



**Special Olympics**  
**Ohio**  
**Area 2**

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## **BASKETBALL SKILLS COMPETITION**

Area 2 will be holding a Basketball Individual Skills Competition. The event will be held on Saturday, March 20, 2010 at **Wayne High School in Huber Heights.**

**Registration-----9:00 a.m.**

**Event Begins-----10:00 a.m.**

Please fill out an entry form for each of your participants. All forms must be returned to Kim Berkey by Monday, March 15, 2010

I apologize for the late notice, but we just secured the high school.

Each event (1-3) is to be administered to each athlete and recorded on the Individual Entry Form.

The total of all 3 trials is to be averaged for the athlete's entry score.

Also, please fill out the roster so we can include everyone's name in the program.

The format of the skills contest will allow each athlete 2 non-consecutive time trials at the ten meter dribble with his/her best score being converted into points. At the target pass, the athletes will have 5 passes and the sum of the points will be added to other test scores. At the spot shot, the athlete's score will be the sum of points from all 12 shots. The scores from the 3 stations will be added to determine the final results.

**\*\*\*YOU MUST BRING COPIES OF YOUR  
ATHLETES' CURRENT MEDICALS\*\*\***

Questions??? Contact Kim at [berkeyfamily@yahoo.com](mailto:berkeyfamily@yahoo.com)



## **BASKETBALL INDIVIDUAL SKILLS CONTEST ENTRY FORM**

**Directions:** A separate registration form must be completed on each participant

**Kim Berkey  
4512 Longfellow Ave.  
Huber Heights, Ohio 45424**

**Participants Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **Age:** \_\_\_\_\_  
Day Month Year

**County/Organization** \_\_\_\_\_

### ENTRY SCORES

	SPOT SHOT	TARGET PASS	TEN-METER DRIBBLE	TOTAL
TRIAL 1				
TRIAL 2				
TRIAL 3				
Total of 3 trials Avg. of 3 trials				

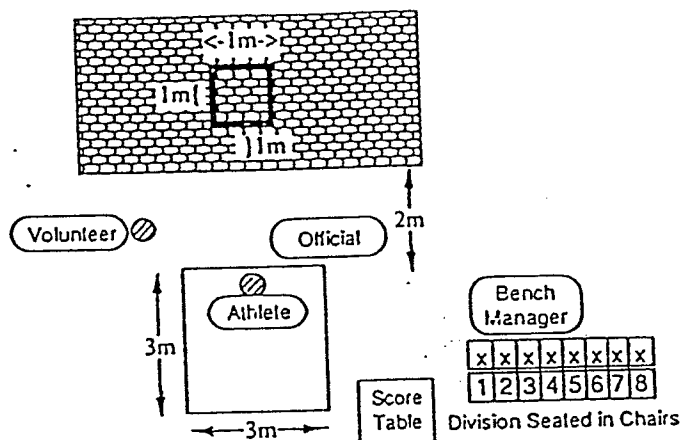
\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

**\*\*PLEASE DUPLICATE AS NEEDED BEFORE COMPLETING\*\***

## Individual Skills Contest

### a. Event #1: Target Pass



#### 1. Purpose

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

#### 2. Equipment

2 basketballs (for women's and junior division competitions, a smaller basketball (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 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 5 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.

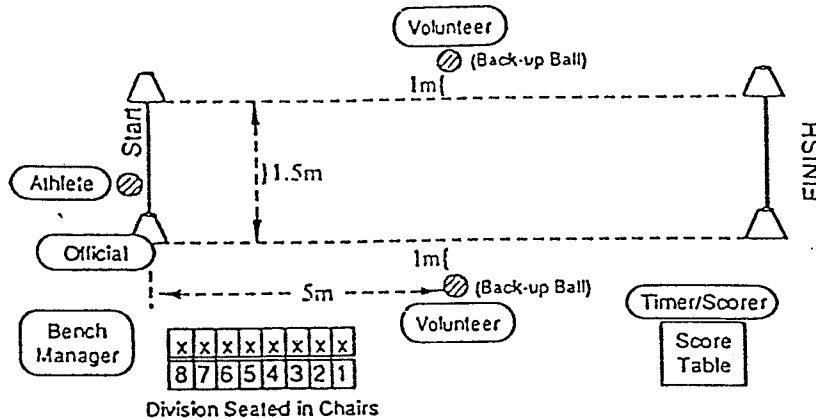
The athlete receives 1 point for catching the ball in the air or after one or more bounces.

The athlete receives 0 points if the ball bounces before hitting the wall.

The athletes score will be the sum of the points from all five passes.

## Individual Skills Contest

### b. Event #2: Ten-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 - 12	12
12.1 - 14	10
14.1 - 16	8
16.1 - 18	6
18.1 - 20	4
20.1 - 22	2
22.1 and over	1

#### 1. Purpose:

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

#### 2. Equipment:

3 basketballs (for women's and junior division competitions, a small basketball (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, 4 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 signs.

The athlete dribbles the ball with one hand for the entire 10m (32'9 3/4").

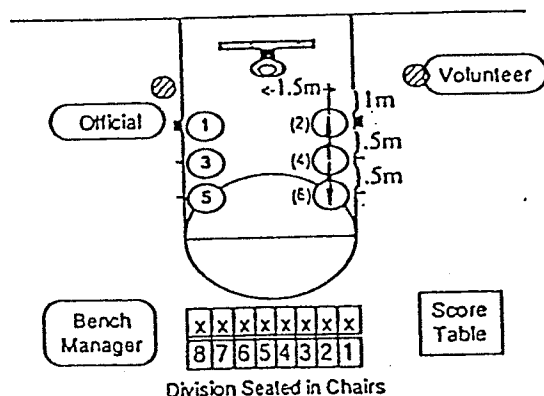
A wheelchair athlete must alternate taking 2 pushes followed by two dribbles for legal dribbling. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 1.5m lane, the athlete can either pick up the nearest back-up 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 1-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 non consecutive trials. Each trial is scored by adding penalty points to the time elapsed and converting the total 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.)

Individual Skills Contest

c. Event #3: Spot Shot



1. Purpose:

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

2. Equipment:

2 basketballs (for women's and junior division competitions, a smaller basketball (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, floor tape or chalk, measuring tape, and 3.05m (10 feet) regulation goal with backboard (for junior division competitions, 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 non consecutive 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 3 events.*

# **DIRECTIONS TO WAYNE HIGH SCHOOL**

Route 70 West (Towards Indiana)

Exit at Rt. 202/Old Troy Pike

Turn Left onto Old Troy Pike

Drive about 1 mile

Turn Left onto Chambersburg Road

Wayne High School is on the Right

Park in the big parking lot---there are stairs and a ramp  
leading into big glass doors