

Individual Skills

Division

Target Pass

Athlete receives 3 points for hitting the wall inside the box.

Athlete receives 2 points for hitting the lines of the box.

Athlete receives 1 point for catching the ball in the air or after any numbers of bounces inside the box.

Athlete receives 1 point for hitting the wall but not in or on any part of the box.

Athlete receives 0 points if the ball bounces before hitting the wall.

The athlete's score will be the sum of points from all five passes.

Final Score

#1 + #2 + #3 + #4 + #5 =

10-Meter Dribble

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
10.1-11	12
11.1-12	11
12.1-14	10
14.1-16	8
16.1-18	6
18.1-20	4
20.1-22	2
Over 22	1

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.

Trial 1

Trial 2

Final Score

Time = Score

Time = Score

Spot Shot

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.

#1 #2 #3 #4 #5 #6 Final Score

+ + + + + =

+ + + + +

Final Score

A player's final score is determined by adding together the scores achieved in each of the three events which comprise the Individual Skills Competition.

Total