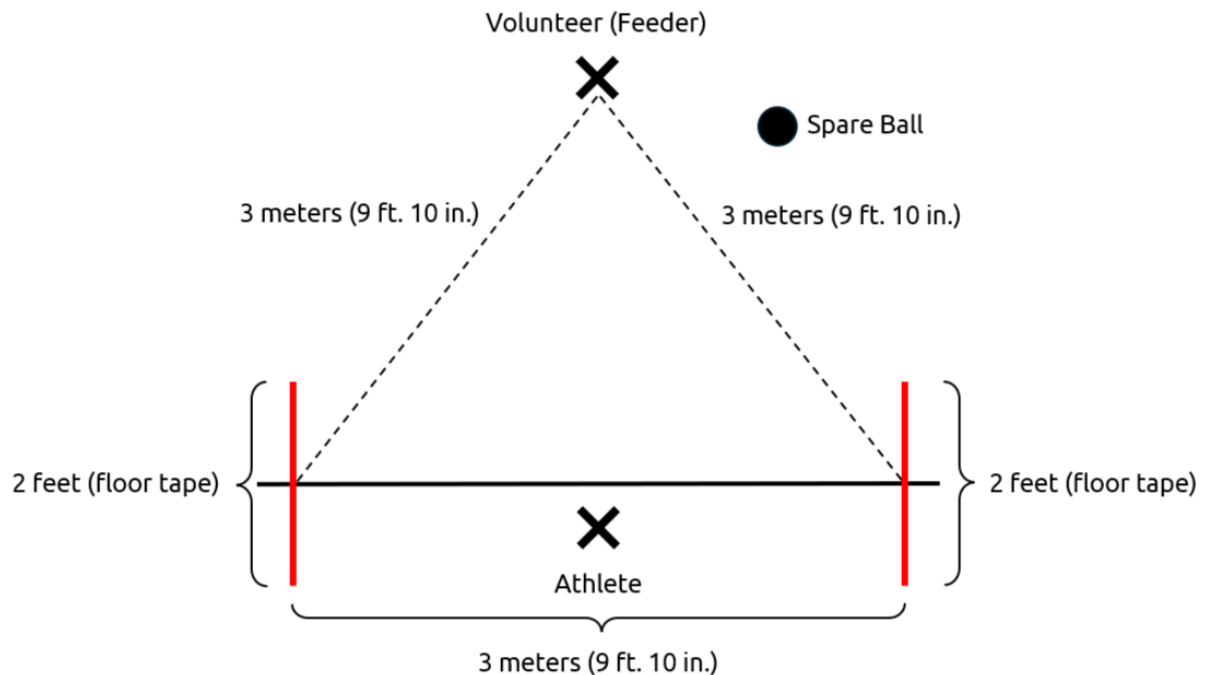
- Sections for each event
- Scoring descriptions for each event
- Score blanks for each attempt
- Final score blank for each event
- Total score blank (sum of all three final scores)

CATCH AND PASS

Equipment Needed: 2 basketballs, floor tape, timer/stopwatch

Setup

- Two strips (2 feet) of tape are laid across the sideline 3 meters (9 feet 10 inches) apart.
- Markings on floor where the ball feeder (volunteer) will be and where the athlete starts.
- Feeder will have a spare ball to their side, and athlete will start with another ball.



Description

- To begin, the athlete will pass the ball to the feeder and immediately move right or left towards the floor tape lines (end lines).
- As the athlete approaches or reaches the end line, the feeder will pass them the ball.
- The athlete must have at least one foot over the end line at the point of catching the ball to score a point.
- The athlete must catch the ball, then pass it back to the feeder from behind the sideline.
 - One or both feet must be grounded, but both must be behind the sideline when the ball is passed back to the feeder.
- All passes can be either a bounce pass or a chest pass.
- When the athlete has passed the ball, they move quickly to the opposite end line to receive the next pass.
- The athlete continues this process for 60 seconds.

Scoring

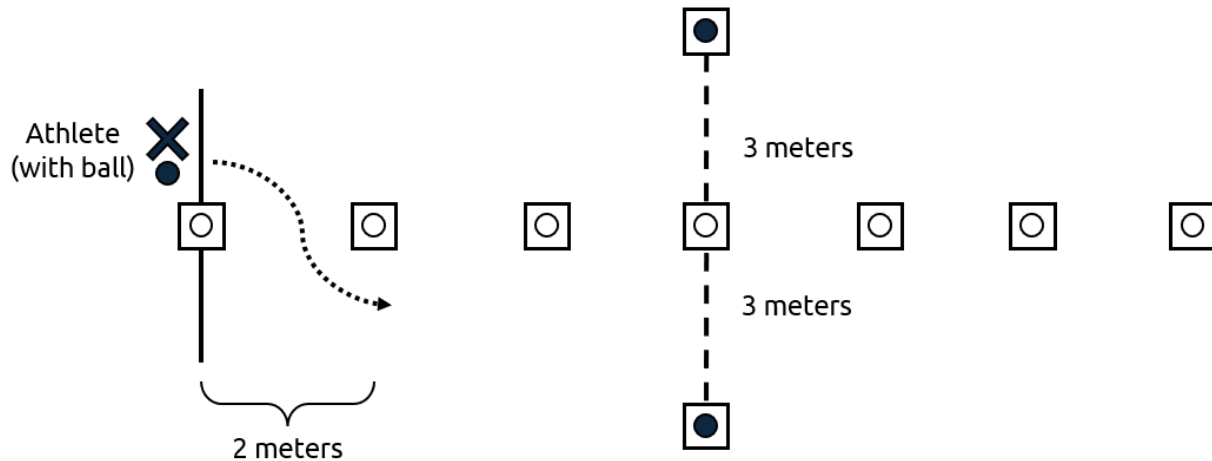
- One point is scored for each good pass made to the feeder (the pass must be catchable).
- One point is scored for each good catch made by the athlete (no fumbles).
- The athlete must have the ball under control, or no point can be scored.

