



**Special Olympics**

**Oregon**

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## **2010 Special Olympics Oregon Winter Regional Games Basketball Information**

**Medical forms and Unified Partner forms:** Due in the Special Olympics Oregon office by January 6, 2010 @ 5 p.m. (Originals only – faxes will not be accepted).

### **Competition Dates and Locations**

- Saturday, February 13, 2010 – Turner  
Cascade Middle & High Schools  
10226 Marion Rd SE  
Turner, OR 97392

**Registrations due in the Special Olympics Oregon office by January 27, 2010 at 5 p.m.**

Participating local programs: Benton, High Desert, Jefferson, Lincoln, Linn, Marion

**NOTE: Middle school and high school teams (age 12-21 years old) go to Springfield Regional Competition**

- Saturday, March 13, 2010 – Springfield  
Regional Sports Center  
200 32<sup>nd</sup> Street  
Springfield, OR 97478

**Registrations due in the Special Olympics Oregon office by February 24, 2010 at 5 p.m.**

Participating local programs: Cottage Grove, Curry, Douglas, Eugene/Springfield, Jackson, Josephine, Klamath, South Coast and **all middle school and high school teams (age 12-21 years old)**

- Sunday, March 14, 2010 – Beaverton  
THPRD  
50 NW 158<sup>th</sup> Avenue  
Beaverton, OR 97006

**Registrations due in the Special Olympics Oregon office by February 24, 2010 at 5 p.m.**

Participating local programs: Baker, Clatsop, Clackamas, Columbia, Grant, Hood River, Hermiston, Milton/Freewater, Multnomah, Pendleton, Tillamook, Union, Wasco/Sherman, Wallowa, Washington, Yamhill

**NOTE: Middle school and high school teams (age 12-21 years old) go to Springfield Regional Competition**

### **Rules**

The Official Special Olympics Sports rules shall govern all Special Olympics basketball competitions – see pages 6-13 of this packet. These rules are based upon the National Federation of State High School Associations (NFHS) rules for basketball ([www.nfhs.org](http://www.nfhs.org)).

NFHS rules shall be employed except when they are in conflict with the official Special Olympics sports rules. In such cases, the Official Special Olympics Sports rules and any Special Olympics Oregon modifications shall apply.

### **To Register**

- Complete one registration (found on pages 2-5) for each separate team or Individual Skills Competition (ISC) group.
- Please be sure all coaches/chaperones have a valid Class A Volunteer Application form on file.
- Please be sure there is 1 coach/chaperone listed for every 4 athletes (additional needed, if 1:1 required).
- Please be sure each athlete or Partner listed has a current medical form (or Unified Partner form) on file.
- Please take care to spell names as they are spelled on submitted forms (i.e., medical, partner, or Class A).
- Complete one Team Evaluation Questionnaire for each separate team, which is to be used for team divisioning.
- For ISC entries, scores for each athlete (sum of 3 skill stations) are required.
- **E-mail your completed registration** by the deadline listed above to Donna K Ayres [dayres@soor.org](mailto:dayres@soor.org) (please cc: your Field Director).
- If e-mail is not possible, mail or fax to:  
Donna K Ayres, 5901 SW Macadam Ave, Suite 200, Portland, OR 97239  
Fax: (503) 248-0603

## 2010 Special Olympics Oregon Winter Regional Games Basketball Registration

Please use one entry form per team or Individual Skills Competition (ISC) group.  
Please note that meals will be assigned to your team based on the 1:4 ratio.

Each head coach, assistant coach and chaperone must have a valid Class A Volunteer Application form on file to be included on the form below.

<b>County or local program name</b>			
<b>Location of assigned regional competition</b>	<input type="checkbox"/> Turner	<input type="checkbox"/> Springfield	<input type="checkbox"/> Beaverton
<b>Head Coach Name</b>			
Address			
City, State Zip			
Daytime or cell phone			
E-mail address			
<b>Type of team (check one)</b>	<input type="checkbox"/> ISC	<input type="checkbox"/> 3:3	<input type="checkbox"/> 5:5 traditional
	<input type="checkbox"/> 5:5 Unified		
<b>Team name</b>			

### Assistant Coach/Chaperone Roster

Please be sure to include enough assistant coaches and/or chaperones to meet the requirement of 1 coach/chaperone for every 4 athletes. Please indicate anyone serving as a 1:1 chaperone by putting an "x" in the "1:1 chaperone" column. Those with an e-mail address listed will receive competition information, in addition to the head coach.

