

Little Rock Civitan Club



February 5, 2010

ATTN: Special Ed Teacher/Coach

RE: Special Olympics – Individual Basketball Skills

On **Thursday March 11, 2010**, the Little Rock Civitan Club will host the twenty-second annual Individual Basketball Skills Competition at the Arkansas School for the Deaf. This competition has been a tremendous success for years and we are extending our personal invitation for your athletes to attend this year's event.

The opening ceremony will begin at 9:30 a.m. starting with the Wheelchair Competition. The other divisions will follow. Lunch will be furnished free of charge. (You are always welcome to bring a sack lunch).

Every athlete must have his or her medical form at the state office. Enclosed are all the forms necessary to pre-register and participate. Coaches remember, students who participate in team basketball are not eligible for the Individual Basketball Skills Competition.

PRE-REGISTRATION IS DUE NO LATER THAN MARCH 5, 2010.

Each athlete will earn a medal or ribbon for their achievements during the competition. Every entrant will leave this competition a winner!

Sincerely,

Clark Atkins

Clark Atkins, Chairperson
Little Rock Civitan Club, Basketball Skill Competition
E-mail: gca1202@yahoo.com
Ph.: 501-812-2734

Enclosed:
Registration Form
Individual Skills Scoresheet
Rules Sheet
Location Map

ARKANSAS SPECIAL OLYMPICS
INDIVIDUAL BASKETBALL SKILLS
PRE-REGISTRATION

PLEASE COMPLETE AND RETURN ALONG WITH SCORE SHEETS TO:

Clark Atkins

Special Olympics Basketball Skills

138 Chambord Drive Maumelle, AR 72113 **Please**

Print Clearly

E-mail: gca1202@yahoo.com

Ph. 501-812-2734

School _____ Area _____

Address _____ City _____ Zip _____

Coach(es) _____

Phone (wk) _____ (hm) _____

E-mail Address _____

_____ Athletes entering Individual Basketball Skills (Score-sheets attached)

NOTE: Please return this form with score sheets (one per athlete) no later than
March 5, 2010.

*****COACHES NEED TO BRING A COPY OF MEDICAL/PARENTAL RELEASES.**

INDIVIDUAL BASKETBALL SKILLS SCORESHEET

Name _____ Sex _____ Age _____

Team _____ Division _____

Event	Local	Score	Civitan	Score
Target Pass		_____		_____
Ten Meter Dribble		_____		_____
Spot Shot	_____		_____	
TOTAL		_____		_____

In the Division slot please indicate gender followed by division bracket using the following key:

B=Boy, G=Girl, W=Wheelchair participant

- Division 1 8-11 years old
- Division 2 12-15 years old
- Division 3 16-21 years old
- Division 4 22-29 years old
- Division 5 30-39 years old
- Division 6 40 and over

Examples: Boy age 8 would be "B-1" or Girl age 24 would be "G-4", and so forth.

One score sheet per athlete

INDIVIDUAL BASKETBALL SKILLS COMPETITION

2010

Official Special Olympics Summer Sports Rules Book

Individual Skills Competition

- This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
- Three events comprise the Individual Skills Competition: Target Pass, Ten-Meter Dribble, and Spot Shot.
- 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.

Division Brackets

Boys Divisions

(Indicate B on the score sheet with Age Bracket as shown below)

Example: B-1 for "Boy age 8"

Division 1	8-11 years old
Division 2	12-15 years old
Division 3	16-21 years old
Division 4	22-29 years old
Division 5	30-39 years old
Division 6	40 and over

GIRLS DIVISIONS (Indicate G on the score sheet)

Division 1 thru 6 – Same as Boys brackets 1 thru 6

WHEELCHAIR PARTICIPANTS (Indicate W on the score sheet)

Individual Skills Competition
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 basket-ball 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 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 five 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 while standing in the box..

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

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

Individual Skills Competition
Event #2: Ten-meter Dribble

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 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 10m (32'9 3/4').

A wheelchair athlete must alternate taking 2 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 1.5m 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 one-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 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.)

Individual Skills Competition
Event #3: Spot Shot

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 bas

ketball of 72.4 centimeter's [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 alter-native).

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 1 m (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 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 Competition is determined by adding together the scores achieved in each of the 3 events