12-METER DRIBBLE

Equipment Needed: Floor tape, 7 cones, 3 basketballs, timer/stopwatch

Setup

- The 7 cones will be placed in a straight line, 2 meters apart.
- A starting line can be taped on the ground or use a line that is already on the court.
- The athlete will start with one basketball, behind the starting line, with two others placed at the midpoint in case the original ball is lost during the event.



Description

- The athlete will dribble the ball while passing alternately to the right and to the left of the cones placed in a line.
- The athlete may start to the right or to the left of the first cone but must pass each cone alternately after.
- When the final cone is passed, the athlete will dribble around the cone and back through the slalom passing each cone alternately to the right and left.
- This process is repeated until time is called.
- Each trial will be 60 seconds long.
- If the athlete loses control of the ball, the clock continues to run, and they may either retrieve their original ball or one of the ones by the midpoint.
- When the athlete picks up their new ball, they may re-enter at any point along the course.

Scoring

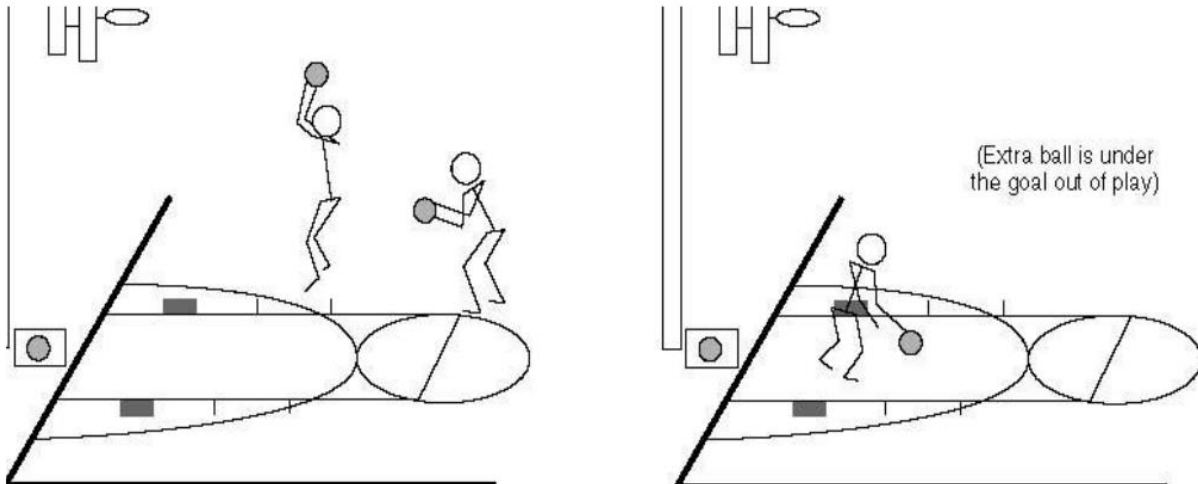
- One point is awarded for every midpoint that the athlete crosses.
- The athlete must use legal dribbles and must have control of the ball to get credit for the midpoint of the cones being passed successfully.
- The athlete's score is how many cone midpoints that he or she successfully passes in 60 seconds.

PERIMETER SHOOTING

Equipment Needed: Floor tape, 2 basketballs, timer/stopwatch

Setup

- An arc will be created using floor tape that is 9 feet (2.75 meters) from the basket.
- The athlete will start at the free throw line with a basketball.
- An additional basketball will be placed under the hoop if the original ball bounces too far away.



Description

- The athlete will dribble towards the basket and attempt a field goal of his or her choice from outside the arc.
- The attempt must be taken anywhere outside the arc.
- The athlete must start and finish the attempt with their feet outside of the arc.
- The athlete then rebounds the basketball (whether the attempt was made or missed) and dribbles anywhere outside the arc before attempting another field goal.
- The athlete will try to make as many field goals as possible in 60 seconds.

Scoring

- Two points are awarded for each field goal made within the 60-second trial.