Name	E-mail address	1:1 chaperone





## 2010 Special Olympics Oregon Winter Regional Games Basketball Team Evaluation Questionnaire

<b>County or local program name</b>	
<b>Head Coach Name</b>	
Daytime or cell phone	
E-mail address	
<b>Team name</b>	

**NOTE:** For all 5:5 traditional and Unified teams, all questions pertain to your best five players (no answer should be greater than 5). For all 3:3 teams, all questions pertain to your best three players (no answer should be greater than 3).

OFFENSE	
How many players can	Number 0 - 5
Dribble the ball up the court with token pressure (not attempting to steal the ball)?	
Dribble the ball with aggressive defensive pressure (trying to steal the ball)?	
Dribble the ball well enough to create their own shot?	
Shoot the ball consistently by at least hitting the rim within 10 feet of the basket 50% of the time?	
Look over the court, find an open teammate and create a pass that will get to that player 50% of the time?	
Shoot the ball consistently from outside of 15 feet by making the basket 33% of the time?	

DEFENSE	
How many players can	Number 0 - 5
Aggressively go after loose balls and passes made by opponents?	
Understand defense and either stays with their assigned player or covers their area of the zone defense?	
Aggressively jump up and go after a rebound (both offensive and defensive rebounds)?	
See the court and help out a teammate who is going to be scored upon?	
Cover a dominant opponent and keep them from scoring 50% of the time?	

DOMINANCE	
How many dominant players (understand the game, anticipate where the ball will go, move aggressively for the ball and can dominate with their scoring) do you have in your starting five? (List their names below.)	
<b>Name(s) of Dominant Player(s)</b>	

GENERAL INFORMATION	
How many subs do you have?	
Does it make a significant difference in your team if you put in 1 or 2 subs at the same time? If yes, please explain:	
Is this the same team that played in 2009 competitions?	
If yes, is this team higher, lower, or the same as 2009?	
What was this team's name in 2009?	
Please rank your team's overall skill level from 1-5, with 1 being just above Individual Skills Competition level, and 5 being the highest level of 5:5 traditional teams.	

# 2010 Special Olympics Oregon Winter Regional Games

## Basketball Rules

The Official Special Olympics Sports rules shall govern all Special Olympics Basketball competitions. These rules are based upon the National Federation of State High School Associations (NFHS) rules for Basketball ([www.nfhs.org](http://www.nfhs.org)).

NFHS rules shall be employed except when they are in conflict with the official Special Olympics sports rules. In such cases, the Official Special Olympics Sports rules and any Special Olympics Oregon modifications listed below shall apply.

### SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics Oregon. The range of events is intended to offer competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

- Traditional Team Competition
- Traditional Half-Court Basketball: 3:3 Competition
- Unified Sports® Team Competition
- Individual Skills Contest

### SECTION B — COURT AND EQUIPMENT

- 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 for women's and junior division competition.
- The baskets shall comprise the rings and nets. For competition, the basket ring is normally 3.05 meters (10 feet) above the floor. A shorter basket which has its ring 2.44 meters (8 feet) above the floor may be used for junior division competition.

