

Special Olympics New York



Basketball Individual Skills Competition Score Sheet

Target Pass: Each athlete is allowed 2 practice attempts.

Set-up: A 1-meter (m) square is marked on a wall with bottom line of the square 1m off the ground. A 3m square will be marked on the floor 2.4m from the wall. Athlete stands inside the 3m square (all 4 wheels of a wheelchair must be in the square).

Procedures: Athlete takes 5 consecutive trials. Athlete throws the ball inside the 1m square and catches the rebound.

Scoring: 3 pts for hitting the inside of the 1m square; 2 pts for hitting any of the lines of the square; 1 pt for hitting the wall outside the square; 0 pts if ball bounces before hitting wall; an additional 1 pt for catching the rebounded ball on first attempt while staying in the 3m square (no matter how many times the ball bounces). Score – sum of five trials. Max. Score/trial = 4 pts.

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
Trial 1		Trial 2		Trial 3		Trial 4		Trial 5		Total (max 20)

Ten-Meter Dribble:

Set-up: A 10m long by 1.5m wide course is marked by cones and/or tape. Athlete has one ball (and two spare balls, which are placed 1m away from both sides of the course at the half way mark).

Procedures: Athlete takes 2 non-consecutive attempts. Athlete starts dribbling between the two start cones and finishes between the two finish cones. If athlete loses control of the ball, they may chase the ball and bring it back in play or pick up one of the spare balls to finish. Starting cadence is "Ready, set, go."

Scoring: Clock starts when official says, "go". The clock stops when the athlete goes through the finish cones and stops dribbling. Clock continues if athlete does not go through the cones. In this case the athlete must come back on the course and go through the finish cones. Clock also continues if athlete goes through but loses control of ball. Clock stops when athlete picks up the ball. If an athlete picks up the ball and runs with it without dribbling, then the athlete must come back to the spot of the infraction and restart dribbling towards the finish line. A 1-second penalty is given for every time the athlete dribbles with two hands. Convert the total time using the conversion chart. Use the athlete's best score.

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Trial 1		Penalty 1		Total 1		Score 1		Trial 2		Penalty 2		Total 2		Score 2
Best Score (max 30)														

	0 – 2 sec = 30 pts	4.1 – 5 sec = 24 pts	7.1 – 8 sec = 18 pts	10.1 – 12 sec = 12 pts	16.1 – 18 sec = 6 pts
Conversion Chart	2.1 – 3.1 sec = 28 pts	5.1 – 6 sec = 22 pts	8.1 – 9 sec = 16 pts	12.1 – 14 sec = 10 pts	18.1 – 20 sec = 4 pts
	3.1 – 4 sec = 26 pts	6.1 – 7 sec = 20 pts	9.1 – 10 sec = 14 pts	14.1 – 16 sec = 8 pts	20.1 – 22 sec = 2 pts
					>22.1 sec = 1 pt

Spot Shot: Each athlete gets two practice shots from anywhere.

Set-up: Six spots are marked under the basket. Spots #1, #3, #5 are 1.5m to the left of the basket (when facing the basket) and Spots #2, #4, #6 are to the right. Spots #1, #2 are 1m out from basket; #3, #4 are 1.5m; #5, #6 are 2m.

Procedures: Athlete takes 2 consecutive attempts at each spot in this order of spots; #2, #4, #6, #1, #3, #5.

Scoring: 2pts for each basket made at spots #1, #2; 3pts at spots #3, #4; 4 pts at spots #5, #6; 1 pt is given if the ball hits the rim and/or backboard from any spot, but does not go in. Athlete's score = sum of all 12 shots.

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Spot 2			Spot 4			Spot 6			Spot 1			Spot 3			Spot 5					
																			<input type="text"/>	Total (Max 36)
																			<input type="text"/>	Grand Total (max 86 pts)