### SECTION C — RULES OF COMPETITION

#### 1. Traditional 5:5 Team Competition

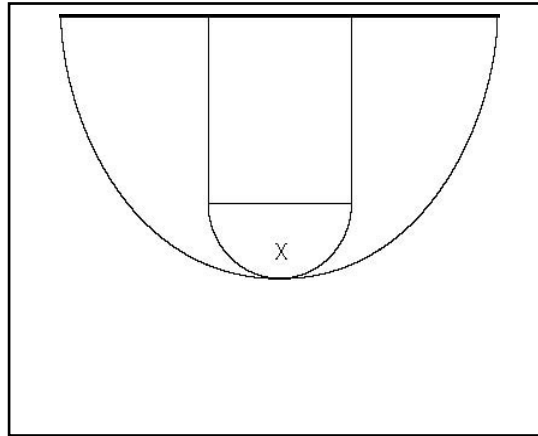
- a. Divisioning
  - 1) The Head Coach will complete a Team Evaluation Questionnaire (TEQ) when registering for regional competition.
  - 2) Team divisions will be based primarily upon information in the TEQ and historical information when pertinent.
- b. Traditional 5:5 competition adaptations and reminders
  - 1) Games are 6 minutes per quarter/stopped clock/with two 60-second timeouts and one 30-second timeout per game.
  - 2) Overtime periods are 3 minutes (or half of the time of a regulation quarter).
  - 3) Tournament management may require alterations to game time, clock stoppage, etc. Details will be shared with coaches prior to game time.
  - 4) A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have "traveled" or escapes the defense as a result of these additional steps, an advantage has been gained. A violation is called immediately.
  - 5) The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter's disposal by one of the officials.
  - 6) Full court press is allowable for ALL 5:5 teams.
  - 7) Uniforms must have numbers on the front (4" or larger) and on the back (6" or larger) to conform with NFHS rules. See Special Olympics Oregon Policies and Procedures for complete uniform information.
- c. Team and players
  - 1) A team shall consist of five players.
  - 2) The composition of a team, including substitutes, may not exceed 12 players.
  - 3) 5:5 coaches must coach from the sideline bench, not from the court or baseline. There can be no exceptions.
- d. Officials' points of emphasis
  - 1) It is a violation for a player to double dribble.
  - 2) Tighter calls regarding 3-second lane violations.
  - 3) Tighter enforcement of traveling when athlete gains advantage.
  - 4) Tighter enforcement of physical reaching in and loose ball fouls.

#### 2. Half-Court Basketball: 3:3 Competition

- a. 3:3 half court team competition is considered developmental and is intended for athletes not capable of playing at a full court competitive level.
- b. Divisioning
  - 1) The head coach will complete a Team Evaluation Questionnaire (TEQ) when registering for regional competition.

- 2) Team divisions will be based primarily upon information in the TEQ and historical information when pertinent.
- c. Playing area and equipment
- 1) Any half-court section of a basketball court may be used. The court will be bounded by the endline under the basket, two sidelines and the half-court line.
  - 2) Uniforms must have numbers on the front (4" or larger) and on the back (6" or larger) to conform with NFHS rules. See Special Olympics Oregon Policies and Procedures for complete uniform information.
- d. Team and players
- 1) A team may have up to six (6) players, which includes three (3) starters and three (3) substitutes.
  - 2) Half-court basketball is a game of three-on-three. Each team must start the game with three players or forfeit the game.
  - 3) 3:3 coaches must coach from the sideline bench, NOT from the court or baseline. There can be no exceptions.
- e. The game
- 1) The game will be played for 20 minutes or until one team scores 20 points. A made field goal counts two points, unless attempted from the three-point field goal area, when it counts three points.
  - 2) There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals, and timeouts).
  - 3) The game will start with a flip of a coin for possession. There is no jump ball. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.
  - 4) The winning team is the first team to score 20 points or the team with the highest score after the 20-minute game.
  - 5) If overtime is required due to a tie at the end of regulation play, it will begin with a flip of a coin for possession. A one-minute intermission will follow regulation play and each overtime period. The amount of time for an overtime period is three minutes. The clock will stop during the last minute of overtime for all dead ball situations.
- f. Competition
- 1) The referee will handle the ball on all out-of-bounds plays.
  - 2) The ball is dead after a foul or violation is called, a field goal is made or any other time the referee blows his/her whistle.
  - 3) Teams change possession of the ball after made field goals. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the offended against team retains possession of the ball.
  - 4) The throw-in spot in all cases (fouls, violations, out-of-bounds, made field goals, timeouts) will be behind the foul line extended at a designated spot within the restraining circle at the top of the key. This procedure is used for all fouls, violations, timeouts, out-of-bounds and made field goals. The in-bounder will be at the designated spot; all other players are within the half-court boundaries. After the ball is put into play by passing to a teammate, any offensive player can shoot.
  - 5) On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.
  - 6) A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended.
  - 7) Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be beckoned into the game by the referee.
  - 8) Two 60-second timeouts are allowed per team. When a timeout is called, the clock will be stopped. A player injury timeout may be called by the referee. The referee may stop the clock at his/her discretion and is advised to do so at any time. For example, allowing the clock to run when the ball bounces well out of play gives one team an unfair advantage. Consequently, the clock should be stopped.
  - 9) A held ball is called when opposing players have one or both hands so firmly on the ball that possession can be gained only by force. The ball is awarded on the basis of alternate possession.
  - 10) On those courts where the basket support is on the playing court, a player whose body touches the support is not considered out-of-bounds unless he/she has control of the ball. If the ball touches the support, it is considered out-of-bounds. No player may use the support to gain advantage or put an opposing player at a disadvantage.
  - 11) Officials will grant a player or a coach's oral or hand signal request for a timeout.
- g. Fouls and penalties
- 1) A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
  - 2) On all fouls (personal, common, technical), the offended against team will get possession of the ball at the designated spot behind the foul line extended and within the restraining circle at the top of the key. If a player is fouled in the act

of shooting and makes the basket, the field goal is credited. The offended against team also retains possession of the ball. In all cases, no free throws will be awarded or attempted. (See diagram below).



- 3) There are no individual or team foul limits in 3:3 half-court competition. However, misconduct will result in a warning to the player and coach. Continual misconduct or flagrant and intentional fouling will result in player dismissal.
  - 4) An offensive player, including the shooter, may remain in the free throw lane for only three seconds. The penalty for this infraction is loss of possession.
  - 5) A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.
- h. Points of emphasis
- 1) It is a violation for player to “double dribble.”
  - 2) A player may take two steps beyond what is allowable. However, if the player scores, “travels,” or escapes the defense as a result of these extra steps, an advantage has been gained. A violation is called immediately.

### 3. Unified Sports® 5 on 5 Team Competition

- a. Divisioning
  - 1) The head coach will complete a Team Evaluation Questionnaire (TEQ) when registering for regional competition.
  - 2) Team divisions will be based primarily upon information in the TEQ and historical information when pertinent.
- b. Unified Sports® Competition Adaptations & Reminders
  - 1) Games are 8 minutes per quarter/stopped clock/with three 60- second timeouts and two 30-second timeout per game.
  - 2) Overtime periods are 4 minutes (or half of the time of a regulation quarter)
  - 3) Tournament management may require alterations to game time, clock stoppage, etc... Details will be shared with coaches prior to game time
  - 4) A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have “traveled” or escapes the defense as a result of these additional steps, an advantage has been gained. A violation is called immediately.
  - 5) The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter’s disposal by one of the officials.
  - 6) Full court press is allowable for ALL 5:5 teams.
  - 7) Uniforms must have numbers on the front (4” or larger) and on the back (6” or larger) to conform with NFHS rules. See Special Olympics Oregon Policies and Procedures for complete uniform information.
- c. Team and Players
  - 1) The roster shall contain a proportionate number of athletes and partners.
  - 2) The composition of a team, including substitutes, may not exceed 12 players.
  - 3) During competition, the lineup shall never exceed three athletes and two partners at any time.
  - 4) Each Unified team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.
  - 5) Unified 5:5 coaches must coach from the sideline bench, not from the court or baseline. There can be no exceptions.

- d. Officials' points of emphasis
  - 1) It is a violation for a player to double dribble.
  - 2) Tighter calls regarding 3-second lane violations.
  - 3) Tighter enforcement of traveling when athlete gains advantage.
  - 4) Tighter enforcement of physical reaching in and loose ball fouls.

4. Individual Skills Competition (ISC)

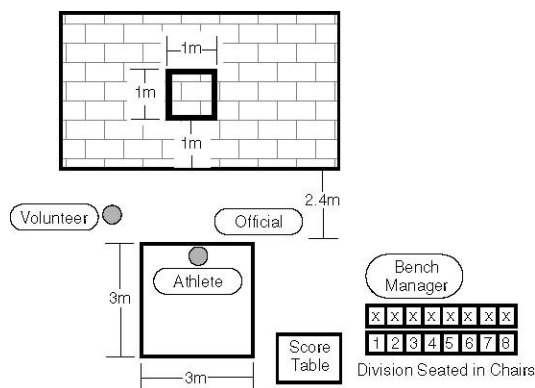
- a. Three events make up the Individual Skills Competition
  - 1) Spot Shot
  - 2) Target Pass
  - 3) 10-Meter Dribble (or Speed Dribble)
- b. Special Olympics Oregon athletes may be entered in one of the 4 types of Individual Skills events.
  - 1) 10-foot traditional skills - 10 foot spot shot, target pass, 10 meter dribble
  - 2) 10-foot with speed dribble - 10 foot spot shot, target pass, speed dribble\*
  - 3) 8-foot traditional skills - 8 foot spot shot\*\*, target pass, 10 meter dribble
  - 4) 8-foot with speed dribble – 8 foot spot shoot\*, target pass, speed dribble\*

*\*non-ambulatory athletes will compete in speed dribble rather than 10 meter dribble. Athletes in speed dribble will be divisioned together*

*\*\*An 8 foot hoop will be made available for the following ISC athletes:*

- athletes ages 8-15
- athletes of any age that use a wheelchair
- athletes using an 8 foot hoop will be divisioned together

- c. Entry score is determined by adding all 3 skill scores together.
  - 1) The athlete's final score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisioned according to their total scores from these three events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.
- d. Athletes competing in the Individual Skills Competition must actively train in the events in order to compete.
- e. A qualifying score for each Individual Skills entrant is **required** for registration.
- f. Uniforms are encouraged, but not required for ISC. However, proper basketball attire is required (t-shirt or sweatshirt, shorts or sweatpants and athletic shoes).
- g. Event #1: Target Pass



- 1) Purpose: to measure an athlete's skill in passing a basketball.
- 2) Equipment
 

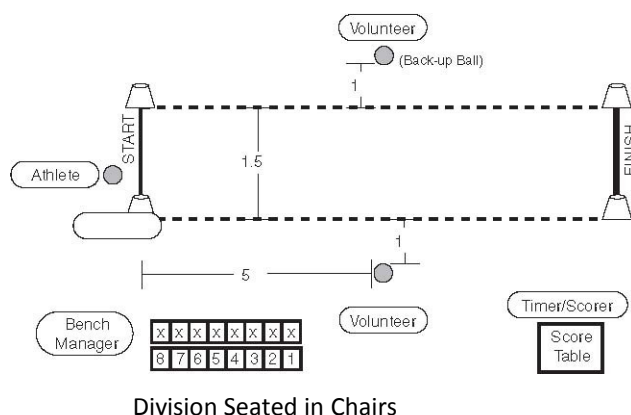
Two basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight may be used as an alternative), flat wall, chalk or floor tape, and measuring tape.
- 3) Description
 

A 1 meter (3 feet 3 1/2 inches) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 feet 3 1/2 inches) 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 leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.

4) Scoring

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

h. Event #2: Ten-meter Dribble



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
10.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1 and over	01

1) Purpose: to measure an athlete's speed and skill in dribbling a basketball.

2) Equipment

Three basketballs (for women's and junior division competitions, a smaller basketball of 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), four traffic cones, floor tape or chalk, measuring tape and a stopwatch.

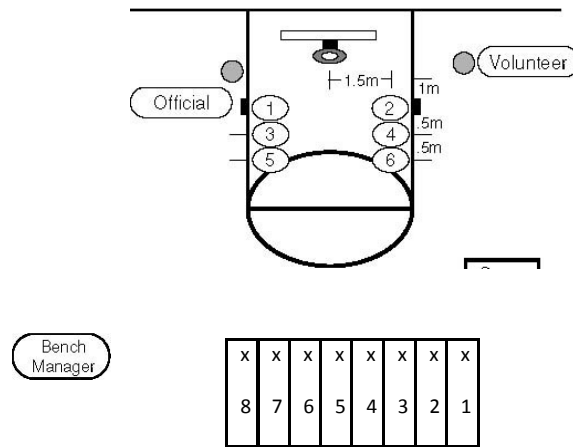
3) Description

- 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 3/4 inches).
- A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
- 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 1.5 meter 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 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).

i. Event #3: Spot Shot



Division Seated in Chairs

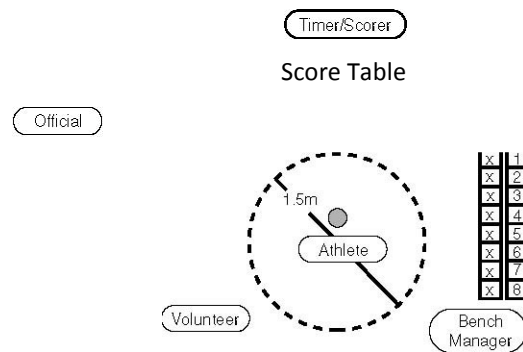
- 1) Purpose: to measure an athlete’s skill in shooting a basketball.
- 2) Equipment
 

Two basketballs (for women’s and junior divisions competitions, a smaller basketball of 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 a 3.05 meter (10 feet) regulation goal with backboard (for junior division competitions, a 2.44 meter (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:

  - a) #1 & #2 =1.5 meter (4 feet 11 inches) to the left and right plus 1 meter (3 feet 3 1/2 inches) out.
  - b) #3 & #4 =1.5 meter (4 feet 11 inches) to the left and right plus 1.5 meter (4 feet 11 inches) out.
  - c) #5 & #6 = 1.5 meter (4 feet 11 inches) to the left and right plus 2 meters (6 feet 6 3/4 inches) out.
  - d) 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.
- 4) Scoring
  - a) For every field goal made at spots #1 and #2, two points are awarded.
  - b) For every field goal made at spots # 3 and #4, three points are awarded.
  - c) For every field goal made at spots # 5 and #6, four points are awarded.
  - d) 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.
  - e) The athlete’s score will be the sum of the points from all 12 shots.
  - f) The athlete’s final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

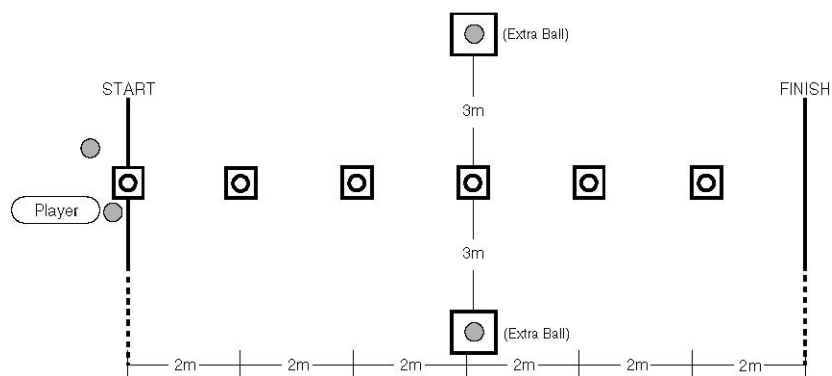
j. Speed Dribble



- 1) Equipment
  - a) Measuring tape
  - b) Floor tape or chalk
  - c) One basketball (for women’s and junior division competitions a smaller basketball which is 72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight may be used).
  - d) Stopwatch
  - e) Counter
  - f) Whistle
- 2) Set-up: Mark a circle with a 1.5 meter (4 feet 11 inches) diameter.
- 3) Rules
  - a) Athlete may use only one hand to dribble.
  - b) Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
  - c) Athlete starts and stops dribbling at the sound of the whistle.
  - d) There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
  - e) Athlete must stay in the designated circle while dribbling.
  - f) If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble.
- 4) Scoring
  - a) Athlete receives one point per legal dribble within the 60 seconds.
  - b) Counting stops and the event ends when the basketball rolls out of the circle for the third time.

**SECTION D — BASKETBALL SKILLS ASSESSMENT TESTS (BSAT) – TO BE USED for PRE-SEASON SKILLS DAYS or in-season player assessment.**

1. BSAT – Dribbling



**SET-UP**

An area of the basketball court (preferably along a sideline or down the center line), six cones, floor tape and four basketballs one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.

## TEST

Time: 60 seconds for one trial. A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters (6 feet 6 3/4 inches) apart, on a 12-meter course. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter. When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

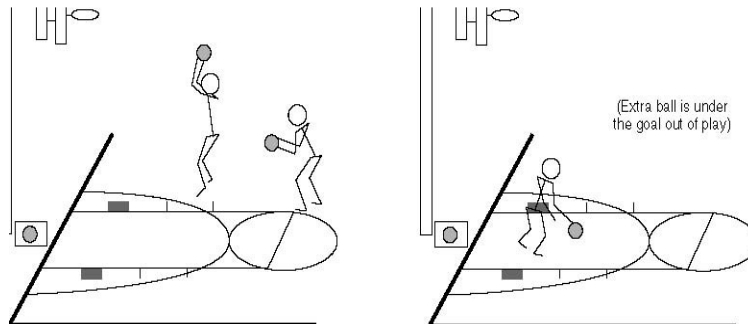
## SCORING

One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed). The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.

## STAGING

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds. Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

## 2. BSAT - Perimeter Shooting



## SET-UP

A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.

## TEST

Time: one trial of two minutes. A player stands at the juncture of the free-throw line and lane, either to the left or right. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter (9 feet) arc. This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle]. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal. The player shall make as many field goals as described above in one two-minute trial.

## SCORING

Two points are awarded for each field goal made within the two-minute trial.

## STAGING

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many field goals the player makes in two minutes. Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.